

QUALITATIVE RESEARCH DESIGN

HIPPOCRATES PROGRAMME

ADOLESCENT MATURATION GROUPS DESIGN

This document describes the programme for work with adolescents designed by the **Family Attention Unit**, from the Dr. Esuerdo Centre, in collaboration with the **Timoneda Association** (a permanent work group made up of professors and educational psychologists from the high schools of Alicante and the rest of the province), and was carried out in the high schools of Alicante and the rest of the province during two consecutive years.

The **Adolescent Maturation Groups** are formed with a “goal of helping” those young people who have a specific and similar problem, related to the difficulties which are common to adolescence as an evolutionary development stage.

The goal is that this group experience will help the process of personal growth in those young people who need special support in order to achieve this growth. The ultimate goal of this activity is the achievement of a *preventative work* in the field of mental health.

Through relationships with people who have experienced similar difficulties, the following goals are pursued:

- The comprehension of the common characteristics of this vital stage which they are facing and that these characteristics are inherent in all of them.
- The knowledge of their personal attitudes in the groups, with the goal of improving them in favour of a greater personal development.
- The acquisition of new models of dealing with their own difficulties at this stage.

OBJECTIVES

GENERAL OBJECTIVE.

The general objective being pursued is the “Social Maturation of the Members.” One must keep in mind that this is not a quantitative goal. Therefore, the

progress in social maturation for each member must be determined and ranked by the group's trainer over the course of time.

SPECIFIC OBJECTIVES.

1. Establish an appropriate atmosphere in which the members of the group feel free to express any emotion, feeling or difficulty.
2. Encourage the interaction among the group members, which will bring them to a search for common areas and a mutual identity.
3. Develop the cohesion of the group and the feeling of belonging, which will allow the resources for treatment to act within the group.
4. Accompany each individual in the attaining of his own goals, set for each one of the members of the group before the sessions during interviews held with the trainer.
5. Incorporate the achievement of the individual goals into the group. In other words, to help the individuals find fulfilment and to help the group achieve the fullest usefulness.

DESCRIPTION OF THE ACTIVITY

These **organised groups** will consist of an average of 10 members, between the ages of 16 and 17, who will periodically attend a weekly session lasting for one hour. The groups will be **open**, since new members are not added to the group after a fixed period of time or because they have finished the task, but because they have obtained the goal of *a better integral development of the adolescent*.

The sessions are directed by a therapist, who in this task acts more like a **"trainer,"** accompanied by an **observer** (a member of Timoneda). This observer participates by gathering written information about the sessions. The goal is that this experience should be practical for the participants, thus contributing to the spread of similar initiatives in educational resources.

TEACHER DISCUSSION GROUPS DESIGN

Objectives

- 1.- Gather information about their difficulties with adolescents.
- 2.- Understand the way that they relate with their students' families.
- 3.- Identify conflictive situations in the teacher-family-student relationship.
- 4.- Define the characteristics of the Educational Centre system

Methodology

Discussion Group: methodology by consensus and representativeness of the group.

Open meetings with the teachers from the Timoneda Association.

Duration: 11 months.

Frequency: monthly.

Length of the sessions: 2-3 hours.