

Church-based Process Group – draft 1.1

The overall goal of this program is to see people grow in grace and in truth in areas of emotional wounding. We believe that God wants to develop spiritual formation within people as he leads them down a healing path and that spiritual formation in and of itself is a healing factor.

A Three Phase Program Outline

Phase 1: To attend a 6 week **Process Group**¹ that meets weekly for 2 hours designed to meet the following goals:

1. To develop and strengthen a personal relationship with Jesus Christ
2. To grow in awareness of the Holy Spirit's role in healing interpersonal wounds
3. To incorporate key Scriptures into our healing journey
4. To understand grace as the God-given source of empowerment for emotional healing
5. To identify and bond with a "community" that supports your personal healing process
6. To gain experience as a participant in a dynamic process group
7. To learn essential interpersonal communication skills necessary to gain benefits from a process-oriented focus group (see Phase 2 below)
8. To identify core issues to be addressed now or in a future focus group
9. To grow in understanding regarding the signs of progress in personal and interpersonal healing
10. To experience the healing of emotional wounds in the context of a safe group
11. To see the power of the body of Christ in action

Phase 2: To attend an 8 week (2 hr. weekly) **Focus Group**² designed around a specific³ self-identified issue in your life that needs emotional and relational healing. Six additional goals are incorporated into this phase:

1. **Acknowledgement** – Breaking the silence
2. **Dialogue** – Building a safe microcosm of "healing culture"
3. **Grieving** – Finding grace in community to face emotional pain
4. **Acceptance** – Developing an integrated personal internal peace
5. **Forgiveness** – Finding personal and collective freedom
6. **Community** – Common bonds in action

These goals mark crucial developmental achievements along a pathway of personal and collective healing.

Phase 3: To take the skills learned and use them in co-leading future groups with an experienced group facilitator.

Summary

Many people have unmet needs around personally painful issues but do not have access to a safe and structured forum to address their issues. This is an attempt to provide the missing forum. *Phase 1* is designed to help people to learn to fully rely on God and other people in order to successfully engage with troubling issues not yet resolved. *Phase 2* is designed to put the "skills" learned in Phase 1 to work on targeted issues, in the context of safety, support and community. *Phase 3* is a means of helping other people to deepen their healing, by meaningfully sharing our own healing journey, "so that we can comfort those in any trouble with the comfort we ourselves have received from God." (II Cor. 1:4)

¹ By "process group" it is meant a therapeutic group that freely and naturally shares feelings from unresolved wounds, but in a structured and safe environment. It is not a didactic group, which is more strictly structured around lesson plans. However, periodically including educational segments can be important to the support of the process group. In a process group, value is placed upon the journey (the process of healing), in addition to the final outcome

² A "focus group" is simply a process group targeting a specific topic such as sexual abuse, divorce recovery, racial reconciliation, etc., and is designed to help group members gain reconciliation within themselves and with others as it relates to their personal core issues.

³ As additional examples; grief and loss issues, trauma issues, issues related to abuse, racial prejudice and social injustices, depression, anger, addictions, etc.