

Title: PRACTICE (122).docx

Codes Applied: Other Pressured or Challenged by Homework General Experience (Positive)

Excerpt Creator: jaykayse

Excerpt Range: 387-1007

I thought the format of it was really good. The idea of doing it with a group of my peers, I think was really useful. That the I have to say that early after the program started my brother passed away and I felt like that really kind of disrupted my life in kind of a profound way. Where I couldn't really focus on the weekly exercises as well as I could. I could have to reap the most benefit. But, there's just really a lot going on with family dynamics and the grief and the loss and just really not being able to focus on and kind of the grief kind of gets in the way of being able to maintain like a normal routine.

Title: PRACTICE (122).docx

Codes Applied: Other

Excerpt Creator: jaykayse

Excerpt Range: 1025-1700

Even for me, I've kind of put aside a lot of things that are part of my normal routine. I'm just not really ready to return. I've had family members staying with me while we were trying to like, clean out his apartment and deal with like, getting the state matters settled and bills paid and that process continues. So that was also a little bit disruptive to my normal life 'cause I lived by myself and, it was just really hard with people here to feel like I could just kind of maintain the normal things that I do. So I don't know if that makes sense or not, but, I felt like my, ability to participate got really waylaid by life circumstances more than I would've liked.

Title: PRACTICE (122).docx

Codes Applied: Length of Sessions

Excerpt Creator: jaykayse

Excerpt Range: 1953-2275

Well, it worked out fine as far as meeting with a group every week. So I'm still working full-time. I'm not retired yet. So that does kind of also, kind of, it's a big chunk of my daily schedule. But yeah, it was fine to the weekly meetings. I didn't have any problem attending. I don't know if that answers your question.

Title: PRACTICE (122).docx

Codes Applied: Liked/Benefitted from Hearing about Life Experiences of Others Sense of Companionship among Group

Excerpt Creator: jaykayse

Excerpt Range: 2448-3217

It was really interesting to hear other people's... What they're dealing with in their life. And we had a lot of commonality in the sense that we're all kind of finding ourselves in the same stage of life and facing a lot of the same issues. Some of the members were having pretty serious health

issues that was part of the feeling of depression or contributing to it. I found for myself, I'm 69 and my health is pretty good, but there's certain things that I'm starting to see creep up health, health issues that are probably gonna manifest later. I've got a lot of arthritis and things like that other members were dealing with more serious health conditions. But one of the things that the program focuses on a lot are issues that a lot of people who are aging face.

Title: PRACTICE (122).docx

Codes Applied: Engagement with Storyline & Videos

Excerpt Creator: jaykayse

Excerpt Range: 3235-3636

And I haven't really up until now, really thought myself as aging. So that part of it was like facing my aging and where I'm at and how much time I have left and what my health outlook is gonna look like in years to come. And the way that the program seemed to focus on that, particularly with the narrative of the the animated narrative about the woman's journey. I can't remember her name right now.

Title: PRACTICE (122).docx

Codes Applied: Engagement with Storyline & Videos

Excerpt Creator: jaykayse

Excerpt Range: 3693-3983

But that kind of really kind of made me feel even more depressed, to be honest. [chuckle]
Having to look at those things and it's not like I shouldn't be looking at them or avoiding looking at them. So it was good that I was looking at them, but it just wasn't making me happier.
[laughter]

Title: PRACTICE (122).docx

Codes Applied: Other

Excerpt Creator: jaykayse

Excerpt Range: 4351-5088

I think there's a lot of nuances to that. I think most people don't really even as we age, we don't see ourselves as being old that's like our own personal perception of ourselves. And I've heard other people kind of, and I've read things about that, that people when they get older, they don't think [laughter] So being old, I know my mom didn't, when she got older. So most of the time I go around my merry wife without thinking about the fact that I'm 69 and at the most I might have a decade or a little bit more than that left life span-wise. And when you get to this phase in life, the likelihood that you're gonna resolve deep-rooted issues that you've always dealt with it's less likely that you're gonna make changes. I think.

Title: PRACTICE (122).docx

Codes Applied: Other

Excerpt Creator: jaykayse

Excerpt Range: 5135-5387

And then also there's like the prospect of declining health over time. That definitely, even though it's more depressing, I think it needs to be looked at and particularly with the sudden death of my brother kind of really puts it well into focus also.

Title: PRACTICE (122).docx

Codes Applied: Not Relevant

Excerpt Creator: jaykayse

Excerpt Range: 5583-5615

Could you repeat that question?

Title: PRACTICE (122).docx

Codes Applied: Liked/Benefitted from Hearing about Life Experiences of Others As Comfortable/Open

Excerpt Creator: jaykayse

Excerpt Range: 5787-6206

Yeah. I thought that the, it was helpful to hear other people's perspective. A lot of times people were sharing resources about things, the ways that they're dealing with certain things or certain health resources and stuff that's useful as well as the emotional work that occurs in a group like this. So people are sharing their life stories and, being able to offer their perspective on the story that you're telling.

Title: PRACTICE (122).docx

Codes Applied: Not Relevant

Excerpt Creator: jaykayse

Excerpt Range: 6254-6280

If that makes sense. Yeah.

Title: PRACTICE (122).docx

Codes Applied: Use of Time Specific Things Facilitator Said or Did

Excerpt Creator: jaykayse

Excerpt Range: 6392-6774

I thought that she was really good at keeping us focused and on track with the goals of the, each of the groups because a lot of times we were talking about a lot of different things and she would always give us enough time to process that, but also direct us back to the goals that we needed to accomplish for that specific session. [laughter] So that's always helpful. [laughter]

Title: PRACTICE (122).docx

Codes Applied: Not Relevant Nothing to Improve

Excerpt Creator: jaykayse

Excerpt Range: 7014-7058

I just, I can't think of any specific thing.

Title: PRACTICE (122).docx

Codes Applied: Facilitator Qualities Nothing to Improve

Excerpt Creator: jaykayse

Excerpt Range: 7185-7272

No, I don't think so. No. I think she was very effective with the being a group leader.

Title: PRACTICE (122).docx

Codes Applied: Homework as Beneficial Plans for Future use of Program Skills

Excerpt Creator: jaykayse

Excerpt Range: 7569-8345

Well, I definitely think particularly now because there's a lot of processing I need to do with, things belonging to my brother and they kind of all ended up at my house. And like the weekly is goal setting with like, activities and stuff. I think that's going to be very useful going forward with it's probably going to take me a year to work through all the stuff that needs to happen with my brother's estate and the things that he left behind. And there's a lot of like getting carloads and stuff together to take to donation places in my future. So, those kinds of things I think will help me keep, stay focused on things that I need to accomplish. So I found that useful. I've been introduced to some of the concepts, like the... Was it the cognitive behavioral therapy.

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Codes Applied: Pressured or Challenged by Homework

Excerpt Creator: jaykayse

Excerpt Range: 8392-8803

Concepts., I've never really been able to do that very well. And I know, everybody, particularly me, I know I have a lot of negative talk in my head most of the time but that process of trying to isolate what those are to the point where I can actually write them down. I've never really been able to do that very effectively, so that's a problem for me. I haven't really figured out why it's so difficult but.

Title: PRACTICE (122).docx

Codes Applied: Pressured or Challenged by Homework

Excerpt Creator: jaykayse

Excerpt Range: 8992-9017

I wasn't very successful.

Title: PRACTICE (122).docx

Codes Applied: Reinforced Existing Skills and Knowledge Changes Observed in their Life Homework as Beneficial

Excerpt Creator: jaykayse

Excerpt Range: 9176-9958

A lot of it was, 'cause I've had therapy before, so I was familiar with the cognitive behavioral therapy. I was aware of like the, way of interacting with people with eye statements and things like that. Those are concepts that I had before. It doesn't hurt to have a refresher on those things, particularly because I have three or two other sisters besides myself, that are dealing with the loss of my brother and all the affairs that need to be settled. And there's one in particular that's been very difficult to deal with. And, yeah, the reminder about using I statements with her I think is really useful. She can get quite like, verbally abusive and her response to my brother's death has been a lot of anger and venting of anger and blaming the other two sisters for things.

Title: PRACTICE (122).docx

Codes Applied: Homework as Beneficial Changes Observed in their Life

Excerpt Creator: jaykayse

Excerpt Range: 9975-10824

And that's kind of made the situation even more difficult. But just trying to take a deep breath and try not to respond in anger back. And to try to retain the sibling relationship as well as we can. I feel like it's been somewhat damaged and, she could can be quite toxic. But, in the long run, I don't really want to lose another sibling when I've already lost one. So it's been really kind of a difficult process, but both of my, me and one of the other sisters were really struggling with how to work with her to cooperate and get a lot of the things done that have to be done and to try to not respond in anger but rather empathy and love. But yeah, it's been really difficult to, every time we try to do that, it doesn't seem to go well either. [laughter] I don't know what works. We're still trying to figure out what will work. I don't know.

Title: PRACTICE (122).docx

Codes Applied: Level of Detail Plans for Future use of Program Skills

Excerpt Creator: jaykayse

Excerpt Range: 11173-11544

Yes. And I believe that now that my sisters are both gone and we're kind of like on to the next stage. I'm hoping to incorporate a lot of the things that are in the workbook to help me set goals every week and get things finished. I think that every step that I can take will move me more, closer to healing from the loss. So I'm eager to try to work through all of that.

Title: PRACTICE (122).docx

Codes Applied: Plans for Future use of Program Skills

Excerpt Creator: jaykayse

Excerpt Range: 11753-11840

I think just about all of the things in the workbook are things that I wanna return to.

Title: PRACTICE (122).docx

Codes Applied: Not Relevant

Excerpt Creator: jaykayse

Excerpt Range: 12057-12086

That's a really good question

Title: PRACTICE (122).docx

Codes Applied: Nothing to Change

Excerpt Creator: jaykayse

Excerpt Range: 12192-12242

Yeah. I can't really think of anything right now.

Title: PRACTICE (122).docx

Codes Applied: Engagement with Storyline & Videos

Excerpt Creator: jaykayse

Excerpt Range: 12495-12506

Yeah. Yeah.

Title: PRACTICE (122).docx

Codes Applied: Nothing to Change

Excerpt Creator: jaykayse

Excerpt Range: 12554-12647

Yeah, I don't know. I think I was pretty satisfied with all the other aspects of the program.

Title: PRACTICE (122).docx

Codes Applied: Nothing to Change

Excerpt Creator: jaykayse

Excerpt Range: 12815-12877

Oh, I can't think of anything really that does comes to mind.

Title: PRACTICE (122).docx

Codes Applied: Not Relevant

Excerpt Creator: jaykayse

Excerpt Range: 13219-13250

How did I feel about the what?

Title: PRACTICE (122).docx

Codes Applied: Not Relevant

Excerpt Creator: jaykayse

Excerpt Range: 13312-13321

The flow?

Title: PRACTICE (122).docx

Codes Applied: Flow Between Components/Balance in Materials Other- Change and Recommendation

Excerpt Creator: jaykayse

Excerpt Range: 13370-13986

Yeah. Oh, I thought it was a good flow in all, one activity kind of segueing into the next in terms of the progression of the way the sessions were organized. One thing, I don't know if this is possible, I know we were able to get contact information for each of the members. We were able to share that, but in terms of like ideas for the future, I wonder if there would be a way to incorporate, after the session is over, like getting together again in a month or maybe like two or three times after a certain period of time has passed with this group. I would be curious to see how something like that would look.

Title: PRACTICE (122).docx

Codes Applied: Technology Troubles

Excerpt Creator: jaykayse

Excerpt Range: 14033-14471

And also, one of the members was having a... I can't remember her name, but she was having a lot of connectivity issues and I know that's something that we don't necessarily have a lot of control over, but I felt really badly because she kept going in and out of being able to hear us and for us to hear her. And it just must be so incredibly frustrating for people in a state that don't have reliable connectivity for programs like this.

Title: PRACTICE (122).docx

Codes Applied: Length of Sessions

Excerpt Creator: jaykayse

Excerpt Range: 14761-15099

Oh, I thought that the length, I wouldn't want it to be longer. Sometimes I wish that it was an hour, but there is certainly is a lot of material to cover in each session. And having the extra 1/2 half an hour, I think allowed us to be able to connect with each other on a personal level. So it's probably about the right amount of time.

Title: PRACTICE (122).docx

Codes Applied: Group Size

Excerpt Creator: jaykayse

Excerpt Range: 15328-15567

I think that's probably the right number 'cause more than that, it might be more difficult for people to be able to share personal stories or personal reactions to things. And less than that might not make it as interesting [chuckle] so...

Title: PRACTICE (122).docx

Codes Applied: Group Size

Excerpt Creator: jaykayse
Excerpt Range: 15615-15659
Five seems like a the right number, I think.

Title: PRACTICE (122).docx
Codes Applied: Zoom/ in-Person Comparisons

Excerpt Creator: jaykayse
Excerpt Range: 15771-16445
I have found that, not necessarily with this group, but let's say that with other Zoom kinds of sessions like I, the difference between doing mindfulness groups that I've been in person ones versus Zoom, it seems like a really different experience to me that I feel like I'm able to get into a more reliable meditative state when it's in for whatever reason [chuckle] personal, in person group than it is on Zoom. So I think it does change the experience somewhat if you're not in the same room. When you're in a group, you can see everybody's faces instead of just the person that's talking and I think that adds it another dimension to the kinds of personal interactions.

Title: PRACTICE (122).docx
Codes Applied: Zoom/ in-Person Comparisons

Excerpt Creator: jaykayse
Excerpt Range: 16492-16539
Than just being able to see one face at a time.

Title: PRACTICE (122).docx
Codes Applied: Not Relevant

Excerpt Creator: jaykayse
Excerpt Range: 16700-16795
Yeah, I wish I could come up with something [laughter] else but I can't think of anything more.