



Overcoming Challenges in Facilitating TSN Support Groups

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TRAUMA SURVIVORS NETWORK WEBINAR

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OBJECTIVES

- Goals of group
- Barriers
- Facilitators
- Leadership Suggestions
- Discussion



GOALS OF SUPPORT GROUPS

- Grow, learn, expand
 - Gain knowledge, perspective, skills
 - Develop self-management habits, practice skills
 - Expand capacity to be a good community member
- Be in the community
 - Give and receive support and validation
 - Feel connected
- Experience hope, a sense of purpose, love and be loved, hear and be heard



BARRIERS

- What gets in the way of meeting goals
 - Challenging individual behaviors
 - Quiet vs. dominant
 - Negativity, attention-seeking, disruptive behaviors



BARRIERS

- What gets in the way of meeting goals
 - Challenging group behavior
 - Cliques and side conversations
 - Leadership tension
 - Accommodating divergent needs



BARRIERS

- What gets in the way of meeting goals
 - Leader discomfort setting boundaries and expectations
 - Practical challenges
 - Space
 - Pain
 - External events
 - Different phases of recovery
 - Bad presenter
 - Facilitator disorganization



FACILITATORS

- Individual behaviors that move member/group toward the goals
 - “Showing up”
 - Adherence to group norms



FACILITATORS

- Group Leader actions that support movement toward the goals
 - Administrative
 - Helping to establish group norms and maintaining focus on the group goals
 - Caretaking during meeting/process management/facilitate interactions and growth
 - Provide education, teach skills
 - Ensure adherence to guidelines

MORE LEADERSHIP SUGGESTIONS

- Group is practice for “real life”
 - Reframe “barriers” as “opportunities”
 - Default vs. intentional
- Set boundaries and expectations
 - Group contracting and re-contracting
- Consider distraction techniques
 - “Money in the bank” note system

MORE LEADERSHIP SUGGESTIONS

- Model adherence to boundaries and expectations
 - Transparency – name your actions
- Interventions are caring acts
- Encourage group engagement
- Listen to your gut
- Know your skillset and your blind spots

DISCUSSION/Q&A

