

FACILITATING SUICIDE BEREAVEMENT SUPPORT GROUPS

TRAINING WORKSHOP 3:

ADVANCED SKILLS & TRICKY SITUATIONS



Rethink The Conversation®
Let's Start Talking

HOUSEKEEPING AND LOGISTICS

- No formal break
- Questions?
 - “Raise your hand” in **Reactions** section at bottom of your screen
 - Type your name into the **chat**
 - 15 minutes at end of each block

CAS

COPING | AFTER | SUICIDE

I'VE BEEN THERE. AND I'M HERE

www.copingaftersuicide.com/support-groups

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HOME HOW I CAN HELP SUPPORT GROUPS MORE

SUICIDE LOSS SUPPORT GROUPS

Coping After Suicide® peer support groups are for those who've lost a loved one to suicide.

We meet on Zoom so you can participate from wherever you live (you'll be amazed at how warm, welcoming, and genuine Zoom support groups can be).

The groups are small and private, so you'll feel truly seen and heard.

They're professionally facilitated by a hand-picked member of the Coping After Suicide® Support Group Facilitator Corps, who are all highly-skilled, experienced, and knowledgeable individuals with a deep personal and professional understanding of suicide loss. You'll receive valuable evidence-informed strategies and resources for coping with this complicated and painful loss.

All groups meet in 10-session cycles and new members are welcomed at the beginning of each cycle:

“

*"This group has given me so much,
it's hard to find the words."*

*"The group has been extraordinarily helpful for me.
I have felt a deep inner shift happen."*

"I found I kept saying to myself: 'omg yes'."

"This is just what I needed."

"My only regret is not joining sooner."”



American Foundation
for Suicide Prevention

Facilitating Suicide Bereavement Support Groups: A Self-Study Manual

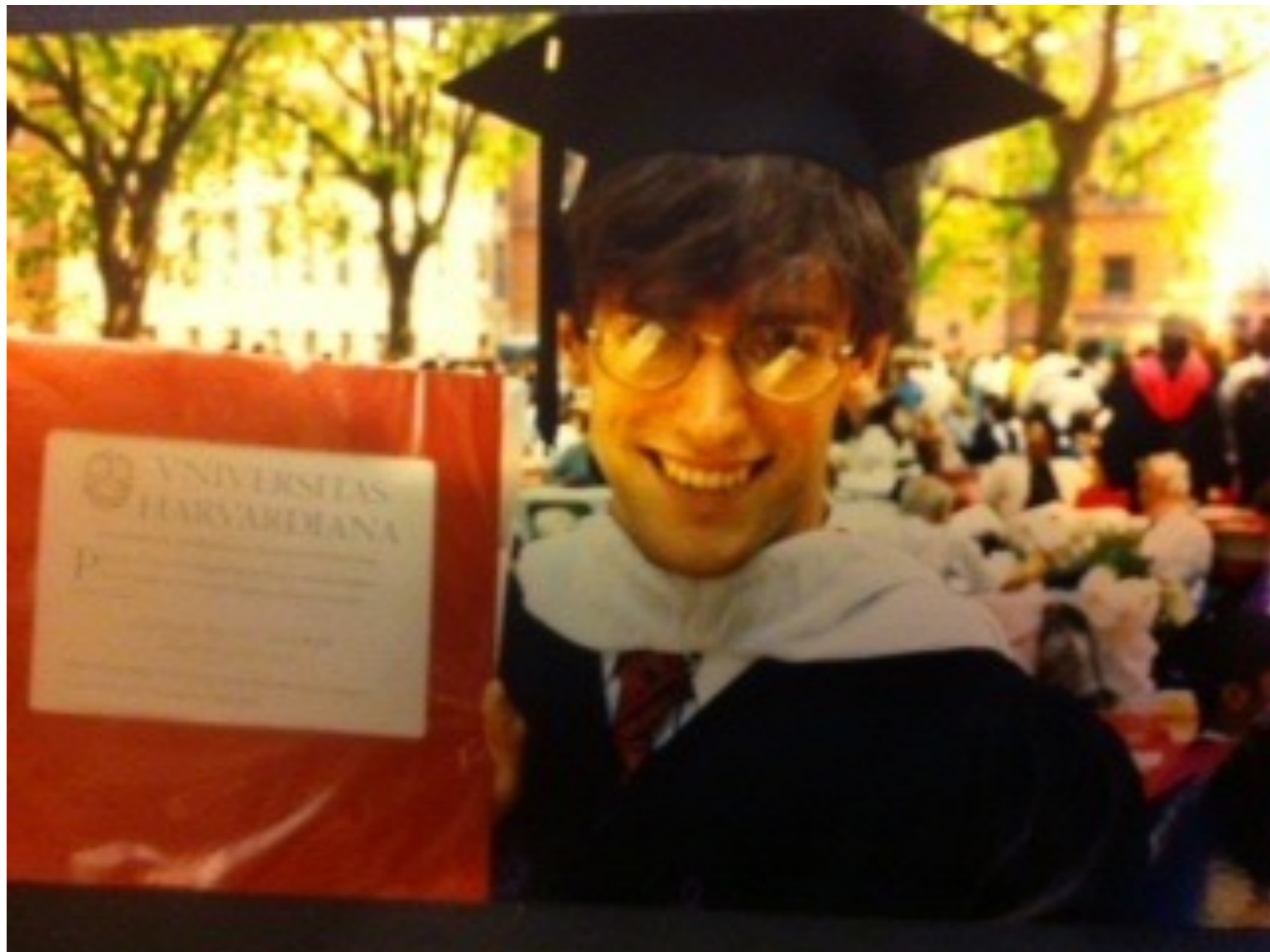
John R. Jordan, Ph.D. and Joanne L. Harpel



American Foundation for Suicide Prevention
www.afsp.org











PROTECTING THE PROCESS: WHY

- It's your role
- It's your responsibility
- What happens if you don't...
- Judgment calls
- Being liked
- Facilitating v Leading
- Guiding principle: Your primary responsibility is to the overall healthy functioning of the **group**.



PROTECTING THE PROCESS: WHEN

- **Interfering with the healthy functioning of group**
- Guidelines aren't being followed
- Inappropriate expectations of role/purpose of group
- Conflicting needs
- Nonverbal cues from group members
- You feel it

PROTECTING THE PROCESS: HOW

- Assume best of intentions
- Give benefit of the doubt
- Transparency
- Silent signals
- Redirecting behavior
 - *"pause"*
 - *"thank you"*

THE HIERARCHY OF OPTIONS

1. Say nothing (“WAIT”)
2. Ask an open-ended question to the group
 - *“What has been the hardest so far?”*
3. Pivot from the individual back to the group
 - *“Thanks so much for sharing that, Ellen. Has anyone else . . .?”*
4. Ask an open-ended question to an individual
 - *“Sandra, how have you handled telling people how your loved one died”*
5. Make a summarizing/reflecting statement then ask a question
 - *“Several of you have struggled with feeling angry. Has anyone had a different experience?”*
6. Share your own POV/experience
7. One-on-one (curiosity, stroke-kicks, and enlisting help)

HANDLING A (POSSIBLE) CRISIS

- Scary but rare
- What's "normal" among suicide loss survivors?
- Ask direct question: "I want to check in about your safety..."
- Signals group that you're aware
- Handle privately
- **Put these in your contacts TODAY**
 - **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**
 - **Crisis Text Line: Text "TALK" to 741-741**

BREAKOUT ROOM INSTRUCTIONS

- 15 minutes
- You'll be assigned to a Room automatically
- Room number will be at the top of your screen
- Quickly pick a scribe to take notes
- Each room will have a different tricky situation to discuss
 - What makes it tricky?
 - How could you handle...?
- Brainstorm as many ways to handle as possible
- Will come back to large group automatically
- Scribes from each room will report
- Need help? Click "Ask for Help" at bottom of screen

WHAT MAKES IT TRICKY? HOW COULD YOU HANDLE...?

- **ROOM 1: Monopolizers**
- **ROOM 2: Silent Members**
- **ROOM 3: Should-ing**
- **ROOM 4: Interpersonal Dynamics**
- **ROOM 5: Content**

BREAKOUTS OPEN

WHAT MAKES IT TRICKY? HOW COULD YOU HANDLE...?

- **ROOM 1: Monopolizers**
- **ROOM 2: Silent Members**
- **ROOM 3: Should-ing**
- **ROOM 4: Interpersonal Dynamics**
- **ROOM 5: Content**

www.survivorday.org



RESOURCES

HANDOUT: Go-To Books and Resources for Survivors of Suicide Loss

FOR CRISIS GUIDANCE

- Crisis Text Line: text “TALK” to 741-741
- National Suicide Prevention Lifeline: 1-800-273-TALK

AMERICAN FOUNDATION FOR SUICIDE PREVENTION (www.afsp.org)

- Support Group directory and Drop-In calls for facilitators

Jordan, J. R. (2011). Group work with suicide survivors. In John Jordan & John McIntosh (Eds.). *Grief after suicide: Understanding the consequences and caring for the survivors* (pp. 283–300). New York, NY: Routledge.

QUESTIONS...?

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