

NAMI Family Support Group Facilitator Skill Training Workshop Schedule

Friday Afternoon: 2:00 pm – 5:00 pm

2:00-2:30 - Welcome/Introductions

(Very short break between introductory lecture and basic directions and strategies)

2:30-5:00 - Introductory Lecture

Entire Group

Group Dynamics and structures in the NAMI Model

Strategies for shifting from CUES to Structures

Basic Directions to Structure and Group Processes

Friday Evening: 7:00 – 9:00

7:00 – 8:30: Demonstration of the Model

Conducting a NAMI Support Group

8:30 – 9:00: Discussion/Feedback

Saturday Morning:

Breakfast on your own at hotel. Continental Breakfast provided by hotel.

Entire Group

8:00 – 8:10am: Order of the day at training sight.

8:15 – 9:45am: Post 1: Structure 1: Enforcing the 2-3 Minute Time – Limit

Post 2: Structure 2: Group Guidelines

9:45 – 10:00am: (**Break: 15 Minutes**)

10:00 – 11:30 am: Post 3: Structure 3: Principles of Support

Post 4: Structure 4: Using Emotional Stages

11:30 – 11:45am: **Evaluate Structure Skill Exercises**

11:45 – 12:45pm: **Lunch**

Entire Group

Saturday Afternoon:

1:00 – 1:45pm: **Group Process 1: Practice**
Handling Hot Potatoes

1:45 – 2:00pm: (**Break** 15 minutes)

2:00 – 2:45pm: **Group Process 2: Practice**
Using Group Wisdom

2:45 – 3:00pm: (**Break**: 15 minutes)

3:00 – 5:30 pm: **Group Process 3: Practice**
Problem Solving

5:30 – 5:45pm: **Evaluate Group Process Skill Exercises**

Saturday Evening: 6:30 - 9:00 pm

6:30 – 7:30 pm: Dinner

Entire Group

Sunday Morning:

Breakfast on your own at hotel.

8::00 – 8:10 am: Order of the day

8:15 – 8:45 am: **CUE Practice 1**
Connecting CUES to Structure & Group Process

Evaluate Cue Practice 1

9:00 – 9:45: **CUE Practice 2**

“Hearing” CUES in dialogue

9:45 – 10:00 am: **Break**

10:00 – 12:00 pm: **Support Group Practice**
Using CUES in an actual SG meeting
Evaluate CUE Practice 2 and 3

12:00 – 2:00: Lunch, presentation of certifications & goodbyes. **Entire Group**