

There are three primary delivery models for EDI programs: group, 1-on-1, and individual. Depending on the setting and participants, one or more of these models may be appropriate.

## **Group Model**

EDI is frequently implemented in group settings - both with participants and with staff. Groups typically consist of 10-15 individuals, and are led by a designated facilitator. The group format allows time for sharing and discussion.

## **1-on-1 Model**

EDI is often used by clinicians or counselors with individual participants. In these situations, a staff member will typically teach the participant how to create imagery, and utilize the imagery to enhance the therapeutic process.

## **Individual Model**

Individuals often use EDI on their own, usually in conjunction with, or after, an initial experience with EDI through one of the above models. Any individuals who use MyMoments during a MyMoments group or 1-on-1 session are provided lifetime access to the MyMoments app.

## Group Model

Groups typically focus on a specific theme or prompt. Facilitators select themes based on the nature of the group and needs of the participants. The theme is presented as a starting point to inspire expression, but the participants are encouraged to take any direction they chose to convey their feelings and experiences. Groups typically follow the format as outlined on page 7, with adequate time is reserved for group discussion and sharing. The creation and sharing of imagery can take up the entire group or may be a component of the group.

| Sample Prompts  |   | Group Design Models   |
|---|---|---|
| <p><b>Caregivers/Staff</b></p> <p><b>Team-building</b><br/>                     Our common goals...<br/>                     Managing change...<br/>                     Overcoming challenges...<br/>                     Understanding each other...</p> <p><b>Self-reflection</b><br/>                     Resilience...<br/>                     My purpose...<br/>                     Finding joy...<br/>                     My well-being...</p> <p><b>Interpersonal connection</b><br/>                     This is my story...<br/>                     Sharing something about myself...<br/>                     My hopes and dreams...</p> | <p><b>Patients/Participants</b></p> <p><b>Self-reflection</b><br/>                     Resilience...<br/>                     How I'm feeling today...<br/>                     What a good day looks like...<br/>                     My coping strategies...<br/>                     My warning signs...</p> <p><b>Self-expression</b><br/>                     This is my story...<br/>                     Where I am in my recovery...<br/>                     Sharing something about myself...<br/>                     My hopes and dreams...<br/>                     What's most important to me...</p> | <p><b>Incorporating imagery into existing curriculum</b><br/>                     Example: 8-week outpatient psychoeducation group with different topics each week</p> <p><b>Focus session with objective</b><br/>                     Example: Caregiver session based on managing change to address an organizational shift</p> <p><b>Component or lead-in to a broader group</b><br/>                     Example: Individuals create images of "How I'm feeling today" before starting a morning meeting</p> <p><b>Spontaneous use to address new objective</b><br/>                     Example: Group facilitators use MyMoments spontaneously during various groups, when specific opportunities or objectives arise</p> |

## 1-on-1 Model

Clinicians or counselors incorporate MyMoments into their 1-on-1 work to enhance the therapeutic process. Once MyMoments has been introduced, the creation of imagery can be incorporated at any time during future sessions to support self-expression. The initial introduction of MyMoments often has a prompt, while future use is usually unplanned and tailored to specific therapeutic discussion.

| Sample Prompts   | Group Design Models  |
|--|--|
| <p><b>Self-reflection</b></p> <ul style="list-style-type: none"> <li>Resilience...</li> <li>How I'm feeling today...</li> <li>What a good day looks like...</li> <li>My coping strategies...</li> <li>My warning signs...</li> <li>Where I am in my recovery...</li> <li>My hopes for recovery...</li> </ul> | <p><b>Consistent, ongoing use</b><br/>Example: Clinician asks patient create an image at the beginning of each session to monitor progress</p> <p><b>Spontaneous use to enhance discussion</b><br/>Example: Patient learns to use MyMoments during an initial session, and has the option to create imagery at any time during ongoing therapy</p> |

## Individual Model

Participants continue using MyMoments after they have been introduced to it through another program. This may be a part of an ongoing treatment plan with prompts/objectives, or may be used in self-directed manner without guidance.

| Sample Prompts  | Group Design Models  |
|---|--|
| <p><b>Self-reflection</b></p> <ul style="list-style-type: none"> <li>How I'm feeling today...</li> <li>My coping strategies...</li> <li>My warning signs...</li> <li>Where I am in my recovery...</li> <li>My goals in recovery...</li> <li>My hopes and dreams...</li> <li>What's most important to me...</li> </ul> | <p><b>Journaling</b><br/>Example: Patient uses imagery as a method of journaling to track progress in recovery</p> <p><b>Meditation/Diversion</b><br/>Example: Patient creates images as a coping mechanism during challenging times</p> |