

Form 1: Referral checklist

Name: Referrer:

	Yes	No
1. Managing anger (e.g. frequent displays of bad temper, recurrent physical altercations).		
2. Managing sadness or anxiety.		
3. Unstable emotions (e.g. marked mood changes).		
4. Unstable relationships.		
5. Difficulty in being appropriately assertive (e.g. saying 'no', asking for things or being demanding).		
6. Self-harm behaviour (e.g. cutting, self-ligating, burning etc.).		
7. Aggressive behaviour (aggression towards objects or other people).		
8. Naming and labelling feelings.		
9. Concentration and self-awareness.		

Explain why you feel the client may benefit from the skills training programme.

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Form 2: SWOT analysis

This form can be used with clients on referral as a tool to aid motivation and engagement.

I am good at...	I need help with...
The group will help me most by...	What may hold me back...

Form 3: Group contract

This group is called

.....

My name is:

The group will happen every:.....starting on:

The group will start at:.....until:.....

People who are in the group



Who I should contact if I cannot come to the group:

.....

I agree to attend the group.

My signature:

Form 4: Sessions I attended

Date	Did I attend? Yes/No	My practice task is...	Task done? ✓ or ✗
3/6/13	Yes	1. Identify one activity I will do every day until the next session	✓
		2. Mindfulness diary	✓
		1.	
		2. Mindfulness diary	
		1.	
		2. Mindfulness diary	
		1.	
		2. Mindfulness diary	
		1.	
		2. Mindfulness diary	
		1.	
		2. Mindfulness diary	
		1.	
		2. Mindfulness diary	
		1.	
		2. Mindfulness diary	
		1.	
		2. Mindfulness diary	

Form 5: Group Planner (1 of 4)

MINDFULNESS MODULE PLANNER

Date	Week 1 Introducing the module
	Week 2 Why are we attending the group
	Week 3 Thoughts, feelings and actions
	Week 4 Thought-feeling-action chain
	Week 5 Introducing mindfulness
	Week 6 States of mind
	Week 7 Hot mind, warm mind and cold mind
	Week 8 The core skills of mindfulness
	Week 9 Reinforcing the core skills of mindfulness
	Week 10 Mindfulness logs
	Week 11 Everyday mindfulness practice
	Week 12 Closing session



Form 5: Group Planner (2 of 4)

MANGING FEELINGS MODULE PLANNER

Date	<p style="text-align: center;">Week 1 Introducing the module</p>
	<p style="text-align: center;">Week 2 Aims and recap</p>
	<p style="text-align: center;">Week 3 What are feelings?</p>
	<p style="text-align: center;">Week 4 The role of feelings</p>
	<p style="text-align: center;">Week 5 Introducing mindfulness</p>
	<p style="text-align: center;">Week 6 Beliefs about feelings</p>
	<p style="text-align: center;">Week 7 Observing and noticing my feelings</p>
	<p style="text-align: center;">Week 8 Identifying and describing feelings</p>
	<p style="text-align: center;">Week 9 The effects of a feeling</p>
	<p style="text-align: center;">Week 10 What do feelings do?</p>
	<p style="text-align: center;">Week 11 Suits of armour</p>
	<p style="text-align: center;">Week 12 Feel good factor</p>
	<p style="text-align: center;">Week 13 Accepting feelings</p>
	<p style="text-align: center;">Week 14 Reacting differently</p>
	<p style="text-align: center;">Week 15 Kind Actions</p>
	<p style="text-align: center;">Week 16 Changing problem situations</p>
	<p style="text-align: center;">Week 17 Closing session</p>



Form 5: Group Planner (3 of 4)

COPING IN CRISIS MODULE PLANNER

Date	Week 1 Introducing the module
	Week 2 Aims and recap
	Week 3 Sam's head?
	Week 4 SNAPP
	Week 5 Core DISTRACTS
	Week 6 Do something different
	Week 7 Imagine a safe place
	Week 8 Self-talk
	Week 9 Think about something different
	Week 10 Resist the urge
	Week 11 Accept
	Week 12 Count your blessings
	Week 13 Think about pros and cons
	Week 14 Self-soothe
	Week 15 Plan ahead
	Week 16 Using DISTRACTS
	Week 17 Closing session



Form 5: Group Planner (4 of 4)

PEOPLE SKILLS MODULE PLANNER

Date	Week 1 Introducing the module
	Week 2 Aims and recap
	Week 3 People in my life
	Week 4 Healthy relationships
	Week 5 What can get in the way
	Week 6 Core PEOPLE skills
	Week 7 Participate
	Week 8 Explain
	Week 9 Observe
	Week 10 Polite
	Week 11 Listen
	Week 12 Equal
	Week 13 Using PEOPLE skills
	Week 14 Closing session



Form 6: End of module feedback (1 of 2)

Complete with the client, helping them with writing as necessary. What did you like about this module and why?

What did you not like and why?

What did you learn from it?

Give an example of something you learnt that you think will be helpful to you.

Did the facilitators know a lot about what you were learning?



Form 6: End of module feedback (2 of 2)

Were the facilitators helpful?



How important was the topic to you?



Did any of the words used, things talked about or pictures used upset you?

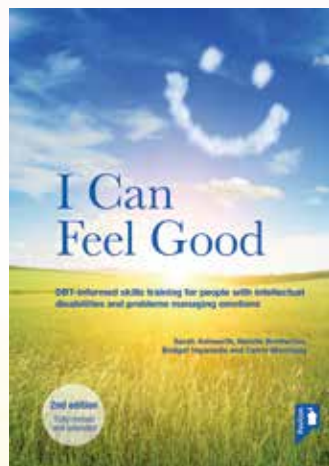
Was there much that you did not understand?

Is there anything else you would like to say about the module you have just completed?

Certificate of completion

This certificate is awarded to

For completing the



Mindfulness module

Awarded on

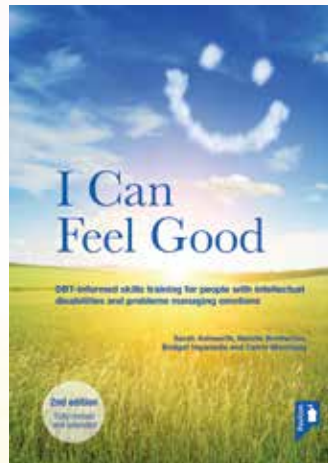
Facilitators:



Certificate of completion

This certificate is awarded to

For completing the



Managing feels module

Awarded on

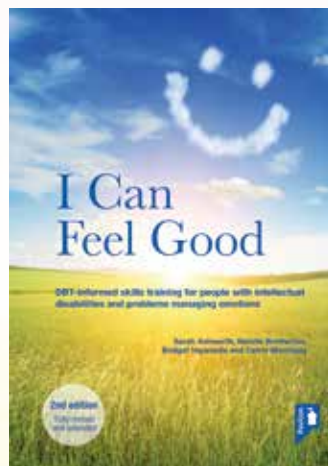
Facilitators:



Certificate of completion

This certificate is awarded to

For completing the



Coping in crisis module

Awarded on

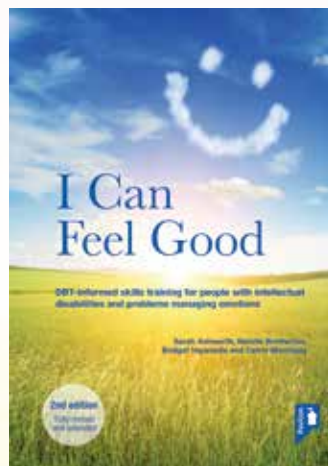
Facilitators:



Certificate of completion

This certificate is awarded to

For completing the



People skills module

Awarded on

Facilitators:

