

Community Based Facilitator Training
Divorce Recovery and Support -Small Group
Tanya M. Hielke, CSG
thielke@divorcerecovery.net

Facilitator Qualifications:

- Divorced and recovering adults who seek to develop a support system for those who've suffered or are suffering from the effects of divorce.
- Willingness to learn, be open, and guide others to healing from divorce.
- Willingness to continue to grow personally and spiritually.

Skills training: 24 hour training program (Phase I)

- Listening Skills
- Grief Support Training
- Group Direction
- Group Development
- Group Promotion
- Small Group Outline/Materials

More than 50% of all adults over the age of 40 have experienced at least one divorce. *This relationship failure is at an epidemic rate.* It is also one of the least understood relational epidemics of our time. *Pew Research (2017)*

Since 2017 divorce has been on the rise with those who are 50 + years old and marriages 40 years and longer. The divorce rate has increased over 30% in these two categories in the past 13 years. Grandparents are getting divorced. Why? What do we know?

In this community based training you will learn about the statistics and some of the reasons why people get divorced, but most importantly you will learn how to help people heal from the effects of a broken relationship. This specific type of training will provide you with the skills to effectively guide adults to a healthy place and set them on a path to recovery.

- Participants will develop critical listening skills which are key to running a successful ongoing support group.
- Participants will learn how to listen for and identify the layers of grief people suffer from when experiencing divorce.
- Group direction: Learning how to direct a group, keep conversation flowing, set group boundaries, time keeping, being OK with silence.
- Participants will acquire the skills to develop a plan for their particular community support group.
- Participants will learn how to promote and provide needed community outreach to those in need.

- Participants will be provided with the materials to develop their personalized support group which can be tailored to specific needs.

Small group leaders will receive a certificate of completion (Phase I)

Handouts Shared:

Listening Skills

The Onion

Being Crocus Minded

Butterfly

Imaging Jesus, God, Higher Power

Scripture suggestions

Time-line

Community contact list

Outreach

Considerations before scheduling

Confidentiality Form

Waiting list

Setting up your space

Community Based Facilitator Training

(Phase II)

Facilitator Support and Continued Skills Training Continued (6 hours)

Listening Skills II

Contemplation and Meditation (for the facilitator)

Dealing with difficult personalities

Advertising and Outreach