The Healing Power of Groups

RECOMMENDED READING AND RESOURCE LIST


Vaclav Havel quote read about hope read during Centering ....

“Hope is a state of mind, not of the world. ...
It’s an orientation of the spirit. ...
Hope in this deep and powerful sense is not the same as joy that things are going well ...
but rather an ability to work for something because it is good. ...
It is hope ... that gives us strength to live
and to continually try ...
even in conditions that seem ... hopeless ...
[for] ... life is too precious ...
[for] living ... without meaning, without love, and, finally, without hope.

Hope is not found; it is created.
Creating hope is far more possible when we do it with one another.”

RESOURCES

The American Group Psychotherapy Association: www.AGPA.org provides a wide range of resources, including tips for leading trauma survivor groups, as well as important Diversity, Equity and Inclusion statements, Access Guidelines, etc.

The American Psychological Association offers helpful resources and information. For example, https://www.apa.org/topics/covid-19 provides helpful COVID-19 Information and Resources

Online Video tips:

- Make sure that your audio is clear
- When using slides make them accessible: use sans serif fonts, with high contrast colors
- Enable closed captioning
- Have back-up plans:
  - For if a group member has an emergency and you need to contact someone, always know where the person is located in case emergency or medical attention is needed
  - Technical problems with the online platform: switch to phone etc.

Self-Care for Group Leaders

Reminders:
Working on Zoom is tiring
Modeling self-care is powerful!

Ergonomics Matter!
Kathy Burwell, OTR/L Ergonomics Specialist
https://www.facebook.com/Kathy-Burwell-OTRL-105215618029305
Online Ergonomic Self-assessment Tool: https://ergo-assessment.com/click on the free version and go through 7 sections of how to set up a work station (office or at home).

Prepared for presentation to Satir Global’s Weekly Zoom Call 3/17/2021