

Predictable Stages of Emotional Response to Trauma

1. DEALING WITH CATASTROPHIC EVENTS

Crisis
Chaos
Shock
Denial

“Normalizing”

Hoping against Hope

Needs:

Support
Comfort
Empathy for confusion
Help finding resources
Early intervention
Prognosis
Empathy for pain

2. LEARNING TO COPE

Anger
Guilt
Resentment
Recognition
Grief

Needs:

Vent feelings
Self-Care
Education
Skill training
Networking
Letting go
Cooperation from system
Keep hope
NAMI

3. MOVING INTO ADVOCACY

Understanding
Acceptance
Advocacy
Action

Needs:

Restoring balance to life
Activism
Response from Systems
NAMI

Information and Referral
Education/Recovery
Mutual Support
Advocacy



NAMi Support Group Model

AGENDA

- WELCOME
- READ : PRINCIPLES AND GUIDELINES
- CHECK-IN
(1-2 MINUTE LIMIT)
- GROUP DISCUSSION
- CLOSING

GROUP GUIDELINES

1. Start and stop on time
2. Time limit for introductions:
1 to 2 minutes
3. Absolute confidentiality
4. Be respectful
5. Be mindful of others;
no monopolizing
no cross talk
6. Let's keep it in the here and now
7. Empathize with each other's situation.

PRINCIPLES OF SUPPORT

1. We will see the individual first, not the illness.
2. We recognize mental illnesses are medical illnesses that may have environmental triggers.
3. We understand that mental illnesses are traumatic events.
4. We aim for better coping skills.
5. We find strength in sharing experiences.
6. We reject stigma and do not tolerate discrimination.
7. We won't judge anyone's pain as less than our own.
8. We forgive ourselves and reject guilt.
9. We embrace humor as healthy.
10. We accept we cannot resolve all problems.
11. We expect a better future in a realistic way.
12. **We will never give up hope!**