SUMMARY OF DALLAS TWST MEETING JULY 31, 2019

The meeting was attended by 4 teens and their parents, and 2 speech pathologists who are chapter leaders. One of the teens was new to the group. We began by reading the Welcoming Words. This was followed by introductions and then The Human Knot as an Icebreaker. The teens verbally contributed during the entire group’s efforts to become unknotted and everyone appeared to enjoy the experience.

The topic of the meeting was “What would YOU do?” with a goal of working on problem solving. The teens were given a written sheet with a situation described on it. They were to work together to come up with all of the choices they could think of for responding to the situation described. They were encouraged to think about the consequences of the choices they made and the possible outcomes of those choices. Each choice and outcome was each written on a piece of paper and a type of flow chart was created on the floor with the situation at the top; choices below the situation and outcomes below the choices. Colored tape was used to show the “flow” from situation down to choices down to outcomes. Then the teens were asked to talk through the choices they came up with and the outcomes they expected with the 2 slp/chapter leaders who had created the situations. I am attaching a picture of what we had after the teens problem solved 1 and finally 3 different scenarios. The teens came up with progressively more choices for each subsequent situation, suggesting they began to think more broadly and realized that they had more choices than they initially realized. All of the teens verbally participated and explained the choice(s) and outcome(s) they came up with.

While the teens worked on this activity, the parents were in a separate room chatting. Since we had a new parent, we thought it would be a good idea if the new parent had the chance to ask questions of the parents who have been coming to the group for a while. The Closing Words were read and the meeting ended.

Submitted by Tricia Krauss-Lehrman