

Support Group COVID-19 Plan

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen."

Elisabeth Kübler-Ross

Support Group Plan:

Create a support group where participants can discover a sense of belonging, discover their own resilience skills, gain hope of healing, and identify the different support resources available in the community.

GENERAL CRITERIA

SESSION 1: TAKING THE PULSE

Learning objectives:

To encourage the group to identify that part of the reality that is currently lived because of the pandemic.

Encourage the group to discover a sense of hope amid difficult situations such as loss, uncertainty, and pain.

Commitment:

1. Establish rapport and create empathy in the group through reviewing the reality we are living.
 - a) Introduce each one of the members of the group.
 - b) Play the song "Time to heal".
 - c) Engage the group by exploring their reactions to the song.

Closing the session

- a) Present the participants with Elisabeth Kubler-Ross' phrase.
- b) The participants will read the phrase in loud voice to instill some sense of hope and to create commitment to the next session.

- This group will be divided in 4 session.
- Each session will last about an hour and a half.
- The group will be no less than 10 individuals, neither more than 14
- Basic agreements of participation will be always observed: punctuality, respect to others, no cell phone during session, etc.

SESSION 2: BELONGING

Learning objectives:

The participants will discover a sense of belonging to a group that have gone through similar COVID-19 related experiences such as loss and grief, but more importantly to become aware that other are overcoming those challenges.

Engagement:

- a) Establish rapport with the group.
- b) Review experience from previous session.
- c) Introduce two testimonies (From the Toolkit) about struggle and overcoming challenges.
- d) Engage the group by exploring their reactions to the testimonies.

Closing the session:

- a) Guide the group in a reflection upon their own challenges and visualize the hope of healing.

Support Group Plan:

SESSION 3: RESILIENCE

Learning objectives:

The participants will discover their own abilities to heal.

Engagement:

- a) Establish rapport with the group.
- b) Review experience from previous session.
- c) Introduce two testimonies (From the Toolkit) about identifying self-healing abilities.
- d) Engage the group by exploring their reactions to the testimonies.
- e) Guide the group in a re-discovery process of their self-healing abilities.

Closing the session

- a) Personal one-word statement of their own "here and now"

SESSION 4: EMPOWERMENT

Learning objectives:

The participants will add to their self-healing abilities, other resources and supports in the community in their journey to "normalcy."

Engagement:

- a) Establish rapport with the group.
- b) Review experience from previous session.
- c) Introduce one testimony (From the Toolkit) of an individual who utilized community resources to overcome their struggle.
- d) Present some of services that could be found in the community, such as spiritual help, counseling, financial assistance, food banks, etc.
- e) Encourage the participants to use their own abilities and also the community resources.

Closing the session:

- a) Play the song: "time to heal".
- b) Personal short statement of their own "then and now".