



# *I Thought It Was Just Me (but it isn't)*

by Brene Brown

Facilitated by Amy Kroll & Shannon Townsend

Sundays May 33-June 12, 2016 - 11a-2p

The Topical Study Series provides space where peers engage in a professional dialog.

## **Our space is founded in...**

- Social learning,  
Through facilitated discussions, we identify with, develop, challenge, and apply ideas together.
- Safe and brave interactions,  
Assume positive intent while seeking greater knowledge and understanding.
- Reflective practice, and  
Reflective practice is talking about the work with colleagues in a structured manner for the purpose of growth.
- A group of equals.  
Everyone adds value based on our different backgrounds and experiences. We are a group of peers; not instructors and learners.

## **Expectations:**

- Complete all independent materials and activities.
- Compile talking points (including page and paragraph references).  
Talking points include questions, agreements, disagreements, challenges, observation, etc from the reading.
- Attend all meetings.
- Actively engage in and listen to the dialog.
- Be a positive influence to the discussion and each other.  
Approach disagreements, offenses, hurt feelings, and conflict in a professional manner.
- Maintain confidentiality.

**Full CEUs** will be awarded for completion of at least 80% of the independent materials/activities and missing only one meeting. **Total: 1.3 Professional Studies**

**Professional statistics** (years of experience, work setting, etc.) have historically been used (intentionally and unintentionally) to divide practitioners. Our professional stats shape who we are...right now. Share relevant statistics as needed to frame the immediate contribution to the discussion. Refrain from sharing stats as a way to define, limit, or divide the members of the discussion group.

**Maintained confidentiality** is described in Dean and Pollard's book, *The Demand Control Schema: Interpreting as a Practice Profession* (2013) as a shared understanding between professionals that discussion of the work will occur in appropriate situations and in an appropriate manner.

- Shared understanding = Discussion and application of ideas leads to (the goal of) improved effective practice.
- Appropriate situations = Discussions occur in a closed environment.
- Appropriate manner = Discussing the work involves a) identify what needs to be revealed and what does or should not be shared and b) prioritize the most important information to share. Hippocrates stated "That whatever I shall see or hear that concerns the lives of my patients which is not fitting to be spoken, I will keep forever secret" (Dean & Pollard, 2013, p. 142). *If a listener happens to make connections, they will maintain confidentiality.*

**Feedback** during the study is always welcomed.

**Meeting Location** may change depending on group size. However, the first meeting will be held at Dazbog Coffee 556 N Lincoln Ave, Loveland, CO 80537.

**The book:** As hard as we try, we can't seem to turn off the tapes that fill our heads with messages like "Never good enough!" And "What will people think?" Why? What fuels this unattainable need to look like we always have it all together? At first glance we might think it's because we admire perfection, but that's not the case. We are actually the most attracted to people we consider to be authentic and down to earth. We love people who are 'real' - we're drawn to those who both embrace their imperfections and radiate self-acceptance. This workshop will delve into these concepts and how to effectively apply them daily as we face challenges, colleagues, and evolving field.

Schedule is as follows:

<b>Sundays</b>		<b>What needs to be completed by the time you arrive:</b>
from 11:00 am – 2:00 pm		
<b>5/22</b>	Meeting Discussion	Read and compile talking points for: pg. 0-68 (end of Ch. 2)
<b>5/29</b>	Meeting Discussion	Read and compile talking points for: pg. 69-172 (end of Ch. 6)
<b>6/5</b>	Meeting Discussion	Read and compile talking points for: pg. 173-285 (end of book)
<b>6/12</b>	Meeting Discussion	Compile talking points for: Application during the week, post reading

**The book will be sent to you - you are expected to have the first set of readings done before you arrive on May 22.**

**Registration** must be completed via PayPal - [www.TownsendInterpretingServices.com/BookStudy](http://www.TownsendInterpretingServices.com/BookStudy)  
**Cost** is \$50, which includes either the paperback or Kindle version. *There are no refunds.*



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