GENERATIONS HELPING
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SESSION 2

Orienting, Screening & Socializing Members, & Facilitating Buy-In

Screening Before the Group

- Do their expectations seem reasonable?
- Are they socially and cognitively appropriate?
- Are they in a crisis? Actualization vs. Stabilization?
- Can they be engaged, reassured, redirected? Can they be reassured and redirected? "What is it like for you for me to be asking you these questions right now? "Can they connect with the emotion that they are experiencing?"
- Have they attended groups before? Can we identify how this group may be different from other groups they have attended in the past"
- Can they commit to attending all groups?
- Are YOU comfortable making a referral to the right service, if the person would not benefit from a group?

Orienting to the Group

- Reviewing guidelines for group
- Discussing what to expect, how the group runs

Socializing to the Group

- Importance of creating a consistent frame by leadership
- Creating the positive norm that attendance is important
- Explicitly validating people who make effort to share, connect, be vulnerable within the goals of the group
- Each leader making effort to connect with each member, every session
- Modeling open, responsive, respectful, non-judgmental warmth
- Anticipate and name fears

Facilitating Buy-In for the Group

- Instillation of hope
- Reinforcing a group identity

Two Sets of Guidelines to Consider

Confidentiality/Privacy

- Importance of you feeling safe and comfortable, and secure to share freely.
- Respect privacy of others by not sharing stories outside of confines of the group.
- Contact information can be shared at your own discretion.

Attendance

- Your presence matters! The degree to which you give and are present, is the degree to which you'll receive and learn from it.
- We understand that sometimes life circumstances, like illness, vacations or family matters, may inhibit your attendance.
- Being present also means being present on screen, present in the group.

Time Limits

- We will be meeting for 6 weekly sessions of 1.5 hours each.
- Your stories matter! Given this fact, we will be mindful of time, so that each person has an opportunity to share.
- Facilitators will sensitively signal members when it's time to transition.

Personal Meaning

- Discussion of meaning is unique to each individual.
- Meaning may be positive (life enhancing, loving, caring) as well as negative (anxiety inducing, sad, disappointing).
- We ask that members be open and tolerant of the personal experiences of meaning that each member may share.
- We would like to promote an atmosphere of non-judgment and understanding so members may feel free and secure to share their meaningful experiences.

Best Practices

1. Be respectful and kind to your fellow members.
2. Give everyone a chance to talk.
3. Support each other by sharing experiences and feelings.
4. Speak in reference to yourself – "In my experience…" or "I feel..."
5. Advice should be given only when requested.
6. Be aware of your own feelings and talk about what is present now.
7. Show up on time and end on time.
8. Attend regularly and be present in the room.
9. What you hear and discuss should be kept confidential.
10. Inform your group leader of lateness, early departures or absences.

These trainings and handouts were developed and facilitated by Dr. Abigail Nathanson, DSW, LCSW, APHSW-C, ACS. www.abigailnathanson.com This program was made possible by a grant from The JFNA Center on Holocaust Survivor Care and Institute on Aging and Trauma. *© 2022 DOROT, Inc.*