



Depression and Bipolar
Support Alliance

TRANSCRIPT
July 20th, 2005 Chapter Leadership Online Learning

TRANSCRIPT

DBSA Chapter Leadership Online Learning
Facilitator Orientation Series 3, Session 1
Facilitation Basics

DBSA Staff Matt (Jul 20, 2005 8:04:35 PM)

Welcome everyone! I'm Matt Mattson, Chapter Relations Manager for DBSA, and I'll be facilitating this first session of the Online Facilitator Orientation Series!

DBSA Staff Matt (Jul 20, 2005 8:04:45 PM)

We've got about 15 people registered for tonight, which is perfect, but we never know how many will show.

DBSA Staff Matt (Jul 20, 2005 8:05:02 PM)

We'll stop the FORMAL discussion at 8:00 p.m. CT, but informal discussion can continue after that... We won't be able to discuss EVERYTHING about facilitation, for sure, but we can get a start... Also, there are two more facilitator orientation chat sessions planned: August 17th – Managing Facilitation Challenges September 21st – Case Study Discussions

DBSA Staff Matt (Jul 20, 2005 8:05:33 PM)

Welcome everyone! I'm Matt Mattson, Chapter Relations Manager for DBSA, and I'll be facilitating this first session of the Online Facilitator Orientation Series! I know others will be joining as we progress... If you all could help me welcome anyone else who pops their head in, that'd be great.

DBSA Staff Matt (Jul 20, 2005 8:05:51 PM)

I'll try to make sure we stay on topic, so please be understanding if I try to redirect our conversation at any point...

Jim (Jul 20, 2005 8:05:55 PM)

Hi Bob

DBSA Staff Matt (Jul 20, 2005 8:06:06 PM)

Tonight we'll be discussing "the basics" of facilitation – whatever that means to you! I'll pose some questions and discussion points, and you can chime in as often as you like.

DBSA Staff Matt (Jul 20, 2005 8:06:25 PM)

Hopefully you'll all participate a lot.

DBSA Staff Matt (Jul 20, 2005 8:06:34 PM)

Please just keep participating, and I'll try to send each of you a transcript of tonight's discussion (barring any technical glitches).

DBSA Staff Matt (Jul 20, 2005 8:06:44 PM)

I want to remind everyone that this is a session meant for SHARING best practices among chapter leaders – don't expect too many specific instructions from me during the discussion. You all have the answers; I'm just guiding the discussion.

Bob M (Jul 20, 2005 8:06:45 PM)

Sounds good

JustinW (Jul 20, 2005 8:07:00 PM)

I'm game

DBSA Staff Matt (Jul 20, 2005 8:07:03 PM)

That last point is important... you're the experts!

DBSA Staff Matt (Jul 20, 2005 8:07:13 PM)

Everyone ready to get started?

Bob Fields (Jul 20, 2005 8:07:16 PM)

ok

bj (Jul 20, 2005 8:07:18 PM)

yep

JustinW (Jul 20, 2005 8:07:19 PM)

yup

Jim (Jul 20, 2005 8:07:20 PM)

sure

Bob M (Jul 20, 2005 8:07:26 PM)

let's go

Liz (Jul 20, 2005 8:07:29 PM)

OK

jay (Jul 20, 2005 8:07:30 PM)

ok

DBSA Staff Matt (Jul 20, 2005 8:07:41 PM)

Where's everyone typing from?

DBSA Staff Matt (Jul 20, 2005 8:07:41 PM)
Where's everyone typing from?

JustinW (Jul 20, 2005 8:07:49 PM)
Arizona

Liz (Jul 20, 2005 8:07:51 PM)
TN

Bob Fields (Jul 20, 2005 8:07:52 PM)
Tacoma

Jim (Jul 20, 2005 8:07:55 PM)
Maine

bj (Jul 20, 2005 8:07:55 PM)
Alabama

jay (Jul 20, 2005 8:07:56 PM)
AZ

DBSA Staff Matt (Jul 20, 2005 8:07:57 PM)
I'm in Chicago, if you hadn't guessed.

Bob M (Jul 20, 2005 8:08:06 PM)
Delaware

DBSA Staff Matt (Jul 20, 2005 8:08:16 PM)
Welcome all from all over the U.S.! Wow, all corners tonight... great

DBSA Staff Matt (Jul 20, 2005 8:08:22 PM)
DBSA Support Groups are: A gathering of peers who assist, encourage, and enable each other in helping themselves. Each one follows his/her own unique path to wellness and chooses to make that journey in the company of others headed in the same direction.

Liz (Jul 20, 2005 8:08:28 PM)
I need to talk to you later about Chicago I want to vacation there

DBSA Staff Matt (Jul 20, 2005 8:08:47 PM)
Sounds good, Liz.

DBSA Staff Matt (Jul 20, 2005 8:08:51 PM)
Can I ask everyone something...

Bob Fields (Jul 20, 2005 8:09:03 PM)

sure

DBSA Staff Matt (Jul 20, 2005 8:09:13 PM)

Are you currently facilitators? Going to be facilitators? Just visiting? Other?

Liz (Jul 20, 2005 8:09:15 PM)

sure

DBSA Staff Matt (Jul 20, 2005 8:09:18 PM)

What is your current role?

Bob M (Jul 20, 2005 8:09:30 PM)

Long time facilitator, and currently training others

Jim (Jul 20, 2005 8:09:31 PM)

facilitator

bj (Jul 20, 2005 8:09:34 PM)

I am going to be the back up in our group. I have only led one group so far.

Liz (Jul 20, 2005 8:09:39 PM)

faacilitating at Centennial in Nashville

JustinW (Jul 20, 2005 8:09:40 PM)

facilitator in training

Bob Fields (Jul 20, 2005 8:09:47 PM)

currently faciclitating, I'm a peer

jay (Jul 20, 2005 8:09:48 PM)

Just starting as a facilitator

Bob Fields (Jul 20, 2005 8:09:59 PM)

at Tacid

DBSA Staff Matt (Jul 20, 2005 8:10:01 PM)

My role, if you don't know, is to support the quality and performance of our over 400 chapters and over 1000 support groups.

DBSA Staff Matt (Jul 20, 2005 8:10:15 PM)

That's great all... This chat is for all of you, no matter your experience level.

DBSA Staff Matt (Jul 20, 2005 8:10:21 PM)

Let's continue with a review of the DBSA Support Group Guidelines... Would

anyone like to share the guidelines they can remember off the top of their heads?
Hint: "Share the Air" is one of them.

Liz (Jul 20, 2005 8:10:56 PM)
focus on self help it is not a 12 step

DBSA Staff Matt (Jul 20, 2005 8:11:05 PM)
Good Liz... others?

JustinW (Jul 20, 2005 8:11:10 PM)
I'll go with share the air?

DBSA Staff Matt (Jul 20, 2005 8:11:20 PM)
That works, Justin.

Bob M (Jul 20, 2005 8:11:26 PM)
CONFIDENTIALITY

DBSA Staff Matt (Jul 20, 2005 8:11:29 PM)
Others? What are some of our guidelines?

DBSA Staff Matt (Jul 20, 2005 8:11:37 PM)
Bob... yeah, that's an important one.

Bob Fields (Jul 20, 2005 8:11:38 PM)
No one person should monopolize group time

DBSA Staff Matt (Jul 20, 2005 8:11:44 PM)
Good Bob F.

DBSA Staff Matt (Jul 20, 2005 8:11:49 PM)
Others?

bj (Jul 20, 2005 8:11:53 PM)
Kindness

bj (Jul 20, 2005 8:12:06 PM)
Courtesy

DBSA Staff Matt (Jul 20, 2005 8:12:07 PM)
Do you all think that all chapters have the same guidelines?

DBSA Staff Matt (Jul 20, 2005 8:12:09 PM)
good bj

Bob M (Jul 20, 2005 8:12:17 PM)

We have our own

DBSA Staff Matt (Jul 20, 2005 8:12:30 PM)

Good, Bob.

Jim (Jul 20, 2005 8:12:31 PM)

we follow the basics

Bob Fields (Jul 20, 2005 8:12:32 PM)

Ours are different, I think

bj (Jul 20, 2005 8:12:44 PM)

I think all groups should *have* guidelines but whether they are exactly yours???

Bob M (Jul 20, 2005 8:13:04 PM)

We read the guidelines at EVERY meeting

jay (Jul 20, 2005 8:13:06 PM)

We follow DBSA's

DBSA Staff Matt (Jul 20, 2005 8:13:10 PM)

DBSA tries to ensure that if a support group participant moved from California to New York, they could get a similar, consistent experience.

bj (Jul 20, 2005 8:13:27 PM)

I think that's a good goal for DBSA to encourage.

DBSA Staff Matt (Jul 20, 2005 8:13:29 PM)

Therefore, one thing is important... that all groups have at least SIMILAR guidelines...

DBSA Staff Matt (Jul 20, 2005 8:13:35 PM)

DBSA Guidelines that every facilitator should begin EVERY Support Group meeting with: *Share the Air, *One person speaks at a time, *What is said here, stays here, *Differences of opinion are o.k., *We are all equal, *Use "I" language, *It's o.k. not to share, *It's everyone's responsibility to make the support group a safe place to share.

DBSA Staff Matt (Jul 20, 2005 8:13:54 PM)

Are those different from all of yours? Any you might add?

Bob M (Jul 20, 2005 8:14:06 PM)

The facilitator is not the "expert"

Bob Fields (Jul 20, 2005 8:14:15 PM)
pretty much the same

bj (Jul 20, 2005 8:14:17 PM)
We go over those at every meeting by utilizing a small poster

DBSA Staff Matt (Jul 20, 2005 8:14:18 PM)
Good one, Bob M. Very good.

DBSA Staff Matt (Jul 20, 2005 8:14:29 PM)
BJ, tell others about the small poster, sounds GREAT!

Bob M (Jul 20, 2005 8:14:32 PM)
We don't allow discussion of meds or Doctor's names

Bob Fields (Jul 20, 2005 8:14:37 PM)
with the addition of "have fun keep a sense of humor"

Bob M (Jul 20, 2005 8:15:08 PM)
We have the guidelines and agenda in plastic holders and give one to each person, that they return

bj (Jul 20, 2005 8:15:09 PM)
I figured it came from dbsa, maybe our leader made it. It lists all those items on it. It can be held in the leaders lap while discussing the "ground rules"

DBSA Staff Matt (Jul 20, 2005 8:15:09 PM)
Fair enough, Bob M. Those are sensitive issues with which people can accidentally start prescribing treatments, when they're not experts at all... good.

DBSA Staff Matt (Jul 20, 2005 8:15:22 PM)
Fun and Humor! GREAT! That's one we often forget about.

DBSA Staff Matt (Jul 20, 2005 8:15:34 PM)
BJ, that's great.

Bob M (Jul 20, 2005 8:15:44 PM)
Just watch that in a BPD group

DBSA Staff Matt (Jul 20, 2005 8:15:44 PM)
How can facilitators USE these guidelines most effectively?

Jim (Jul 20, 2005 8:16:18 PM)
by being consistant

Bob M (Jul 20, 2005 8:16:28 PM)

You can refer back to them when something starts going wrong

Bob Fields (Jul 20, 2005 8:16:43 PM)

by giving examples

JustinW (Jul 20, 2005 8:16:49 PM)

best to get them out first thing

DBSA Staff Matt (Jul 20, 2005 8:17:07 PM)

Good stuff... Any specific examples that anyone wants to share?

DBSA Staff Matt (Jul 20, 2005 8:17:23 PM)

Justin, that's absolutely right... any reason why it is important to get them out first thing?

Bob Fields (Jul 20, 2005 8:17:49 PM)

In ours groups instead of saying "you should" we say "in my experience

DBSA Staff Matt (Jul 20, 2005 8:17:59 PM)

I'm a big proponent that these guidelines are the core of what makes our groups truly work. We all bring so many different challenges, strengths, abilities, styles, etc., but these guidelines are the equalizer for all of us – we are all equal when they're in use.

Bob M (Jul 20, 2005 8:18:06 PM)

We ban the word SHOULD

DBSA Staff Matt (Jul 20, 2005 8:18:07 PM)

Bob F., that's perfect...

JustinW (Jul 20, 2005 8:18:13 PM)

better than interrupting someone at some point

DBSA Staff Matt (Jul 20, 2005 8:18:19 PM)

good.

LOST (Jul 20, 2005 8:18:21 PM)

Hi

DBSA Staff Matt (Jul 20, 2005 8:18:38 PM)

Some facilitators use them as a "SHIELD." Basically, you can point to the guidelines when things get a little off-target in the meetings, and the guidelines can serve as the peace keeper... so YOU don't have to.

DBSA Staff Matt (Jul 20, 2005 8:19:00 PM)

What do you all think of that SHIELD concept? Can you picture yourself holding a shield of guidelines that protects you?

Bob M (Jul 20, 2005 8:19:18 PM)

The GROUP provides the shield if they buy into the guidelines

bj (Jul 20, 2005 8:19:33 PM)

ok Matt that's a little hokey for me, but the guidelines do make the group process possible

Jim (Jul 20, 2005 8:19:41 PM)

you could use that visual in training lit

DBSA Staff Matt (Jul 20, 2005 8:19:50 PM)

Hokey is what I'm all about... good.

DBSA Staff Matt (Jul 20, 2005 8:20:00 PM)

Yes, Jim... It works well in facilitator orientation.

DBSA Staff Matt (Jul 20, 2005 8:20:06 PM)

Other thoughts out there?

Bob M (Jul 20, 2005 8:20:16 PM)

Do folks use an agenda

DBSA Staff Matt (Jul 20, 2005 8:20:29 PM)

Explain what you mean, Bob M.?

bj (Jul 20, 2005 8:20:30 PM)

an agenda?

jay (Jul 20, 2005 8:20:38 PM)

yes we have tried an agenda

Bob Fields (Jul 20, 2005 8:20:40 PM)

Also a shield to protect group members from the leader giving directives

DBSA Staff Matt (Jul 20, 2005 8:20:42 PM)

Some might... they just don't call it that.

DBSA Staff Matt (Jul 20, 2005 8:20:50 PM)

GREAT POINT Bob Fields.

Bob M (Jul 20, 2005 8:21:01 PM)

We have a specific agenda, each person shares the same = name, biggest challenge, biggest accomplishment this week, etc

DBSA Staff Matt (Jul 20, 2005 8:21:28 PM)

That seems like it might be helpful... Does it make your group run smoother, Bob M?

Bob Fields (Jul 20, 2005 8:21:28 PM)

we give our mood in the form of a weather report

DBSA Staff Matt (Jul 20, 2005 8:21:42 PM)

Good metaphor Bob F.

bj (Jul 20, 2005 8:21:43 PM)

our group is too transitory I think for that. we do have the same flow for each meeting, starting with the guidelines, intros, open discussion

Bob M (Jul 20, 2005 8:21:43 PM)

Yes, it helps to get monopolizers back on track

DBSA Staff Matt (Jul 20, 2005 8:21:57 PM)

That's good too BJ.

DBSA Staff Matt (Jul 20, 2005 8:22:09 PM)

Does anyone think that one guideline is more important than any others?

Bob M (Jul 20, 2005 8:22:28 PM)

They need to all work

bj (Jul 20, 2005 8:22:31 PM)

Sharing the air

Bob Fields (Jul 20, 2005 8:22:42 PM)

use "i" language

DBSA Staff Matt (Jul 20, 2005 8:22:43 PM)

What do you mean, Bob M?

JustinW (Jul 20, 2005 8:22:44 PM)

I go with bj on that

DBSA Staff Matt (Jul 20, 2005 8:22:51 PM)

BJ... Why sharing the air?

DBSA Staff Matt (Jul 20, 2005 8:22:57 PM)

Also Justin, why sharing the air?

Roxann support group (Jul 20, 2005 8:23:03 PM)

hi

Bob M (Jul 20, 2005 8:23:09 PM)

Everyone must buy in to the guidelines, we even ask if people have any additional ones

DBSA Staff Matt (Jul 20, 2005 8:23:10 PM)

Welcome Roxann...

bj (Jul 20, 2005 8:23:19 PM)

you know how we are when manic...we can talk for 2 hours straight and not let ANYTHING stop us!

DBSA Staff Matt (Jul 20, 2005 8:23:29 PM)

That's very good Bob M... Involvement = buy-in

JustinW (Jul 20, 2005 8:23:29 PM)

one person can dominate the meeting...running right over everyone else

bj (Jul 20, 2005 8:23:59 PM)

How do you obtain that buy in Bob?

Bob M (Jul 20, 2005 8:24:11 PM)

I don't start the meetign until I have it

bj (Jul 20, 2005 8:24:24 PM)

exactly how do you know when you have it?

Roxann support group (Jul 20, 2005 8:24:34 PM)

(This user has left DigiChat) (IP = 207.30.196.136)

DBSA Staff Matt (Jul 20, 2005 8:24:37 PM)

Good questions.. tough answers too.

Bob M (Jul 20, 2005 8:24:38 PM)

That is part of the art

bj (Jul 20, 2005 8:24:48 PM)

oh so it's your little secret

Bob M (Jul 20, 2005 8:24:57 PM)

No, just experience

JustinW (Jul 20, 2005 8:25:02 PM)
the thing is "peer support"

DBSA Staff Matt (Jul 20, 2005 8:25:02 PM)
... Does anyone think that one guideline is more important than any others?
Other thoughts beside sharing the air?

Jim (Jul 20, 2005 8:25:11 PM)
confidentiality makes the discussion possible

DBSA Staff Matt (Jul 20, 2005 8:25:16 PM)
Good...

DBSA Staff Matt (Jul 20, 2005 8:25:19 PM)
Good...

Bob M (Jul 20, 2005 8:25:34 PM)
also, not having to share

JustinW (Jul 20, 2005 8:25:44 PM)
forcing people to buy in...having a "leader"...kinda defeats voluntary sharing and support

DBSA Staff Matt (Jul 20, 2005 8:25:44 PM)
I think they're all important... but my favorite is the last one... "It's everyone's responsibility to make the support group a safe place to share."

Liz (Jul 20, 2005 8:25:44 PM)
I have trouble with confidentiality

DBSA Staff Matt (Jul 20, 2005 8:25:57 PM)
Interesting point, Justin...

Bob M (Jul 20, 2005 8:26:02 PM)
Liz - why

DBSA Staff Matt (Jul 20, 2005 8:26:03 PM)
Liz, how do you mean?

Liz (Jul 20, 2005 8:26:46 PM)
I like what you just said Matt---because some take it to the extreme and I want our group to be a caring group between meetings as well

DBSA Staff Matt (Jul 20, 2005 8:27:06 PM)
Good, Liz... yeah.

Bob M (Jul 20, 2005 8:27:13 PM)

I don't mean protect a child molester, but people have to feel their inner feelings are safe and confidentiality is very key

DBSA Staff Matt (Jul 20, 2005 8:27:37 PM)

Yes... Is there a limit to all of your confidentiality guidelines?

DBSA Staff Matt (Jul 20, 2005 8:27:42 PM)

Curious about thoughts on that...

Bob M (Jul 20, 2005 8:28:04 PM)

Anything that involves breaking the law or suicide is open

DBSA Staff Matt (Jul 20, 2005 8:28:16 PM)

o.k., Bob... others?

Liz (Jul 20, 2005 8:28:17 PM)

I guess I kinda use, we are all adults and lets treat each other the way we want to be treated.....for me that takes care of confidentiality

DBSA Staff Matt (Jul 20, 2005 8:28:29 PM)

o.k., Liz.

JustinW (Jul 20, 2005 8:28:43 PM)

no names

bj (Jul 20, 2005 8:28:49 PM)

no names?

Bob M (Jul 20, 2005 8:28:51 PM)

We use first names

JustinW (Jul 20, 2005 8:29:03 PM)

outside of the meetings

bj (Jul 20, 2005 8:29:08 PM)

oh

JustinW (Jul 20, 2005 8:29:15 PM)

sorry 'bout that

DBSA Staff Matt (Jul 20, 2005 8:29:21 PM)

Good discussion... Let's change topics a little.. All, what, do you think, are the most important characteristics of an effective facilitator?

Liz (Jul 20, 2005 8:29:36 PM)

it seems that we have much sickness and deaths among our people and to know about these things we must talk outside the group

JustinW (Jul 20, 2005 8:29:37 PM)

ears

Bob M (Jul 20, 2005 8:29:48 PM)

Not taking over for the group

Liz (Jul 20, 2005 8:29:50 PM)

Caring is the most important

jay (Jul 20, 2005 8:30:02 PM)

To keep the people comfortable

DBSA Staff Matt (Jul 20, 2005 8:30:03 PM)

Trustworthy, fair, quiet, good listener, A PEER, kind

bj (Jul 20, 2005 8:30:08 PM)

I'm with Liz

Jim (Jul 20, 2005 8:30:14 PM)

letting the meeting flow

DBSA Staff Matt (Jul 20, 2005 8:30:15 PM)

Those are all great...

Bob Fields (Jul 20, 2005 8:30:20 PM)

being able to maintain an equal partnership with group members

DBSA Staff Matt (Jul 20, 2005 8:30:29 PM)

Good one, Jim... What do you mean by letting the meeting "flow"?

DBSA Staff Matt (Jul 20, 2005 8:30:39 PM)

Caring is important.

DBSA Staff Matt (Jul 20, 2005 8:30:48 PM)

ears, I think was said earlier... GREAT!

Bob M (Jul 20, 2005 8:30:57 PM)

Jim - doies that meen letting it get off topic

Jim (Jul 20, 2005 8:31:13 PM)

not steering it for the others, but still having one hand on the tiller

bj (Jul 20, 2005 8:31:15 PM)
What is off topic?

Liz (Jul 20, 2005 8:31:19 PM)
yea, two ears and one mouth....must have been a reason (smile)

DBSA Staff Matt (Jul 20, 2005 8:31:26 PM)
Describe, in more detail than just a list of characteristics, what a perfect facilitator would be for you?

Bob M (Jul 20, 2005 8:31:48 PM)
MY BPD group started talking about Europe vacations, all were involved, but not very on topic

tom22 (Jul 20, 2005 8:31:59 PM)
I have logged onto Chapter Leader On lne Learning but no response

DBSA Staff Matt (Jul 20, 2005 8:32:01 PM)
Don't go into too much detail, but take a minute to give a good description... I'll check back after a few are posted.

Liz (Jul 20, 2005 8:32:04 PM)
same ole One who cares about me all the time and not just at a meeting

DBSA Staff Matt (Jul 20, 2005 8:32:13 PM)
Tom, Welcome to Chapter Leader Online Learning.

bj (Jul 20, 2005 8:32:14 PM)
warm, caring, kind, not dictatorial, bossy or full of themselves. makes every member of the group feel that they are the most important person in the room

Jim (Jul 20, 2005 8:32:33 PM)
tom22 you are in, welcome

Bob Fields (Jul 20, 2005 8:32:38 PM)
Some one who moderates rather than leads, commands or persuades

Bob M (Jul 20, 2005 8:32:41 PM)
If someone were to look at the room throught a one way mirror, they could not pick out the facilitator

Jim (Jul 20, 2005 8:32:59 PM)
yea bobs

DBSA Staff Matt (Jul 20, 2005 8:33:03 PM)
Those are AWESOME responses...

Liz (Jul 20, 2005 8:33:06 PM)

some come into the room and say :Here I am---others come in and say "There you are

bj (Jul 20, 2005 8:33:15 PM)

Yes Liz

JustinW (Jul 20, 2005 8:33:23 PM)

facilitate means "to enable"...that's what they should be doing

DBSA Staff Matt (Jul 20, 2005 8:33:28 PM)

Great stuff. Good lesson there Liz.

DBSA Staff Matt (Jul 20, 2005 8:33:45 PM)

Justin... enable what? I agree, just curious.

JustinW (Jul 20, 2005 8:33:50 PM)

enabling people to share their concerns and enabling them to get support from their peers

DBSA Staff Matt (Jul 20, 2005 8:34:03 PM)

Good...

DBSA Staff Matt (Jul 20, 2005 8:34:09 PM)

DBSA suggests that there are 5 ROLES of a DBSA Support Group Facilitator... I like to say, "FACILITATION IS SIMPLE, BUT IT'S NOT EASY!": -Simply START the support group -Simply LISTEN actively -Simply maintain discussion FLOW - Simply RESPOND to challenges -Simply CLOSE the support group

Liz (Jul 20, 2005 8:34:25 PM)

Do ya'll have a resourse list to share at your meetings

Bob M (Jul 20, 2005 8:34:34 PM)

Yes

Bob Fields (Jul 20, 2005 8:34:38 PM)

yes

DBSA Staff Matt (Jul 20, 2005 8:34:45 PM)

Any thoughts about that "SIMPLE" list?

bj (Jul 20, 2005 8:34:55 PM)

I think it is perfect

Bob Fields (Jul 20, 2005 8:35:09 PM)

I thinks it's hard when people argue

DBSA Staff Matt (Jul 20, 2005 8:35:29 PM)

Yes... it is, Bob F. Which brings me to the next question (perfect!)

DBSA Staff Matt (Jul 20, 2005 8:35:35 PM)

What are some of the biggest dangers you could imagine facilitators experiencing?

Bob M (Jul 20, 2005 8:35:50 PM)

Danger? like physical

bj (Jul 20, 2005 8:35:53 PM)

Someone being emotionally hurt by what someone else says

Bob Fields (Jul 20, 2005 8:35:54 PM)

controlling the group

Liz (Jul 20, 2005 8:35:54 PM)

An over manic person

Jim (Jul 20, 2005 8:36:02 PM)

suicidal thoughts

DBSA Staff Matt (Jul 20, 2005 8:36:10 PM)

Bob... maybe think of the word "challenge."

Liz (Jul 20, 2005 8:36:28 PM)

or tell me what to do

DBSA Staff Matt (Jul 20, 2005 8:36:37 PM)

Yes... those are all right on target. Anyone want to share a quick tip with others to manage these challenges?

tom22 (Jul 20, 2005 8:36:38 PM)

still waiting for main feedback Chaper Leader...

DBSA Staff Matt (Jul 20, 2005 8:36:57 PM)

Tom22, you are in the chapter leader forum.

bj (Jul 20, 2005 8:37:28 PM)

I don't see our groups as needing to be controlled

DBSA Staff Matt (Jul 20, 2005 8:37:46 PM)

Our next session, next month, is about managing facilitator challenges... BJ. I agree that "control" is not what the goal should be.

Bob M (Jul 20, 2005 8:37:48 PM)

That is where our agenda helps me regain control

bj (Jul 20, 2005 8:37:52 PM)

We certainly have manic members and people with active suicidal ideation

DBSA Staff Matt (Jul 20, 2005 8:37:58 PM)

What are some ways that facilitators can maintain a healthy "flow" to their meetings? What does that look like?

DBSA Staff Matt (Jul 20, 2005 8:38:07 PM)

What are some ways that facilitators can maintain a healthy "flow" to their meetings? What does that look like?

Bob Fields (Jul 20, 2005 8:38:36 PM)

people exchanging ideas?

Jim (Jul 20, 2005 8:38:44 PM)

minimize the monopolizer

JustinW (Jul 20, 2005 8:38:52 PM)

about all you should need to do is bring people back on target

Bob M (Jul 20, 2005 8:38:54 PM)

No one on one therapy

DBSA Staff Matt (Jul 20, 2005 8:39:08 PM)

That's good, Justin... how?

DBSA Staff Matt (Jul 20, 2005 8:39:15 PM)

Bob.. very good.

JustinW (Jul 20, 2005 8:39:17 PM)

unless our group is really really good...they flow pretty well on their own

tom22 (Jul 20, 2005 8:39:37 PM)

OK I understand . Should chapter leader also be facilitator

DBSA Staff Matt (Jul 20, 2005 8:39:44 PM)

That's good, Justin. I think you may be either really good, or a little lucky. Either way, that's GREAT news! :-)

Bob M (Jul 20, 2005 8:39:46 PM)

Yes

bj (Jul 20, 2005 8:40:07 PM)
Bob M, why?

DBSA Staff Matt (Jul 20, 2005 8:40:07 PM)
Tom, yes... some chapter leaders are facilitators... many in fact.

JustinW (Jul 20, 2005 8:40:15 PM)
if they start straying, just remind them what we were talking about. Or start a new topic that SOMEHOW ties into what they were saying

Bob M (Jul 20, 2005 8:40:16 PM)
It keeps one in touch

DBSA Staff Matt (Jul 20, 2005 8:40:40 PM)
We say our support groups are peer-led self-help support groups... What does "PEER-LED, SELF-HELP" mean to you?

Bob M (Jul 20, 2005 8:40:57 PM)
All our facilitator share the illness

tom22 (Jul 20, 2005 8:40:59 PM)
what steps are best to "grow" the group

Bob Fields (Jul 20, 2005 8:41:21 PM)
helping through personal experience

DBSA Staff Matt (Jul 20, 2005 8:41:24 PM)
Yes, Bob M.

bj (Jul 20, 2005 8:41:25 PM)
Our chapter leader is learning that she needs to have back up and is starting to delegate many chapter leader duties including group facilitation to other members. This allows more members to feel a strong tie with the groups.

DBSA Staff Matt (Jul 20, 2005 8:41:26 PM)
Good, Bob.

DBSA Staff Matt (Jul 20, 2005 8:41:38 PM)
That's great, BJ.

DBSA Staff Matt (Jul 20, 2005 8:42:01 PM)
DBSA Support Group Facilitators are PEERS! Not therapists, not counselors, not doctors or psychiatrists... Facilitators do NOT need to be certified. Facilitators are simply patients or supporters that help lead the group.

Bob M (Jul 20, 2005 8:42:27 PM)

As chapter leader I do an orientation for newcomers, so they don't get thrown to the "black belts" right away

DBSA Staff Matt (Jul 20, 2005 8:42:35 PM)

What do you believe the ideal size for a support group to be?

Bob M (Jul 20, 2005 8:42:40 PM)

8-10

bj (Jul 20, 2005 8:42:43 PM)

10-15

DBSA Staff Matt (Jul 20, 2005 8:42:46 PM)

That's great, Bob... I think ORIENTATION is the best word to use...

Jim (Jul 20, 2005 8:42:51 PM)

10-12

DBSA Staff Matt (Jul 20, 2005 8:43:10 PM)

DBSA suggests that support groups should not be larger than 12 people.

Bob M (Jul 20, 2005 8:43:36 PM)

Two sevens are better than one 14

DBSA Staff Matt (Jul 20, 2005 8:43:49 PM)

Absolutely Bob.

JustinW (Jul 20, 2005 8:44:01 PM)

can I throw a ? out Matt

DBSA Staff Matt (Jul 20, 2005 8:44:13 PM)

Absolutely, Justin... perfect time for that.

Liz (Jul 20, 2005 8:44:18 PM)

True but how do you divide the 14 if you don't have enough facilitators or leaders

bj (Jul 20, 2005 8:44:38 PM)

I guess you close the door after 12 people have arrived

JustinW (Jul 20, 2005 8:44:42 PM)

Do you guys have to split your nights to keep group sizes down?

DBSA Staff Matt (Jul 20, 2005 8:44:53 PM)

Liz... many would suggest that ANYONE could really be a facilitator if they were shown how to USE the guidelines the right way.

Bob M (Jul 20, 2005 8:45:03 PM)

We run 4-5 groups per night

DBSA Staff Matt (Jul 20, 2005 8:45:06 PM)

BJ... I don't know about that... but I guess it is an option.

bj (Jul 20, 2005 8:45:15 PM)

We have two different nights at two different locations. Some come to both, some to one or the other and many come and go

Liz (Jul 20, 2005 8:45:17 PM)

where Bob M

Jim (Jul 20, 2005 8:45:20 PM)

I'd be happy to keep 10 coming in

tom22 (Jul 20, 2005 8:45:22 PM)

IN our remote area attendees are few. 5 is about the most we get. Ssometimes 0
We use news paper Community Calendars to get out the word. Have had a few radio spots, looking for more.

JustinW (Jul 20, 2005 8:45:22 PM)

how many nights Bob M?

bj (Jul 20, 2005 8:45:25 PM)

I was being sarcastic

DBSA Staff Matt (Jul 20, 2005 8:45:40 PM)

I figured as much BJ... :-)

Bob M (Jul 20, 2005 8:45:42 PM)

We are at a church and use classrooms, twice a month

DBSA Staff Matt (Jul 20, 2005 8:46:04 PM)

Sounds like we have some with LOTS and some with FEW out there.

JustinW (Jul 20, 2005 8:46:11 PM)

those 4-5 run all at the same time?

Bob M (Jul 20, 2005 8:46:19 PM)

Yes, justin

DBSA Staff Matt (Jul 20, 2005 8:46:28 PM)

Other questions out there among you all?

JustinW (Jul 20, 2005 8:46:28 PM)
k...thanks

Bob M (Jul 20, 2005 8:46:43 PM)
What is the ratio of BP and UP

JustinW (Jul 20, 2005 8:46:51 PM)
Bob M, can u stick around for a few after?

Bob M (Jul 20, 2005 8:46:58 PM)
ok

Liz (Jul 20, 2005 8:47:02 PM)
this 4 or 5 groups at the same time interests me, just can't see how that is done

Bob M (Jul 20, 2005 8:47:17 PM)
Liz - lot's of facilitators

JustinW (Jul 20, 2005 8:47:18 PM)
thanks...we have about 95% BP

DBSA Staff Matt (Jul 20, 2005 8:47:20 PM)
Bob M... as for nationally, there is no way we could measure accurately.

DBSA Staff Matt (Jul 20, 2005 8:47:37 PM)
Liz, many chapters do it that way... just use different spaces or different rooms.

bj (Jul 20, 2005 8:48:05 PM)
I don't think we are interested in getting that big

DBSA Staff Matt (Jul 20, 2005 8:48:15 PM)
On August 17th, we'll be discussing "MANAGING FACILITATOR CHALLENGES," so be sure to join us then for that discussion. That is one of the biggest concerns of many facilitators, I know!

bj (Jul 20, 2005 8:48:25 PM)
See you then.

DBSA Staff Matt (Jul 20, 2005 8:48:31 PM)
Looking forward to chatting again on August 17th! Until then, I can be reached at MMattson@DBSAlliance.org or (800) 826-3632.

bj (Jul 20, 2005 8:48:36 PM)
Matt thanks for tonight.

DBSA Staff Matt (Jul 20, 2005 8:48:39 PM)

BE SURE TO VISIT DBSA's Chapter Management Website:
www.DBSAlliance.org/ChapMgtEntrance.html You can find a Chapter Leader Discussion Board there to continue this conversation.

Liz (Jul 20, 2005 8:48:47 PM)

I tried dividing a group once just by count of 1, 2, 3 and all the 1 go to another area etd.....major disaster....never again

bj (Jul 20, 2005 8:48:51 PM)

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DBSA Staff Matt (Jul 20, 2005 8:48:59 PM)

Thanks again for participating – here ends the formal discussion for this evening, but you're welcome to continue networking with other DBSA chapter leaders.

DBSA Staff Matt (Jul 20, 2005 8:49:13 PM)

Please feel free to keep the chat going.

Bob M (Jul 20, 2005 8:49:15 PM)

Justin - what's up

Jim (Jul 20, 2005 8:49:18 PM)

thanks Matt

DBSA Staff Matt (Jul 20, 2005 8:49:25 PM)

Good night all.

Bob Fields (Jul 20, 2005 8:49:28 PM)

thanks Matt

Liz (Jul 20, 2005 8:49:36 PM)

is this just a 45 min session

Bob M (Jul 20, 2005 8:49:54 PM)

Guess so

Liz (Jul 20, 2005 8:50:18 PM)

well I guess you can tell us how now Bob M

Bob M (Jul 20, 2005 8:50:27 PM)

How what?

Liz (Jul 20, 2005 8:50:46 PM)

to have so many facilitators available

Bob M (Jul 20, 2005 8:51:29 PM)

We do facilitator training twice a year, right now I have 10 in training, maybe 2 or 3 will actually end up being ongoing facilitators

JustinW (Jul 20, 2005 8:51:53 PM)

Bob M..still here?

Bob M (Jul 20, 2005 8:51:56 PM)

Yes

Liz (Jul 20, 2005 8:52:11 PM)

Wow, do you do the training

JustinW (Jul 20, 2005 8:52:15 PM)

how do you split your group?

Bob M (Jul 20, 2005 8:52:34 PM)

BP, Unipolar, Family and Friends and newcomers

JustinW (Jul 20, 2005 8:53:00 PM)

Aaaahhhh

Liz (Jul 20, 2005 8:53:04 PM)

how many people do you usually have in each group

Bob M (Jul 20, 2005 8:53:05 PM)

Liz, yes we have developed it over time

Liz (Jul 20, 2005 8:53:24 PM)

I forgot where are you from

Bob M (Jul 20, 2005 8:53:35 PM)

3-5 unipolars 10-12 bp, 3-4 family and anywhere from 2 to 25 newcomers

Bob M (Jul 20, 2005 8:53:46 PM)

Delaware

Liz (Jul 20, 2005 8:54:11 PM)

will you be in Chicago at the convention or facilitator training

Bob M (Jul 20, 2005 8:54:19 PM)

Our average night is 30 to 35

JustinW (Jul 20, 2005 8:54:28 PM)

See our f&f like to sit in on the BP/UP meetings to understand behaviors

Bob M (Jul 20, 2005 8:54:30 PM)
No, I am going to the New Jersey conferece

jay (Jul 20, 2005 8:54:33 PM)
This is jay

Bob M (Jul 20, 2005 8:55:03 PM)
The f7f can sit in if it is okay with the consumer

JustinW (Jul 20, 2005 8:55:09 PM)
Jay did you see how Bob M splits their group?

Liz (Jul 20, 2005 8:55:14 PM)
Justin I have the same

JustinW (Jul 20, 2005 8:55:28 PM)
same split?

Bob M (Jul 20, 2005 8:55:35 PM)
The split also prevents the manic from overrunning the others

tom22 (Jul 20, 2005 8:55:53 PM)
we have 2 Wednesday afternoon and two Thursday evenings in Rockalnd and weekly Wednesday nights in BElfast abput 40 miles away. Different people but growing.

jay (Jul 20, 2005 8:55:55 PM)
Yes, we will have to do that soon

Liz (Jul 20, 2005 8:56:08 PM)
people who come to our group want to stay together

JustinW (Jul 20, 2005 8:56:15 PM)
at least the newcomer part

JustinW (Jul 20, 2005 8:56:40 PM)
g'night all and thanks for the direction....

Bob M (Jul 20, 2005 8:56:45 PM)
Gotta go,

Liz (Jul 20, 2005 8:57:04 PM)
bye for now good grouping to ya

tom22 (Jul 20, 2005 8:58:34 PM)
In my previous experience we had to split into many groups of 5-8 people in

circle Sll seem to work well . Sometmes we had speakers. What do youtijk
oabout speakers

tom22 (Jul 20, 2005 9:00:33 PM)

tijk means think. Too many thumbs on the keyboard

tom22 (Jul 20, 2005 9:03:08 PM)

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