**Session 8 Lesson Plan:**

Explaining strengths perspective in trauma:

Explain to the group that acknowledging their experiences is the first step and maybe the hardest.

Using strengths perspective helps go throughout the healing journey. With the use of strengths perspective, we can change the narrative from victim to survivor. Each person in the room is a survivor and should acknowledge their strengths.

Rewriting trauma narrative from strengths perspective:

Each group member will rewrite their trauma narrative with the use of strengths perspective to change the narrative to see themselves as survivors.

Members will have 30 minutes to write in their journals.

After writing, each member will share how this experience was different from writing the trauma/victim narrative.

Conclusion:

Thank you all for sharing and being vulnerable.

Remind members of the confidentiality rule and importance.

Recap of community resources.

Open floor for comments and final thoughts.

Final thank you.