



## **LEVEL IV: SELF-DEVELOPMENT GROUP**

### **TARGET POPULATION**

- Addiction Centre **Level IV** patients.

### **GOALS**

- Introduce the concept of different styles of communication, including: assertive, aggressive, passive and passive-aggressive communication.
- Help patients identify their own dominant style of communication and problem-areas.
- Help patients develop the skills to be able to communicate assertively.
- Increase understanding of self-esteem, its influence and impact.
- Increase understanding of the link between self-esteem and interpersonal communication and substance related issues and/or behavioural addictions.

### **ACTIVITIES**

- Exercises aimed at helping patients identify their communication styles and patterns that can have a negative impact on their lives.
- Exploratory exercises examining patient's beliefs about themselves and others.
- Tools to begin to shift self-concept and communication style.
- Role plays to practice assertive communication and receive practical feedback.

### **OUTCOME**

- Demonstrate an understanding of the difference between assertive communication and aggressive, passive, or passive-aggressive communication.
- Identify and demonstrate an understanding of the patient's dominant style(s) of communication.
- Demonstrate growing skills in assertive communication.
- Demonstrate an understanding of how beliefs and self-perception influence behaviour and interactive patterns.
- Demonstrate an understanding of the link between self-perception, interpersonal communication style and risk for relapse to substance use and/or behavioural addiction.
- Demonstrate an understanding of some new or more effective ways to relate to self and others, in order to decrease emotional and interpersonal distress and risk for relapse.