

Guidelines for Online Healing Support Program: Individuals and Groups

The following Guidelines are for Individuals and Groups using the online Healing Support Program as discussed in the subject presentation available at [Katlyn's Healing Center](#) ("KHC").

When participating in the online Healing Support Program, as an Individual or in a Group, for best results we recommend that you:

- Follow the online Healing Support Program sessions available from KHC to guide your individual work or facilitate your group meetings, participating in one session per week over 10 weeks.
- Try out the healing principles and practices offered in the Program.
- Try to develop a daily practice to promote your own healing, as discussed in the Program.
- When participating in a group, try to help and support other members of your group when the opportunity arises and accept help and support from them.
- When possible, try to work with a peer-support partner or "practice buddy," inside or outside the group, for mutual healing support.

For those who would like to start and/or lead a Group based on the Healing Support Program, for best results we recommend that you follow the guidelines above, plus:

- Maintain a closed group structure, limited to 6-12 participants, meeting initially for 10 weeks, with any subsequent meetings decided on by the group members. Trauma details should not be discussed in the group (i.e. this is not a substitute for individual or group therapy).
- Ask for the consent of other group members before you assume a group leadership role. The group leader role could also be rotated among willing group members.
- The group leader's primary role is to facilitate group discussion. The group leader should also participate in discussions as a regular group member and peer.
- Group leaders should read and try to follow the principles in SAMHSA's *Concept of Trauma and Guidance for a Trauma-Informed Approach*, which is available at [Katlyn's Healing Center](#) with the *Start Healing* presentation.
- Group leaders should read and try to follow the LAUGH principles in the book, *For the Love of Katlyn* (i.e. *Love and Kindness, Acceptance, Understanding, Gratitude, and Humility*). The book is available at www.fortheloveofkatlyn.org.

Prior to participating in the Healing Support Program as an Individual or in a Group, please review the subject presentation at KHC, and sign up as a Member of Katlyn's Healing Community (if you have not already done so) to access the online session videos. Participants will be asked to fill out an optional, confidential pre-screening and post-evaluation questionnaire online (samples available at KHC).