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).