

Action Plan

App-Based Audio Healing Group

After completing the video training, the next steps include planning to lead an audio healing group. Action planning involves considering authorization, identifying potential participants, choosing a location, setting dates and times, and inviting potential participants. To become a certified audio healing group leader, you will need to lead at least two audio healing groups using the app provided.

Planning to Lead:

- **Step 1: Organizing a Group.**
 - ☐ Before starting, seek authorization from appropriate leaders. Group size can vary, but the ideal number is between 6 and 12 participants. Groups can be formed based on comfort levels, culture, and trauma types.
 - ☐ Ask: *What leaders do I need to meet with to present the program and get their support before we start?*
- **Step 2: Scheduling & Inviting.**
 - ☐ Groups should cover all six core lessons, completing one lesson per session. Scheduling options may include meeting twice a week or once a week over a couple of weeks. Avoid rushing through lessons to prevent harm to participants.
 - ☐ Ask: *Who are the people in my location who could benefit from a healing group?*
 - ☐ *How would I inform and invite potential participants to join the group?*
- **Step 3: Find a Space.**
 - ☐ Choose a safe location with minimal distractions, allowing participants to interact and hear the audio content. Seating arrangements can be in a circle or at a table.
 - ☐ Ask: *Where would be a convenient, comfortable location to hold meetings?*
- **Step 4: Begin Preparing.**
 - ☐ The main material you will need is the audio healing group app on your smartphone. Review the material before you lead your first healing group. Encourage participants to bring a journal and pen for reflection. Leading an audio healing group involves guiding participants through the app's content and ensuring discussions stay on track.
 - ☐ Begin praying for the people who will be joining, for your time together, and for God to begin preparing people's hearts for the healing group.
 - ☐ Additional resources may be needed for specific lessons. These can be found once you login to the Trauma Healing Website or Community Engagement Platform.
- **Step 5: Managing Time.**
 - ☐ Group leaders must ensure the content is covered within the allotted time. Wearing a watch or having a clock in the room helps manage time during discussions and activities.

- **Step 6: Begin Group.**

- ☐ Once you have planned, invited, and prepared for your Audio Healing Group, open your Trauma Healing Institute App to create a profile for a healing group:
 - Click "Create A New Group"
 - Choose the language for the program and download.
 - Choose the start date, location, and organization you are associated with, and number of participants.
 - Customize your group profile. Add a color or emoji, then click "Create Group."
- ☐ Next, begin your Audio Healing Group with the "Welcome Session"

Additional Resources: As a group leader, you have access to Trauma Healing Institute's Community Engagement Platform. This platform provides resources and materials, community forums, an events page, and networking opportunities with other users worldwide.

How to Invite: FAQ's

As you begin to invite others into a healing journey of their own, here are helpful answers to questions that may come up.

What is an app-based audio healing group?

- A Bible-based small group program that helps people begin to heal from grief, loss, or trauma and helps reconnect people with the Bible, God, others, and themselves. Program content is delivered in an audio format through an app on the phone, with a trained leader facilitating conversations, questions, and group discussions through prompts in the lesson

Why would someone come?

- Some experiences in life are so painful, they cause deep and lasting suffering. This is called trauma. Trauma keeps people from experiencing the life transforming message of God's Word. This program combines the wisdom of scripture, proven mental health practices, and the power of community to help people heal.

How long is this group? Do participants need to come for the whole time?

- The program consists of a welcome session (20 min) and 6 core lessons (each 1.25 hrs-1.5hrs long). We strongly recommend that participants commit to the whole time to fully experience the program, as each lesson builds on the prior.

Who should I invite?

- Make a list of the people in your different networks or spheres of influence. Consider networks such as your church, friends, family, neighbors or people in your community or ministry context. Reach out to invite people individually, post invitations on your social media platforms, or ask your church or community leaders for permission to invite within that network.