



GROUP PROGRAM DESCRIPTIONS

Please note that depending on the chosen population and focus of the group, there will be variations in some of the themes and coping skills emphasis. However, consistent throughout all group programs will be the emphasis on a journey towards the achievement of resilience, a hopeful view of the present and the future, the formulation of a positive vision of future goals, and the vision and the journey.

Emphasis will be on the acquisition of solid coping skills (which are part of resilience factors), the emphasis on resilience that each individual already has in their background, and the journey towards the formulation of a positive future and quality of life.

Each group will usually have a 10-week, 2-hour format with each group session focusing on specific goals. The exception will be the one shorter treatment program which will focus on the formulation of goals and this group is usually offered to individuals who have completed other programs in the past and would like to emphasize or strengthen already formulated goals or build on a therapy program which has been successful.

GROUPS:

“The Door Into Summer 1”

Group Treatment Programs For Health Professionals and First Responders: (“Journey without medication”)

This is a program offered to individuals who wish to complete a program without the additional emphasis on Ketamine use as part of their treatment program.

Week 1:

A review of the meaning of the General Adaption Syndrome, Stress and the Stress Syndrome. Homework will include the review and expansion of inherent resiliency factors in in each participant.

Week 2:

A review of stress reactions and coping styles; introduction of hypnotic process, visualization and meditation

Week 3:

The introduction of “The Three Charlies”



Week 4:

The distinction between stress and traumatic stress; the development of additional coping skills, inclusive of continuing hypnotic processes and strengthening of hypnotic inductions. Review and enhancement of inherent resiliency.

Week 5:

Hypnotic process and the role of the sanctuary.

Week 6:

Journeying towards purpose., enhancement of resiliency.

Week 7:

Continuing review and enhancement of acquired resiliency, coping skills and “the journey”.

Weeks 8 to 10:

Hypnotic process, review of acquired resiliency and coping skills, sanctuary and the continuing development of purpose and meaning.

Throughout all group sessions, alternatives to didactic teaching will be employed, all of which include hypnotic process, story-telling and other media. In particular, the story through film is used for learning new concepts and for insight oriented process.