

## About Women's Healing and Empowerment Network

### Our Overall Goal:

To **H**elp **E**mpower **A**bused **L**ives.

### Our Mission

W.H.E. Network helps to provide healing and empowerment to individuals, families, homes, churches, schools and other organizations through faith-based education, counseling, healing centers, resources and other support services in the areas of domestic violence, sexual abuse and related abuse. We also assist religious organizations in establishing policies and procedures that can help prevent child abuse, protect victims and hold perpetrators accountable for their actions.

### Our Vision

It is our vision that individuals accessing the programs and services offered and supported by W.H.E. Network will:

- Discover their value to God;
- Recover from dysfunctional thoughts, feelings and behaviors that predispose them to being abused or abusive;
- Experience wholeness, healing, and renewal;
- Grow physically, mentally, spiritually, emotionally, and socially;
- Become positive role models for future generations;
- Become advocates in promoting and maintaining healthy Christian family systems.



# Women's Healing and Empowerment Network

## “How to Conduct Support Groups for W.H.E. Network”

### *Facilitator's Training Information*

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Women's Healing and Empowerment Network  
(W.H.E. Network)  
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## **COURSE DESCRIPTION**

### **GOAL:**

To help participant learn and practice tools that will help him/her facilitate recovery support groups for W.H.E. Network.

**INSTRUCTOR:** Dr. Mable C. Dunbar, Ph.D., L.P.C.

**DURATION:** 8 hrs.

### **OBJECTIVES:**

1. To support the facilitator in her/his examination of personal issues that can negatively impact the group process.
2. To teach facilitator how to relate to, and serve participants in a professional and Christian manner.
3. To help facilitator learn how to conduct support groups for Christians in recovery from dysfunctional ways of thinking, feeling, behaving and relating to God, themselves, and others.
4. To teach facilitator how to create a safe environment where both she/he and participants can grow as they learn to appreciate, support, value and cooperate with each other.

### **REQUIREMENTS:**

- Attendance at all sessions
- Participation in activities (group discussion, role plays, etc.)
- Completion of assignments
- Conduct a group session with peers

### **METHODOLOGY:**

#### Lectures:

A series of lectures will be given during each session. During this time participants are encouraged to seek clarification or make comments.

#### Group Discussions:

Time will be given for facilitators to form groups for discussion. Or they will be asked to get a partner and complete various activities within a time frame.

#### Questions & Answers:

Towards the end of each session facilitators will have the opportunity to ask questions on the topic/s discussed.

#### Report: (three pages)

A report (thought paper) is due three weeks after the training session. The topic of the report is: “*Why I Want To Facilitate Recovery Support Groups*”

### **CERTIFICATE:**

When you complete all of the requirements, you will receive a ***certificate of completion.***



## **TRAINING OUTLINE\***

### **Chapter One**

*Why do we Facilitate Support Groups?*

### **Chapter Two**

*Dealing with Personal issues*

*(Function of the Family, Characteristics of an Unhealthy/Healthy Family, Human Needs, Other Basic Needs, Impact of Negative and Positive Messages)*

### **Chapter Three**

*Preparing to Facilitate the Group*

*(Preparing Self, Preparing the Church/Community, Promotion, Group Membership Rules, Establishing Healthy Group Dynamics, Ethical Guidelines, Breaks, Fees/Materials, Traits and Skill of a Group Leader, Guidelines for Helping People...)*

### **Chapter Four**

*Facilitating the Group*

## **Miscellaneous Handouts / Support Materials**

### **Forms**

*(Personal Data, Group Participation Agreement, Personal Guidelines Goals, Rules, Orientation Activity)*

## **Appendix**

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