

Protocol: "Remember Frankie" Expressive Therapy Group

Purpose: Self-expression, emotion identification, mild to moderate distress tolerance with vulnerability, group cohesion.

Population/Participants: adaptable depending on age group and diagnoses; specific protocol is for a mental health population of adolescents or older.

Materials Needed: "Remember Frankie" zine, index cards/slips of paper, full size sheet of paper, writing utensil; accompaniment instrument, one 12 sided die optional.

Group Size: adaptable depending on group length and potential implementation of time limit per participant story (ex: 3-5 minutes); ideally, no more than 6-8 participants for an hour long group.

Steps

- 1) Briefly introduce topic emotion identification and the benefits of vulnerability.
- 2) Explain game rules from zine and provide each participant with an "X card" using index cards or slips of paper.
- 3) Choose an emotional theme either via group decision, individual choice, or using the die.
- 4) Group facilitator starts with an example story or a volunteer participant starts with their story. Once their story is completed, they will nod to signal this.
- 5) Following each story, the participant to the right will say a reflective phrase about the story. The participant to the left will silently write down a lyric on an index card or a slip of paper and submit it to the group facilitator, who will write down each lyric on a full size sheet of paper in order of submission.
- 6) Participants continue story telling by going in a clockwise order followed by step 5 until each participant has shared.
- 7) Should any participant find story content triggering, encourage use of "X card."
- 8) Once the final participant tells their story, group facilitator leads group discussion and has the group write the last line of the lyrics together that encapsulates the salient theme or aspects of the stories or character of "Frankie."
- 9) Group facilitator reads aloud or improvises with voice and accompaniment instrument the compilation of lyrics.
- 10) Group discussion of experience.

Protocol created by Kim Johnson, LMHC, MT-BC

Based on "Remember Frankie" designed by Rhodrick Magsino