

Help Her to Heal Empathy and Communication Group

Welcome to the HHTH Empathy and Communication group. We are excited to have you with us! Please review the group description, guidelines, dates, book resources, cost and other information. Please initial and sign below in the appropriate areas. Please scan and email the signed copy to admin@charlottecounselors.com by May 27th, 2023. See below for more information.

Commitment and Dates:

We will meet for each week starting June 6th-Aug 22nd, (except July 4th) for 90 minutes, Tuesday evenings. See more below.

What you will receive from this Group: In this fun, interactive and practical group, you will learn the principles of empathy, validation, and healthy communication with your significant other. In addition to learning empathy with your significant other you will be able to transfer these skills to your children, family members and friends etc. You will learn healthy ways to deal with conflict in your relationships, how to abide by boundaries and ways to repair when a conversation “goes bad.” You will also have several opportunities to practice and watch other group members practice empathy and conflict resolution skills through role-play, guided by David Sanchez. Before leaving this group, you will have a plan of action by the time you leave with your next steps.

This will be an excellent group regarding learning about:

- Your family of origin and why it may be hard to be empathetic
- The primary emotions, and why it is important to identify them in your partner and yourself and how to work with them.
- Psychoeducation and principles of healthy empathy/validation.

- The four attachment styles and how to become more securely attached, which will help with empathy.
- What are boundaries, why they are important for you and your significant partner to have, which will help keep you both emotionally safe.
- Developing good conflict resolution skills and learning more effective communication with your significant other and others
- Practicing these skills in the workshop as well as a Q and A section.
- All of this and an action plan of next steps before you leave.

Emotional Safety:

To make this group emotionally safe and fun, several icebreakers will be sprinkled throughout the group so that you will be able to meet and get to know your fellow classmates and build trust and comradery.

As you begin to feel more comfortable and grounded, we will set up specific situations to practice empathy skills (role-play), step by step. You will be guided and supported by Mr. David Sanchez, LCMHC, CSAT, during your one-on-one role-plays, and when two members are practicing in pairs.

During this group, you will focus on at least one specific problem/situation you want to improve on. However, even when you are watching other group members practice during the workshop, you will also come away with valuable tools and insight. Everything will be done by invitation, and David will make this safe, so that you feel empowered to role-play. Group members will help each other, with help, without shaming anyone. So, are you ready to take it up a notch and work on your empathy and communication skills? **Read on....**

Group dates: **All group dates are required; it is especially important that you are there for as many dates as possible. ****David will allow up to two dates missed for emergencies, planned**

vacations etc. If you need to miss more than 2, please speak to David regarding alternative options before joining this group.

Group dates and Time: Tuesday's from 6:00 pm to 7:30 pm

2023 Dates: June 6th, June 13th, June 20th, June 27th, June 29th, Skip (July 4th)

July 11, July 18th, July 25th, Aug. 1st, Aug. 8th, August 15th and August 22nd.

In order to ensure that every group member receives the greatest experience, please be at least 5-10 minutes early each day). *Once you arrive, please text David at 980-263-9608 the first time. If you are late the doors will lock at 6 pm. Please text David and either he or another group member will let you in.**

Book required by the first session:

Required reading: Help her heal, by Carol Juergensen

**Read the first chapter before or after the first group session.

Additional reading: If you have time or have read the first book, I recommend this book as a companion. I will be pulling sections of this book as well.

Emotional Safety: Honoring Yourself While Creating Trust and Presence to Experience Meaningful Relationships, by Alex Avila

Cost: This workshop's cost will be a total of **\$75.00** per group session (12 total group sessions) per member. Groups will be charged per month and will be charged whether you are present or must miss for any reason. Please only sign up for the group if you can make at least 10 of the 12 meetings.

Assignments for home: There will be some assignments that need to be done before and between the workshop dates at home. You will learn, and in my clinical opinion, grow the most, if you do these assignments.

Participation: As a group member you may choose to not engage in a certain activity or question that you do not feel comfortable with, however; in

my experience those that actively participate receive the best results from this group.

Location: We will meet at my office building, 5970 Fairview Rd. Suite, 414, 28210. This is attached to the 131 Main restaurant, with the green awning on the bottom floor. The doors to the front downstairs lobby will be open on Thursday's until 6 pm. I will be there 15 minutes before each group day to let you in. If you are running late, please text me at 980-263-9608.

Guidelines for Men's Assertiveness Group

1. **Confidentiality** - everything shared in the group is confidential and is not to leave the room. The group needs to develop this trust.
 2. **Safety**- the group should be a safe place regarding physical/emotional harm.
 3. **Acceptance** - the group accepts members just as they are and avoids making judgments.
 4. **Discussion** - the group does not discuss group members who are not present.
 5. **Begin and End on Time** – This workshop will be in-person. If someone is not able to meet in person, we will look at the option of having them attend via zoom with at least 24-hour notice to the group leader. The class will begin and end on time: **6 pm to 7:30 pm each Tuesday that we meet.**
- I would recommend everyone getting to the group room 5-10 minutes early each group session. This will ensure that we start on time, and we will be done promptly each time. If you will be a few minutes late, please text me at 980-263-9608. (Please save this number now).
6. **Attend all meeting dates**-- if you must miss a group date due to an emergency or an event you cannot get out of, please email me if you have advanced notice at David@charlottecounselors.com or call me as soon as you can at (980-263-9608) if it is less than 12 hours before the workshop class date. This workshop will only be as effective as your attendance and participation. ***If you know you will miss more than 2 group dates before you commit to this, it would be better to speak to David about a future workshop group or individual counseling.**

7. **Be Respectful when other group members share:** No cross talk (talking over the other person or with another group member when someone is sharing.

8. **Feedback for and challenging other group members:** The group will need some time to build trust, therefore a group member can ask another group member a clarifying question. In time group members may also challenge others in a non-shaming way. The group facilitator will ensure that this is done effectively.

9. **The group will decide if another guideline should be added during the first meeting.** _____

*By signing below each group member states that they understand and will abide by each group guideline.

Signature

Date

Contact information related to the paperwork or payment for the program: Heather at admin@charlottecounselors.com or 980-224-3233

Contact Information during the group: David@charlottecounselors.com or 980-263-9608.

*By signing below each group member agrees to the information listed on page 1-3.

Signature

Date