

Module 6: Empowerment and Self-Help Groups

- I. Defining Empowerment
- II. Thought record
- III. Assertive, Non-assertive, aggressive behaviors and how they impact reactions
 - A. Assertiveness Inventory
 - B. Assertiveness Roleplaying
- IV. Self-help groups
 - A. 12 Step based groups
 - B. Non-12 step based groups
- V. Activities (see attachments).