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Nota di contenuto	Group beginnings -- Metaphorical and multi-modality learning activities -- Communication skills -- Changing thoughts to change lives -- Improve coping skills with mindfulness and stress resiliency -- Improving self-esteem and personal development -- Group endings.
Sommario/riassunto	Ready-to-use tools include : interactive strategies for leading successful group experiences ; DBT, CBT, ACT and positive psychology-inspired resources ; communication skills-building activities ; coping skills using mindfulness and stress resiliency practices ; self-esteem and self-compassion guides for changing thoughts ; fun team building exercises and icebreakers ; practical resources for adults, adolescents & children ; over 100 reproducible handouts & worksheets.--from the Publisher.