

Healing Through Discussion Peer-Run, Online Support Group Agreements

About the Group

- 🌸 This is a peer-run support group that comes together to experience, learn, and share about healing from trauma. We are also not a trauma processing support group. To support this group intention, we agree not to share too deeply about trauma events, including details of the trauma. However, we may share key events, as well as our feelings, and needs.
- 🌸 The facilitators of our group are not licensed therapists; however they do have lived experience and are here to create a container and hold space for us to share and learn about healing from trauma.

Confidentiality

- 🌸 We agree to keep who attends the group & what is shared in the group private & confidential. If we are attending online while in an environment where others might be able to overhear, we agree to use a headset to protect others privacy.
- 🌸 We agree not to take others' numbers or private information without their permission. We also agree not to track or follow others on Facebook or other social media.
- 🌸 Our participation in the support group is confidential. We are welcome to say hello to each other outside, but we agree to not share how we know each other.
- 🌸 We are welcome to swap phone numbers - and we recognize that often times we, ourselves, or others don't want to do that, and that we prefer to come and share deeply in the meeting without having entanglements with others outside of the meeting.
- 🌸 If we would like to be in touch another participant outside of the meeting, we agree to send them a private chat message asking for permission to be in touch with them. In this instance, we are careful to ensure we message just them, and not the whole group, and we also understand that there is no pressure for the other person to respond and that they may not want to do so.

- 🦋 If someone asks us to be in touch, we agree to be true to ourselves and only exchange information if we are comfortable doing so. Part of our healing is practicing boundaries. It is much easier to say “no” and later say “yes” than it is to say, “yes” and later say “no”.

Respect

- 🦋 We believe healing involves choice. For our support groups that means there is no pressure to engage or share. We can attend and just listen. We can also share as little or as much as we would like.
- 🦋 If we are someone who likes to share a lot, we agree to be mindful so that there is space for everyone who would like to share to do so.
- 🦋 We agree that we are here for ourselves and our own healing through learning and sharing – we are not here to fix or advise others. Whatever is shared in the group is shared with the confidence that group members will not bring it up with us outside of group.
- 🦋 Sometimes we may break up in groups of 3 and sometimes in groups of 2 for sharing. If you have a preference, you may always let us know by messaging us privately in the chat box during group to let us know. It is most important to us that you feel safe and comfortable in the group.

Spreading the word

- 🦋 We agree to let others know about this group, only as we are comfortable doing so. Our privacy and boundaries are the first priority, but all are welcome to attend and we can spread the word if we feel inspired. Whenever sharing about the group we remember that others’ confidentiality is of utmost importance.