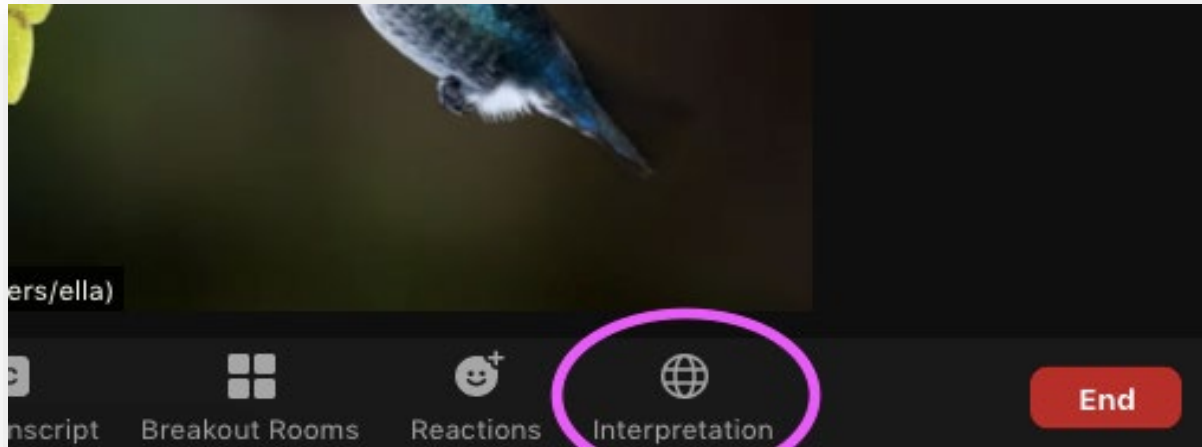


How To Access Language Interpretation on Zoom

Cómo Activar la Interpretación de Idiomas en Zoom



On your computer, find the Interpretation Globe Icon at the bottom of your screen



En su computadora, busque el globo terráqueo que dice Interpretación en la parte inferior de su pantalla.

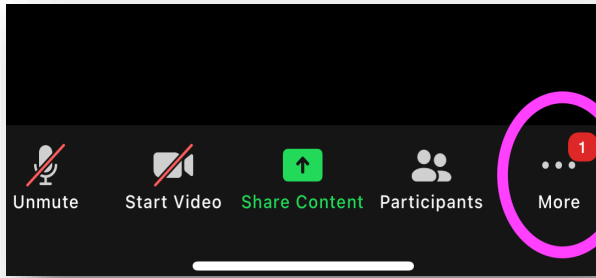


Choose English as your language. Make sure to NOT mute original audio so that you can hear the main room

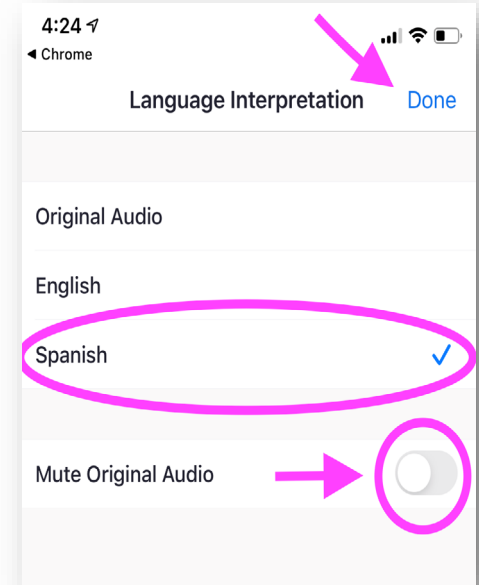
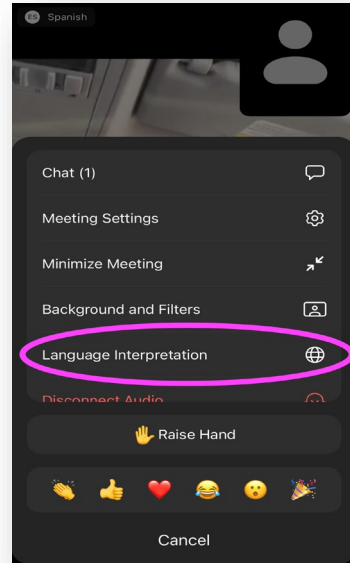


Seleccione Español.
Asegúrese de
Silenciar Audio
Original si solo desea
escuchar al intérprete





If you are on a smart device, look for the three dot menu and choose Language Interpretation



Desde un dispositivo inteligente, busque el menú de tres puntos y elija Interpretación o Language Interpretation



If you have any questions regarding interpretation, please post them in the chat so that a facilitator can help you.

Si tiene alguna pregunta o dificultad para acceder a la interpretación, escriba en el chat para que le ayude un facilitador.



Leading Educational Support Groups

Part One: Creating Psychological Safety

Presented by Juan Carlos Areán, Futures Without Violence
Hosted by Elena Josway, Abby Larson, and Vivian Baylor, Futures Without Violence

Wednesday, October 4, 2023

12:30pm PT / 3:30pm ET – 1:15pm PT / 4:15pm ET (45 min)

Thank you to our partner, OVW

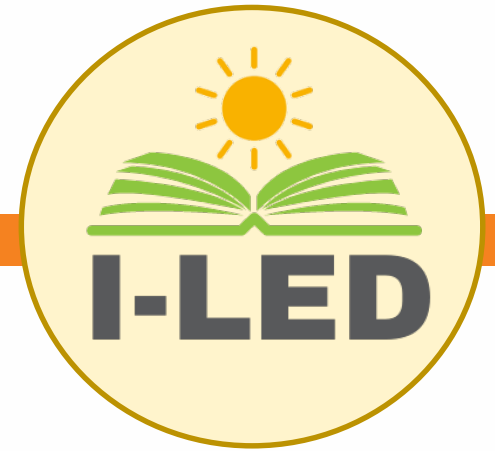
7

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Institute for Leadership in Education Development

8



T/TA Provider for OVW Grantees

- Learner-centered
- Experiential learning
- Curricula design and facilitation skills

Website: www.futureswithoutviolence.org/ILED

Contact: learning@futureswithoutviolence.org



Zoom Poll

9

What is your experience facilitating educational support groups?

- What is that?
- None, but I want to learn
- I've done it a couple of times
- I facilitate pretty regularly
- It's a big part of my work
- I have only been a participant, not a facilitator

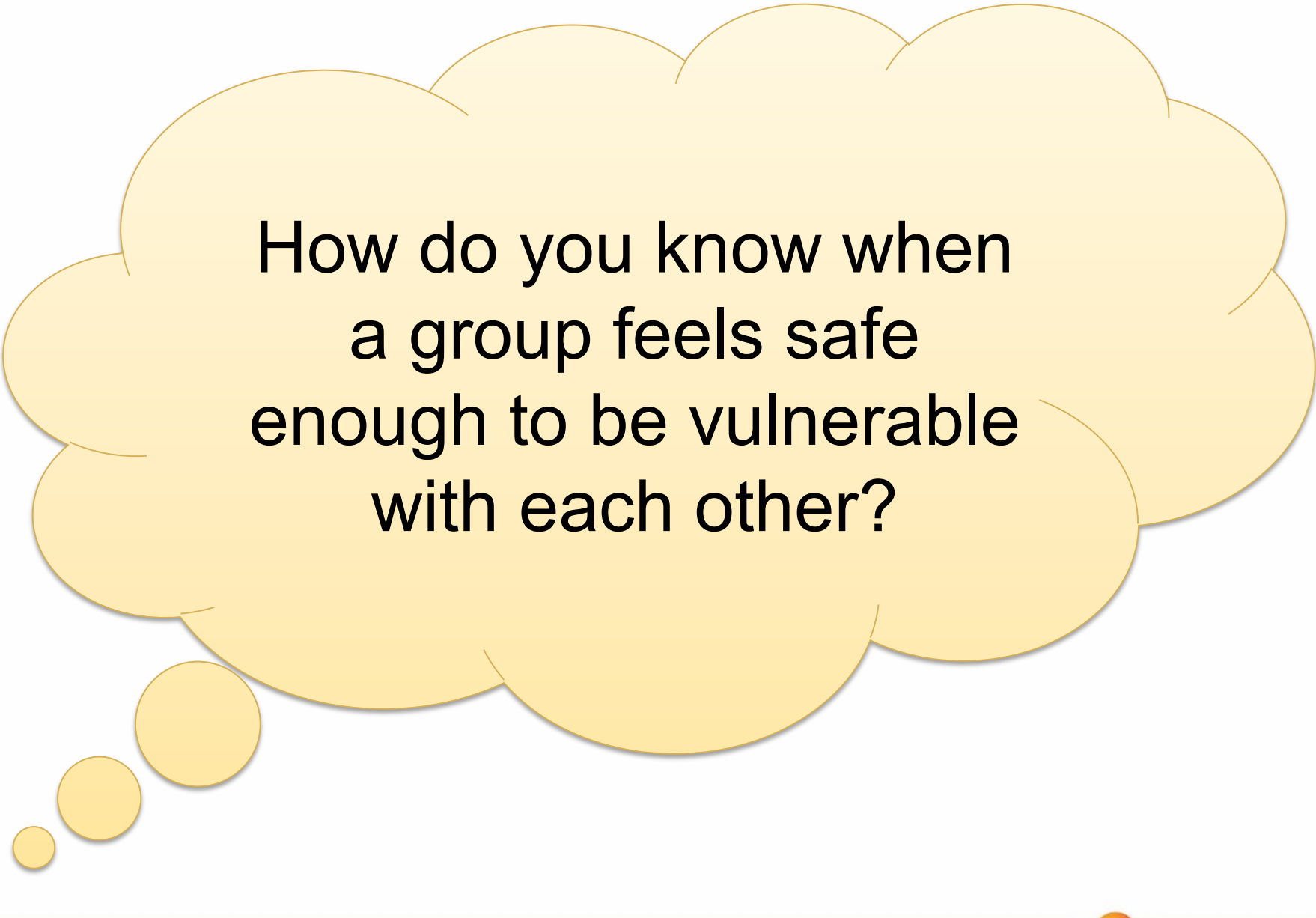


Key Definitions

10

- **Psychoeducational support groups**
 - Utilizes curricula and set agendas—content can be guided by participants, but is not open-ended and involves a trained facilitator.
 - Not therapy. Yes, a social place for belonging.
- **Self-help Support group**
 - Usually peer-based and open-ended
 - Also not therapy, and also a social place for belonging
- **Therapy Group**
 - Yes, therapy





How do you know when
a group feels safe
enough to be vulnerable
with each other?

Group Agreements

12

Establish non-negotiables

1. What is said in the group stays in the group.
2. We will make time for everyone to be heard.
3. We agree that group members may leave the room to take a break at any time, and the group can continue discussing.
4. Use “I” statements and speak from personal experience



Group Agreements (2)

13

Create group norms together

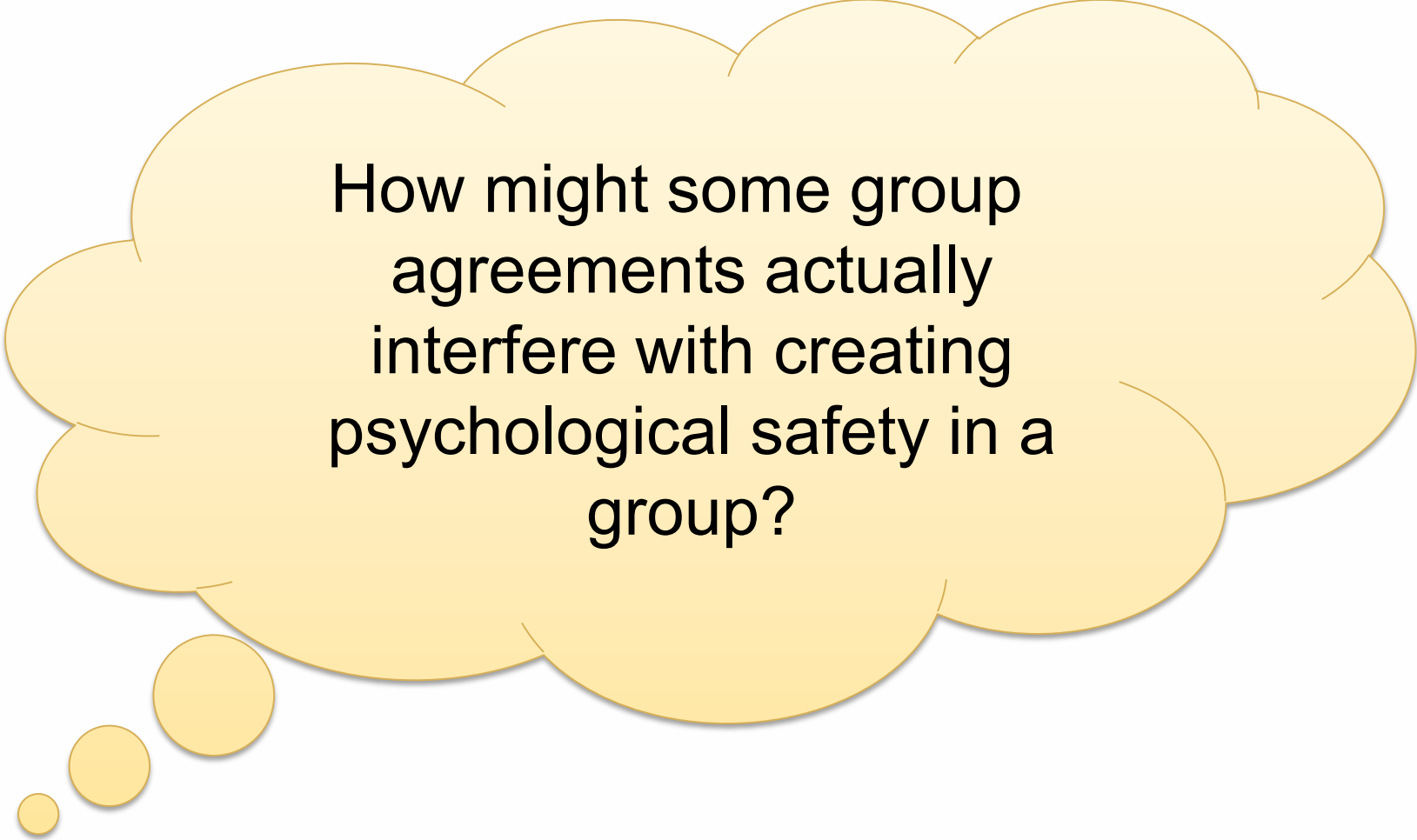
1. What will help you stay present?
2. What would make this group feel safe and supportive for each of you?

Avoid jargon
and keep it
human



Helpful? Or Inhibiting?

14



How might some group agreements actually interfere with creating psychological safety in a group?



Safer Space Facilitation Tips

15

- Ease anxiety
- Clearly outline confidentiality and its limits
- Accessibility
- “Blocking”
- Technology
- Closing Out

What would you add?



How would you respond?

16

You are facilitating an educational support group about teen dating violence. You notice one participant has been mostly quiet and you want to help draw them out to feel more comfortable participating.

- What is a quick statement you can make to acknowledge their presence in the group and encourage them to share without putting them on the spot?



How would you respond?

17

You are facilitating an educational support group about respectful relationships for men who have caused harm. The conversation has started to move away from being useful for the group and in a concerning direction.

- What is a quick statement you can make to help the group redirect their focus?



How would you respond?

18

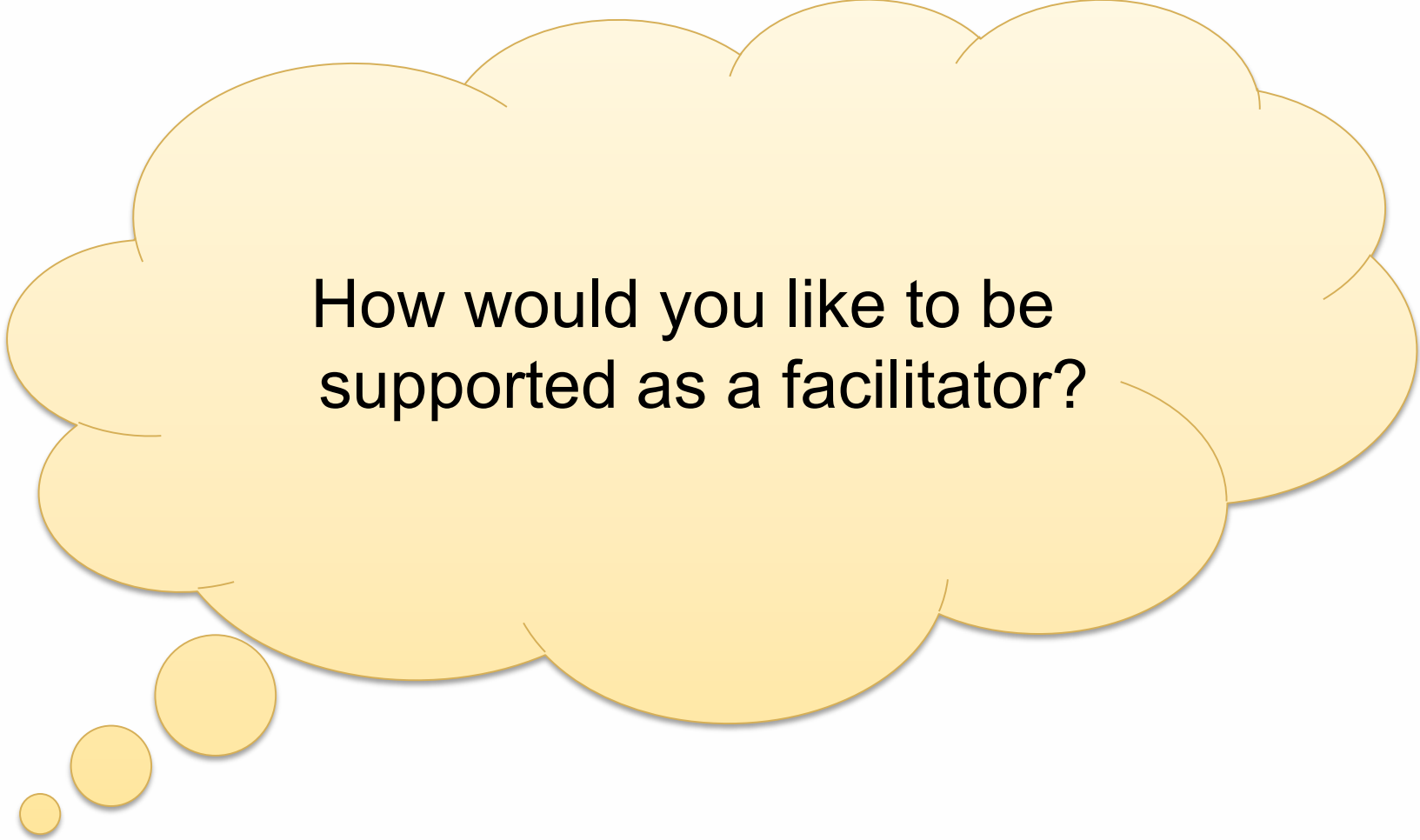
You are facilitating an educational support group about consent and boundaries for adult survivors of CSA. You have noticed some similarities in experiences shared by different people in the group.

- What is a quick connection statement you can make to tie their experiences together without conflating them?



Facilitators are a part of the group too!

19



How would you like to be supported as a facilitator?

Facilitators are a part of the group too!

20

- Co-facilitator to debrief with
- Clinical supervision
- Practice self-reflection and normalize vicarious trauma as a response to this work
- Practice setting boundaries
- Space to step away and take a pause if needed
- Adequate training for facilitating – get prepared with role plays, talking through possible scenarios, practice screening and difficult conversations.





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Contact Us:

learning@futureswithoutviolence.org

Part Two:

**Psychoeducational Curricula Design
October 18th, 12:30pm PT / 3:30pm ET**

