

Audio Healing Group Leader Guide



Trauma Healing Institute

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Introduction

ABOUT AUDIO TRAUMA HEALING

Audio Trauma Healing is an adaption of *Healing the Wounds of Trauma: How the Church Can Help*. It uses a mobile app with audio and video lessons to facilitate the healing group experience.



The Trauma Healing Institute (THI) has been using this small-group approach for more than two decades in dozens of languages worldwide. Several related programs are also available for adults, teens, and children.

The Audio Trauma Healing program has been developed by Christian church leaders, mental health professionals, subject matter experts, and educators to support churches, families, and individuals who struggle with issues surrounding suffering. Over the course of seven lessons, an individual is led to an understanding of their heart wounds and a deeper understanding of God's love for them during pain and suffering.

The program's goal is for participants to move from a place of disconnect with God, their communities, and even their own identity to a place of reconnection—a healing of the vital relationships in their lives. We want participants to continue their lives with renewed trust in God, healthy relationships with others, and restored hope and courage as they understand who they are in the eyes of God.

Because true healing takes place in community rather than isolation, the Audio Trauma Healing program is designed to connect people in small groups where the healing process can begin.

This guide will show you how to become an Audio Healing Group leader.

WHAT TO EXPECT

Audio Trauma Healing is designed to get you started quickly in helping people in your community reconnect with God and others. Using the **THI Mobile App**, it will take just a few hours, on your own schedule, to get the training and support you need to lead effective small groups.

Basic expectations for leading this program are provided on page 13. The Audio Healing Group model has three phases:

1. Become an Audio Healing Group Leader.

Prospective leaders work through the video-based training modules in the app. You will watch the video and take a quiz at the end of each segment. After completing these modules and passing the evaluation, you are certified as an Audio Healing Group Leader and can access the audio program on the app.

2. Join the THI Community Engagement Platform. Audio Healing Group Leaders become part of the global family of the Trauma Healing Institute through the Community Engagement Platform. This platform provides

- additional resources to lead audio groups,
- community forums to connect with other facilitators, and
- an event management system

3. Lead Audio Healing Groups. As a leader, you will organize and facilitate Audio Healing Groups using the app-based program. The app contains all the program content you need for your group, but you are indispensable in bringing the program to life!

During each group, you will lead 6–12 people through the healing group experience using the app on your mobile device.

It is available in multiple languages and provides the discussion questions and prompts you will need as the Audio Healing Group Leader.



1. Become an Audio Healing Group Leader

DOWNLOAD THE THI MOBILE APP

To become an Audio Healing Group Leader, the first step is to download the THI Mobile App. This app is available for Android and Apple mobile devices, including iPads and Android tablets. Please do not attempt to download this app onto your computer, as it will not work.



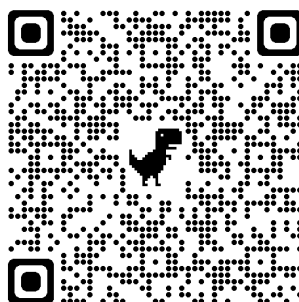
APPLE/IOS USERS

Install the **THI Mobile App** from the **Apple App Store** onto your phone or iPad. You can either click this link from your device or scan the QR code below with your device.



ANDROID USERS

Install the **THI Mobile App** from **Google Play** onto your phone or tablet. You can either click this link from your device or scan the QR code below with your device.



REGISTER AND SIGN IN

Current facilitators: If you already have an account on the THI website, please sign into the THI Mobile App using the email and password associated with your Facilitator account. If you need to reset your password, please click the link to do so. THI is unable to reset your password for you.

New participants: If you do not have a THI website account, please sign up with an active email address.

TAKE THE AUDIO HEALING GROUP LEADER TRAINING

Once you are successfully signed into the app, follow the prompts on your screen. Before you can access the Audio Healing Group program content, you must first complete and pass the Audio Healing Group Leader Training.

The time required to complete this training is 2.5 hours. These training videos can be completed on your own or in a group setting with others wanting to be certified as Audio Healing Group Leader.

You must complete the training in one sitting. Your progress will **not** be saved if you attempt to leave the training and return at a later time.

THE SIX TRAINING MODULES

- Welcome and Overview of the Audio Healing Group experience
- Understanding the Impact of Trauma*
- Creating a Safe Place*
- Participatory Learning*
- Managing Group Dynamics*
- Next Steps

* These four modules include quizzes

LEADING A TRAINING IN A GROUP SETTING

You can optionally offer Audio Healing Group Leader Training in a group setting with up to 50 participants.

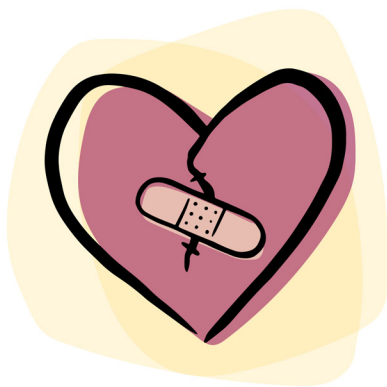
The training videos can be accessed on the THI Community Engagement platform, traumahealinginstitute.org. Test your audiovisual setup ahead of time to ensure that all participants will be able to hear well and see clearly.

Before starting the training videos, assist your training participants in downloading the THI Mobile App onto their mobile device and signing in.

- *If a participant has already registered with the THI website, have them sign into the app using the email and password associated with their account.*
- *If they do not have a THI login, they should sign up with an active email address.*

Please play each training module video in its entirety.

Each training participant should take the associated quiz within the app individually.



2. Join the THI Community Engagement Platform

Audio Healing Group Leaders are encouraged to log into the THI Community Engagement platform. This platform provides additional resources, community forums to connect with others, and an event management system!

At the end of each Audio Healing Group you lead, encourage participants to create their own account on the Community Engagement Platform. They will receive access to additional materials, Bible studies, information on how to become an Audio Healing Group Leader themselves, and more.

The platform is accessible at traumahealinginstitute.org.



3. Lead Audio Healing Groups

The app contains all the program content and discussion questions you need to lead your Audio Healing Groups. It is available in multiple languages.

This section provides additional background for Audio Healing Group Leaders.

PROGRAM OVERVIEW

The seven Audio Healing Group sessions take an individual on a journey where it is okay to ask life's difficult questions, tell their stories to someone who cares, develop life skills, and above all allow Jesus to come near with his healing touch.

THE SEVEN AUDIO HEALING GROUP SESSIONS

- Welcome Session
- Heart Wounds
- Listening
- Grieving
- Suffering
- Pain to the Cross
- Forgiveness

LESSON COMPONENTS

Each lesson consists of:

- *Contemporary life drama (Expanded Version, pilot only)*
- Bible drama
- Live group discussion
- Instructive recorded discussion
- Engaging activity
- Memory verse exercise

SUPPLIES NEEDED

For some lessons, additional materials are needed. Please ensure you have all the materials needed before the start of each lesson.

- *Welcome Session*: Paper and marker for making a list of group rules
- *Heart Wounds*: Objects from the room that can be placed in someone's hands
- *Grieving*: Paper and pens for writing laments
- *Pain to the Cross*:
 - Paper and pens for writing or drawing about pain and suffering
 - Bucket or basket to place papers in
 - Cross
 - Some way of destroying the papers (matches, water, etc.)
- *Forgiveness*: Rope or a scarf—this is optional if you decide to use linked arms for the exercise



LESSON OBJECTIVES

The beginning of each lesson includes an overview of the purpose of each lesson. For your reference, here is a list of the lesson objectives.

1. *Welcome Session*: make introductions, discuss hopes and expectations, and create ground rules.
2. *Heart Wounds*: explain how trauma is a heart wound, identify common reactions to trauma, explore how God accepts our strong emotions, and experience a breathing exercise.
3. *Listening*: learn how to help someone find healing by listening.



4. *Grieving*: identify what happens when someone is grieving, learn how to respond to grief, and express our pain to God.
5. *Suffering*: discover how evil and suffering came into the world, identify cultural beliefs that make it difficult to believe in God's love, and learn how to respond to doubts about God's love.
6. *Pain to the Cross*: identify our heart wounds, discuss how Jesus died to heal our wounds and forgive our sins, and bring our pain to Jesus.
7. *Forgiveness*: discuss what forgiveness is, explain how to forgive others and why we should forgive, explain the process of repentance, and identify those we may need to forgive or ask forgiveness from.



LEADING DISCUSSIONS

In the Welcome Session, please follow the prompt to discuss with your group how they can help make the group a safe place to share and learn together. Write these rules down on a piece of paper and refer back to them at the beginning of each lesson.

As an Audio Healing Group Leader, you will lead discussions using the questions that are provided in the app. Do not make up your own questions or add content to the program! These questions and the program content have been thoughtfully prepared to bring out all the key concepts.

If you need to review the Participatory Learning approach, please access the Participatory Learning training video on the Community Engagement platform, facilitators.traumahealinginstitute.org/materials.

EXERCISES AND MEMORY VERSES

Each lesson contains an exercise to help group participants experience the topic. The app provides instructions on how to facilitate these exercises.

The memory verse activity at the end of each lesson allows participants to internalize comfort found in the Bible. Memory verses can be learned by making them into poems, dramas, songs, drawings, and so on. Time is included in the lesson format to work on the memory verses.

When you have finished the last lesson, it can be encouraging to hold a “concert of memory verses” and invite each participant to share a poem, song, or drawing they prepared from one of the memory verses.

REPORTING ON YOUR GROUP

The Trauma Healing Institute requires Audio Healing Group Leaders to report the Audio Healing Groups you lead. We have built this reporting function into the app. Just make sure that you successfully “Close and Report” your group at your last session. Your report will be sent automatically to the THI database with the information you provided.

Privacy policies for THI are available in the app.

To review the reporting function, please watch the tutorial video for the THI Mobile App.



Being an Effective Group Leader

EXPECTATIONS OF AN AUDIO HEALING GROUP LEADER

1. The Audio Healing Group Leader will invite people to the Audio Healing Group.
2. Each group will contain 6–12 participants.
3. The Audio Healing Group Leader will choose a meeting place.
4. The Audio Healing Group Leader will decide when to meet.
5. Each Audio Healing Group should complete all seven lessons.
6. The Audio Healing Group Leader will listen to one lesson each meeting. Please do not complete more than two lessons in one day.
7. During the meeting, the Audio Healing Group Leader will facilitate discussions using the questions in the app.
8. The Audio Healing Group Leader will lead the group through the exercises provided in the app.

COMPETENCIES OF A GOOD HEALING GROUP LEADER

1. Trustworthy and has a heart to help other people
2. Not overwhelmed or preoccupied with their own issues
3. A good listener
4. Respects confidentiality (*see Appendix A on confidentiality, page 15*)
5. Is respectful of other people
6. Able to organize others to meet together

7. Has become familiar with the app and understands their role throughout the Audio Healing Group
8. Does not preach or lecture but knows how to ask questions and let people in the group respond. Uses the “Ask, Listen, and Add” principles in facilitating discussions.
9. Allows time for people to process their thoughts and feelings during the lessons
10. Does not try to answer questions if they don't know the answers. Realizes when someone needs more help than they can offer. Has a list of people to whom they can refer group members for more help (*see Appendix B on referrals, page 16*).



Appendix

A. CONFIDENTIALITY

Confidentiality is an essential ingredient in creating safe places for sharing our heart wounds. Without privacy, many will not share painful experiences that have led to shame responses. Your training materials and the audio program mention the necessity of addressing confidentiality with your group at the first session and then reminding participants about it at regular intervals. When the group understands that everyone has a responsibility to protect the privacy of group members, they will be more likely to feel safe and to share their heart wounds with the group.

However, there are limits to what we can keep confidential and group members have a right to know when we may need to break confidentiality for a greater good. These include likely harm to self or others or suspicion of child and elder abuse. Before you begin your group, you should familiarize yourself with how to report child or elder abuse. Most locations have toll-free abuse reporting telephone numbers. In some locations, you are mandated to report. In other states you may not be mandated but are able to report just the same. Sometimes leaders choose not to report due to fears that the response by authorities may harm the child. These fears, while understandable, should not hinder us from involving governing authorities. Types of abuse that will need to be reported include physical, emotional, verbal, and sexual abuse of children.

Situations that should *not* result in breaking confidentiality include behaviors we think might be sinful or wrong. If you learn of domestic abuse of an adult (for example, a husband who abuses his wife), do not break confidentiality without the adult victim's approval. You may be tempted to talk to a church leader or another friend about something said in the group. Be careful that you do not reveal identifying information about the person without specific permission to do so.

B. MAKING REFERRALS

Trauma Healing groups have been shown to help even the most traumatized people begin to find healing. When someone is able to feel that their pain matters to their closest friends and to God, they can begin to process what has happened to them and bring their pain to God. However, our groups are not a substitute for professional care where a person can receive individualized attention. While anyone can benefit from professional care, some signs a person may need a referral to a mental health expert include thoughts of committing suicide, trauma reactions that make it difficult to take care of their own basic needs, feeling numb all the time, or self-harmful behaviors such as cutting, eating disorders, or addictions.

It can be helpful to develop a list of professionals you may recommend to group members. These include medical doctors or psychiatrists who can prescribe medications, and psychologists, professional counselors, or social workers who provide counseling sessions. It is good to remember that not all mental health professionals have expertise in dealing with trauma. One way to build your list of helpful experts is to ask friends and pastors for names of qualified and helpful professionals who have been known to be helpful to other traumatized people.

When you make a recommendation, be sure to communicate that you are willing to maintain contact either by means of the group or by helping them meet with the professional. Those who need professional help also need a community around them who can provide compassionate support.

