



Katlyn's
Healing Center

Healing Support Program

Helping individuals and groups
make the healing journey



General Information

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Prior to this Healing Support Program Discussion...

If you have not already done so, it would be helpful to read one of the following blogs prior to proceeding with this presentation.

- For survivors of sexual assault and domestic violence, please see the blog, [*“#MeToo? / It’s Not Your Fault / Start Healing”*](#).
- For those who struggle with substance dependence, please see the blog [*“Substance Dependence? / It’s Not Your Fault / Start Healing”*](#).
- For those who struggle with depression and/or anxiety, please see the blog, [*“Mental Illness? / Disorder? / Maybe What You Have is Just BAD”*](#).



Why a Healing Support Program?

- **Difficult life experiences or trauma can cause disconnection from ourselves and others, and empathetic reconnection is where healing starts.**
- **It may not be easy for our family and friends to provide the empathy we need because it requires them to accept us as we are and stay out of judgment.**
- **Research shows it's not possible to heal our emotional wounds in isolation. Healing from our bad experiences can only occur through good experiences.**
- **The [Healing Support Program](#) provides a safe environment to help build new relationships, create a sense of acceptance and belonging, and facilitate mutual self-help and support among peers.**



Healing Support Program

- **The Program’s focus is to help you understand the effects of your difficult life experiences and learn new healing skills and self-care practices.**
- **The program is designed for one, 60 to 90-minute session per week for ten weeks. Presentation material would fill about 30-minutes of the session.**
- **For best results, participants are asked to commit to weekly homework and regular discussion with a peer-support partner or “practice buddy”.**
- **The overall objective is to validate your feelings and help instill confidence that you can heal and regain a sense of well-being by your own actions and choices.**



Healing Support Program Approach

- Learning activities are focused on short videos and exercises followed by optional journaling or group discussions. You can always make the choice to participate or just observe.
- Sessions cover chapters in the book, [*For the Love of Katlyn*](#), and the following presentation materials available on the [Katlyn's Healing Center](#) website:
 - Start Healing Presentation
 - Maybe What You Have is Just BAD Presentation
 - How to Direct Your Own Healing Presentation



Program Follows SAMHSA's Trauma-Informed Guidance¹

The U.S. Substance Abuse and Mental Health Services Administration's (SAMHSA's) *“six key principles fundamental to a trauma-informed approach include:”*

1. *“Safety: ...interpersonal interactions promote a sense of safety.”*
2. *“Trustworthiness and Transparency: ...building and maintaining trust with clients...”*
3. *“Peer Support: ...Peer support and mutual self-help are key vehicles for establishing safety and hope, enhancing collaboration, and utilizing their stories and lived experience to promote recovery and healing.”*
4. *“Collaboration and Mutuality: ...healing happens in relationships and in the meaningful sharing of power and decision-making.”*
5. *“Empowerment, Voice and Choice: ...Clients are supported in shared decision-making, choice, and goal setting to determine the plan of action they need to heal and move forward.”*
6. *“Cultural, Historical, and Gender Issues: ...responsive to the racial, ethnic and cultural needs of individuals served; ...and addresses historical trauma.”*



Benefits of Peer Relationships and Support

Dr. Judith Herman² - *“Treatment outcome research until now has mainly focused on individual psychotherapy. Yet [groups have] shown great promise for trauma recovery because groups can offer such a powerful antidote to the shame and social isolation that afflict trauma survivors. By offering a safe and relatively structured context for peer relationships, groups provide survivors with an experience of acceptance and belonging.”*

Groups also provide the occasions for healthy feelings of pride, as members discover that they have much to offer one another. And as group members take in the compassion of others, they gradually develop self-compassion. ...we conceptualize groups as a ‘bridge to new community,’ helping survivors reconnect with society from which they have felt so alienated.”



Who Could Most Benefit from the Program?

The Healing Support Program is well-suited for those who have experienced trauma or adversity, are looking for help to overcome their emotional pain, and...

- May have avoided outside help because of the stigma and shame associated with their experiences.**
- May have been unsuccessful with other treatment/healing approaches.**
- Are interested in working toward healing of their underlying emotional wounds in order to restore their full human capability.**
- Are interested in gaining sufficient understanding and self-care skills to direct their own healing journey.**
- Are sufficiently self-motivated to work at their own healing practice and willing to try out new things.**



How to Access the Healing Support Program

There are two ways to access the Healing Support Program:

1. **Online by Yourself or with a Friend** – video-taped sessions and Guidelines on how to participate are available for individuals.
2. **Online with a Group** – video-taped sessions and Guidelines on how to participate are available for groups.

The following slides provide further information on each of the Healing Support Program options and how to sign up.



To Access the Healing Support Program by Yourself

The Healing Support Program's ten weekly sessions will be video-taped and accessible on YouTube.

- An Informational Briefing video is available to provide more details about the Healing Support Program and answer common questions.
- Other Guidelines for individuals are available at [KHC](#). We suggest that participants follow these Guidelines for best results.

To access the online Healing Support Program, go to [Katlyn's Healing Center](#) and sign up at the bottom of the home page. You will receive an email with instructions on how to access the online Healing Support Program sessions.



To Use the Healing Support Program in a Group

We authorize use of the Healing Support Program (“HSP”) and other materials available at Katlyn’s Healing Center (“[KHC](#)”) for running Healing Support Groups (“Groups”) with the following conditions/requests:

- Your Group should use our online Healing Support Program to facilitate its meetings. However, your group discussions should be self-directed.
- Other Guidelines for groups are available at [KHC](#). We suggest that participants and groups leaders follow these Guidelines for best results.
- We request that all Group members sign up at the bottom of the home page at [KHC](#). You will receive an email with instructions on how to access the online Healing Support Program sessions.



References

1. SAMHSA's Trauma and Justice Strategic Initiative. (2014). *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach*. Retrieved from <https://store.samhsa.gov/system/files/sma14-4884.pdf>
2. Judith Herman, MD. (1992, 1997, 2015). *Trauma and Recovery: The Aftermath of Violence—From Domestic Abuse to Political Terror*. New York, NY: Basic Books.

