

Support Group

Success

It All Begins with Hope

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Presentation Objectives

- Describe the hope, transformation, and victory cycle of recovery
- Write a covenant of confidentiality for a support group
- Learn how to facilitate group discussions by reading scenarios and determining appropriate responses
- Create meeting agendas incorporating these elements

Introduction

Welcome to the workshop!

Questions to Consider

- Why are you here and what do you hope to learn?
- Do you currently or are you planning to facilitate a support group?
- What do you desire for group members?
- Are you prepared to model your expectations and communicate your goals to the group?

Covenant of Confidentiality

Elements to include

- Confidentiality statement
- Attendee expectations
- Leader expectations



Goals for the group – not requirements

- Attendance-related
- Progress on reading assignments
- Doing homework or practicing tools



- *Choose*
Hope
- *Experience*
Transformation
- *Recognize*
Hope

Hope

For most people, hope is the first step in the healing process. As our hope grows, so does our desire for transformation.



Bringing Hope to Your Group

- Merriam-Webster says that hope is “desire accompanied by expectation of or belief in fulfillment.”
- For most people, hope is the first step in the healing process. As our hope grows, so does our desire for transformation.
- No one is immune from pain, but we can learn to move from a place of despair to hope.
- Do not assume everyone who attends wants to be there.

Communicating Hope

- What NOT to say to someone in despair:

“I will teach you how to have hope.”

Every person must choose hope for themselves.

“This group is a good place to find hope.”

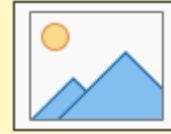
Some people may not feel that way.

Emphasizing Hope

- You can reinforce the importance of hope without even saying a word. Some suggestions include:
 - Include quotes or a devotion to inspire hope. Give the group an opportunity to discuss
 - Ask group members to share something that gave them hope.
 - Have prayer request cards available

sat in **Group** without interacting as she usually did. This week's lesson revolved around **Discussion** leaving me. I haven't been to therapy in a while because we don't respond.

1. Read the story.
2. How could the group leader steer the conversation to a more hopeful tone?
3. What other actions could the leader take based on Joann's words?



Transformation

Every step we take shapes who we are and transforms us in some way. As we are transformed, we begin to see victory in everyday life.



Defining Transformation

- According to dictionary.com, transformation is a change in form, appearance, nature, or character.
- Merriam-Webster defines transformation as “the act or process of changing character.”
- The Bible says we are “transformed by the renewing of our minds” (Romans 12:2)

Holistic Transformation

Body

- Our physical needs impact our mental and spiritual health

Mind

- Transforming our thoughts begins with accepting them and then changing the thoughts that are unhealthy or harmful

Spirit

- Recognizing your spiritual nature leads to powerful internal transformation

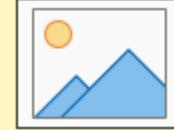
Tools for Transformation

- Emotional Health
 - A safe place
 - Strengths and skills
- Mental Health
 - Affirmations
 - Retraining thoughts
- Physical Health
 - Physical activity
 - Recreational sports
- Spiritual Health
 - Prayer & meditation
 - Devotional readings

Group Discussion

en 1. Read "the story.

2. How can you acknowledge Mark's transformation?
3. How can you use Mark's report as a starting point to discuss transformation?



Victory

We can celebrate big and small victories every day. With each victory, our hope builds for the future.



Defining Victory

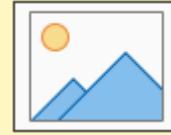
- Is victory the final step or only the beginning?
- Merriam-Webster describes victory as “the overcoming of an enemy or an antagonist.”



visiting the doctor and being referred to a therapist, she knew was experiencing depression. But

Group Discussion

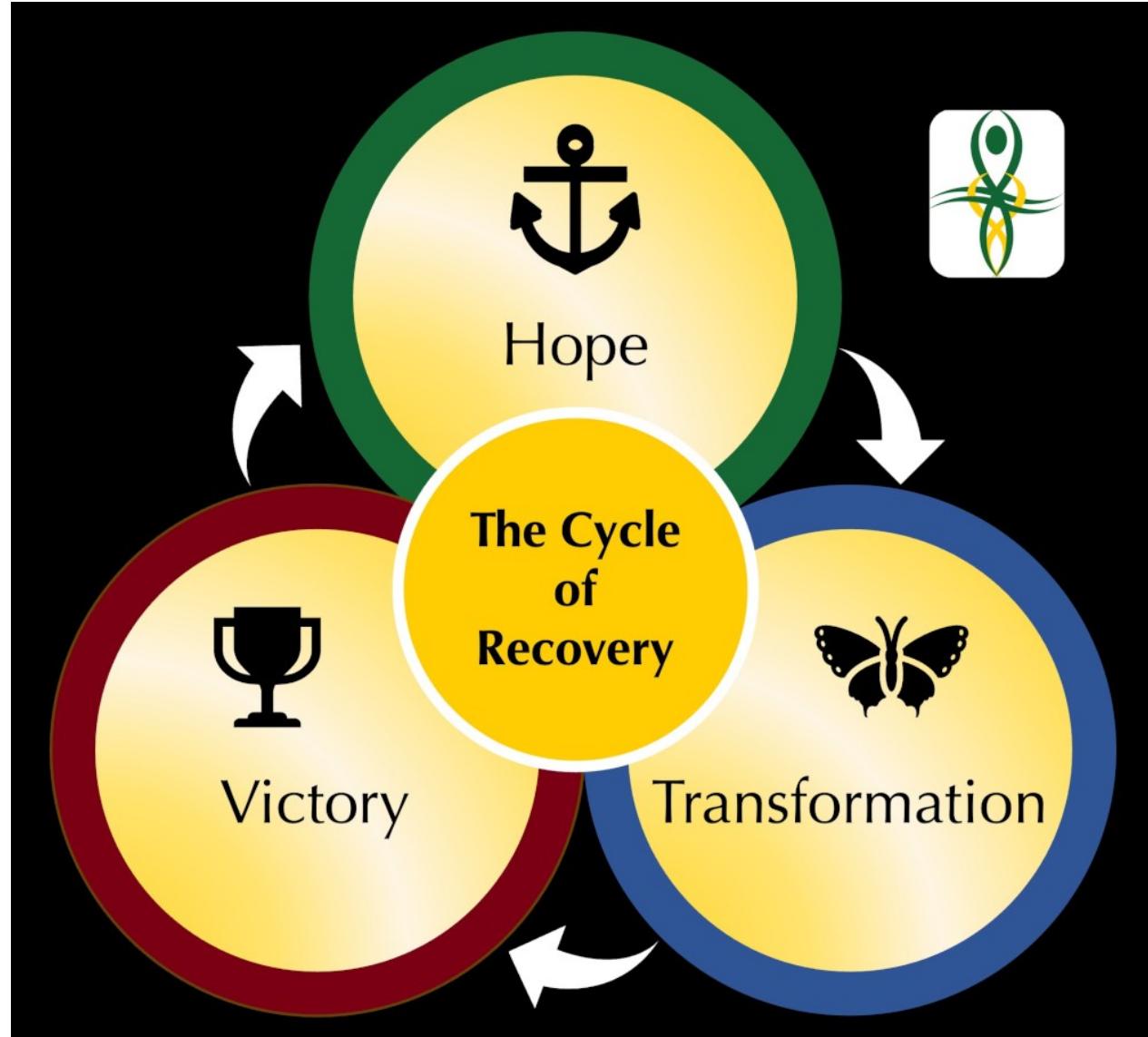
1. Read the two stories provided. Discuss how each one demonstrates victory.
2. Share victories you have recognized in your life.



Story 2 – Dustin knocked on the door, anxiously shuffling his feet outside of his own home. Would his wife let him in? Even after the way he'd treated her and his children? His mandatory time away had been a time of healing. He felt ready to use the tools he'd learned and make the changes needed to move forward in a recovery lifestyle. But would his family be ready for him? The door burst open and before he could speak, arms grabbed him, pulled him into the home, and held on tight. Tears fell, the children cheered, and his wife whispered, "I love you."

Meeting Agendas

Suggestions for incorporating the cycle of recovery in support group meetings



Questions?



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