

# Serenity Care Centre

## Support Group Hierarchy



### Step 1: Tea Session

A small gathering for new clients. Clients are introduced to the support group system while they enjoy an early opportunity to connect with peers in a non-threatening environment.



### Step 2: Induction

Transitional group which focuses on Client's coping skills as they begin their journey as a newly diagnosed cancer patient.



### Step 3: Open Support Group

Designed with a positive and lighthearted theme, these larger gatherings accommodate over 20 clients, fostering a broader sense of community and support.



### Step 4: Closed Support Group

Sessions focus on specific themes, delving deeper into the nuances of the cancer journey. Various closed groups include: gender-based groups, bereavement and cancer reoccurrence.

## Support Group Rituals

- 1 Welcome members to the group. Introduce self if it is their first time to the session.
- 2 Weather check - a warm up to find out members' present condition and allow them to share their thoughts before the session.
- 3 Group norms - agreed upon "rules" to ensure the session runs smoothly
- 4 'Pelangi Petang' song (Dusk Rainbow) - aims to make members feel they are part of a cohesive group and instill a shared sense of hope.
- 4a Members are encouraged to reach out holding hands and giving hugs to elicit comradery, togetherness and closeness among members.
- 5 Iqrar (or creed) is read at the end of each support group session. Written by Dr. Haji Md Yusof Ismail, to unify clients and summarise the session.

Music, when incorporated into a stress reduction program, has been shown to be effective in decreasing stress in cancer patients and improving their overall psychological well-being (Yildirim et al., 2022).

## Additional Elements of Tea Session

### Atmosphere

The tea session is meticulously curated to be conducive and calming, designed to help members feel at ease. This welcoming environment is crucial for members from cultural backgrounds, such as the Malay community, where expressing personal struggles or opening up in group settings can be challenging.

As this is the first session, the setting - characterised by soft lighting and gentle ambience - serves to calm their minds and encourage a sense of safety and trust necessary for members to share their experiences.

### Music

Gentle instrumental music plays in the background to set a calm tone. "Pelangi Petang," is introduced later in the session, after members have grown more comfortable with the group setting and are more receptive to the song's message.

### Tea & Aromatherapy

While serving tea is a central calming element to help promote relaxation, a lavender-scented candle is used to further enhance the calming atmosphere.

