

ACTIVITY 5.2

Developing Resilience Plans With LGBTQ Clients

Directions: Instructors ask for volunteers to play the role of fictional “clients” in a group counseling session using a fishbowl method. The instructor plays the role of the “group counselor,” and the remainder of the class sits in a circle outside the “fishbowl” containing the group members. As the group counselor, the instructor first explains to the client what resilience is: “*Resilience* is our ability to bounce back from tough times.” Then, the group counselor asks clients to write on a sheet of paper answers to the following questions:

1. As an LGBTQ person, what helps me get through hard times?
2. As an LGBTQ person, what are the challenges I face in getting through hard times?
3. As an LGBTQ person, what do I need to thrive and feel good about myself and my life?
4. How have I internalized negative beliefs about myself?
5. How does society have to change to support me more as an LGBTQ person?

Once clients have completed the list, the group counselor asks clients to circle the three most important resilience supports and the three most challenging resilience threats. The group counselor then asks clients to turn the page over and write how they can integrate the three resilience supports into their life more and what they need to shift in their life or what support they need to buffer themselves from the resilience threats.
