

Women's Group

Department: Counseling and Recreation

Priority: Elective

Overall purpose of class:

This group provides a safe and confidential environment for women to talk about their experience as women with disabilities. Students discuss a wide variety of issues of personal interest receive peer and professional support in creating strategies and techniques for solving problems and coping with the lasting impacts of their disabilities.

This has traditionally been a very popular class with most students wanting to repeat the class. We have needed to develop a policy to rotate out women so that others can join the group.

Number of classes held per week:

One section a week is available.

Optimum class time:

Morning

Instructor requirements:

One very skilled and experienced female counselor.

Number of students:

Up to 16.

Student ability range and limitations:

Wide range in type and impact of physical disabilities. This is an elective class so women who self select are usually verbal and know they can benefit from a support group setting.

Space and Equipment requirements:

- Room that will accommodate 15-16 people.
- A minimum of 10 very comfortable chairs and space for 5 wheelchairs
- Television with DVD player
- Video capability to capture discussions of topics that will help other students.

Student Needs to be met from the perspective of the instructor:

Students are urged to take part in this support group/class who are experiencing concerns over the loss of their former gender-related skills, abilities and relationships. Sexuality is a key issue in both the Women's and Men's groups. These are students who are known to be able to actively participate in and benefit from group support and counseling.

Typical Student Goals that lead to placement in the class:

Students who are aware of gender related issues request this class. Students who take this class have stated goals to learn to deal appropriately and effectively with gender related issues.

Suggested Lessons and Activities:

This class is conducted in a support group format with student topics and concerns driving the curriculum. A [special curriculum on disability and sexuality \(Link to Lois' stuff\)](#) was developed at the Center by [Lois Widom](#), ([link to Lois under Retired Staff](#)) a counselor who taught at the Center from 19__ to 19__.