

**Name of the Course: INTERNATIONAL MASTER DIPLOMA IN GUIDANCE
& COUNSELING**

Conducting Organization: *International Institute of Influencers (III)*

Title of the Project: *Group Counseling for Elderly PDL Using the GROW Model*

Criteria for doing the project: *Structured Approach & Analytical Evaluation for Persons Deprived of Liberty (PDL) through Coaching & Counselling*

Name of the Candidate: Brenda M Pacoma

Name of the Organization: *Borongon City District Jail*

Submitted To:

Dr. Shama Hussain

Founder & CEO of III

Date of Submission: *September 7, 2024*

Project Title: Group Counseling for Elderly PDL Using the GROW Model

GOAL (G):

The primary goal of this group counselling session is to improve the mental and emotional well-being of elderly Persons Deprived of Liberty (PDL) by addressing issues related to aging, incarceration, and personal development.

The desired outcome is to provide them with coping strategies, foster positive relationships, and enhance their sense of purpose despite their circumstances.

REALITY (R):

The group consists of nine (9) elderly PDL within our jail unit. Many of them face challenges such as loneliness, health concerns, guilt, incarceration exacerbates feelings of isolation and a lack of control over their future.

The emotional burden of aging in a closed setting, combined with past trauma, affects their mental health. These individuals may also have difficulty accepting their current reality and may struggle with low self-esteem and depression.

OPTIONS (O):

To address these issues, we have several options to explore during our group counselling sessions:

- 1. Emotional Expression:** Encourage open sharing of feelings about aging, their incarceration, and their fears for the future.
- 2. Peer Support:** Build a sense of community by fostering peer relationships and emphasizing mutual support.
- 3. Coping Strategies:** Introduce relaxation techniques, mindfulness exercises, and positive affirmations to help them manage stress.
- 4. Goal setting:** Help the PDL set achievable personal goals, such as self-improvement, spirituality, or maintaining contact with family members.
- 5. Engagement activities:** Facilitate group activities such as storytelling, singing, writing, or art therapy to allow creative expressions.
- 6. Professional Referrals:** Refer them to additional support services if needed, such as medical care, legal aid, or religious counselling.

Will (Way forward):

We will conduct weekly group counselling sessions with these elderly PDL for the next three months. Each session will last approximately 1 hour. I will monitor the progress by tracking their participation, emotional response, and feedback. We will set small, measurable goals for each member, such as improved emotional resilience or participation in group activities.

By the end of the program, we aim for the PDL to exhibit a stronger sense of community, improved emotional stability, and a greater sense of hope and purpose.

In photos: *(eyes were covered to protect PDL identity)*

a. Professional Referrals: Refer them to additional support services if needed, such as medical care, legal aid, health education, and others :



As both a counselor and unit nurse, I am committed to empowering our elderly PDL through health education, focusing on managing diseases like hypertension, diabetes, and cardiovascular conditions. Equipping them with knowledge is key to fostering healthier lives.



b. Emotional Expression/Peer Support: Encourage open sharing of feelings about aging, their incarceration, and their fears for the future.



Discussing 'Understanding Stress and Anxiety' with PDL, where they shared their personal experiences and explored what stress means to them. Allowing them to reflect and open up through shared experiences on their journey towards better mental health.



c. **Coping Strategies:** Introduce relaxation techniques, mindfulness exercises, and positive affirmations to help them manage stress.



Teaching our PDL stress-relief techniques through body tapping and warm-up exercises. These activities help them relax, release tension, and boost their energy, promoting both physical and mental well-being.





Guiding our elderly PDL through proper breathing exercises to promote relaxation and help stabilize their blood oxygen levels. A simple yet powerful technique to support their overall well-being and reduce stress.

