

Support Group Leader Training and Running a "Clinic"



The Institute For
RADICAL FORGIVENESS™
Therapy & Coaching

Guidelines For Running an RF Support Group

This is a very specific form of support group quite unlike most support groups that we are familiar with. It is an adaptation of the Mutual Support Network meeting format developed by Arnold M. Patent. JoAnna and I were members of such a group for over nine years and know the value of them. They work if you stay within the guidelines; they fall apart if you don't. The meeting itself should last no longer than an hour. Social time comes after.

- **NO APPOINTED LEADER:**

It is very important that there should be no one person who is leader. Whoever has the highest vibration that evening should ideally be the one to lead. If you had a permanent leader, there would be times when his/her vibration would be low and it would be unfair to them and everyone else for them to lead. Once the group has aligned its energy by reading the invocation, the group simply waits for a leader to come forward. Someone will say, "I feel like leading tonight." It does not matter who, because the agenda is always the same and it is written down for the leader to follow. (This is on Page 6)

- **BEING IN THE RF VIBRATION:**

We all know that it is easy to be in the vibration of Radical Forgiveness when we are amongst people of the same mind. We also know that if we at any time go into our victim mode, they will lovingly point this out and help us see the perfection. A friend who supports us spiritually will not support us in our B.S. story.

- **BEING IN THE VICTIM VIBRATION :**

We also know how easy it is to get sucked into being a victim. If something bad happens the likelihood is that we will go completely unconscious and end up in victimland for a long time. We also know how much support we will get from most people and from society for staying in that vibration, perhaps even for years. A typical support group will give you precisely that kind of support too. Friends, relations or colleagues who do not have an understanding of Radical Forgiveness are not able to help us because they will tend to support us in our story — thereby reinforcing our victim consciousness.

- **THE PURPOSE OF A SUPPORT GROUP:**

It's very hard to hold the Radical Forgiveness vibration for long on your own. This is why we need the loving support of people who will rescue us

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from victimland and help us return to the truth of who we are by connecting us back into the Radical Forgiveness vibration. This is the value and purpose of the RF Support Group. It give us somewhere to go, and people to be with on a regular basis who will remind us of our commitment to be in the Radical Forgiveness vibration and, if we have temporarily lost our connection, to help us get that back.

- **NO GIVING ADVICE:**

Giving therapy or advice is **NOT** the purpose of the support group. If the facilitator, or any group member, attempts to give people solutions to problems, they should be gently and lovingly reminded of this rule.

(This is probably the most difficult guideline to stick to, but it is probably the most important. If we try to solve problems, we make them real and give them power. Radical Forgiveness simply dissolves problems)

- **THE COMMITMENTS:**

Our commitment is that we will not support anyone in their story. We will listen openly, lovingly and without judgment, but we will not buy in to it or give it energy, because we know it is only the illusion.

Our commitment is to support the person in shifting out of story into the knowingness of Radical Forgiveness — that what is happening is quite different from the apparent circumstances, and is purposeful in the Divine sense. The only means to doing this is the 13 Step process or the 7-Step process. These will create the necessary energy shifts *inside* the person that will release the blocked energy that has in all likelihood caused the situation in the first place.

- **THE EMOTIONAL CHECK IN:**

This is item number three on the agenda and is always to be considered the priority. Even if this takes the whole hour and nothing else happens, the commitment is always to give this kind of support to all who needs it. Typically however, it is usually just one or two people.

The facilitator for the evening goes around the group asking each one to rate, on scale of 1-10, how strongly they need to do the either the 13 Steps or the 7 Steps that evening. Someone who is a 10 is obviously someone who is extremely agitated and in victim mode, whereas someone who is a 3 or a 4 might be marginally upset but not unconscious or in victimland and therefore not in dire need of rescue.

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The facilitator then asks the one with the highest need rating, "*Would you like to do the 13 Steps, or the 7 Step process?*" Once that is established, he/she will ask the person, "*Who would you like to take you through that process?*" The person will tend to choose someone whose energy is just right for that person at that time.

The process is carried out by the person chosen. The rest of the group simply brings all their attention to the moment and projects love and support to the one going through the process. (They should not go through a parallel process for themselves at the same time. If they need to do it, they should ask for their turn).

• **NO FURTHER COMMENT:**

At the end of the process, there is no comment or discussion of the situation, either then or during the social period after the meeting if you have one. Talking about it would only destroy the energy field created by the process and it would be neither loving or supportive.

Then the facilitator goes to the person with the next highest need and repeats the process. This goes on until all who need to do it, have done it. The facilitator then decides how to use the rest of the time — if indeed there is any.

It is often the case that by the time one or two have done a process, the ones who were 5 or under have come to a place of peace simply by being in the love vibration and no longer have any need to do the process.

• **SUCCESS STORIES:**

The next part of the meeting is an invitation for people to share success stories. These are stories where it has become obvious that an energy shift has taken place as a result of being in the Radical Forgiveness vibration. The most likely stories are those on which they had done the 13 Steps or the 7 Steps on the meeting before, sharing what the effects had been. This is NOT the time to share events in our lives that are not related to the effects of living the Radical Forgiveness life-style. Those can be shared in the social time afterwards.

• **ASKING FOR SUPPORT:**

An important aspect of the meeting is where members ask for support in consciousness. The re-

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quest is made in terms of what the person needs to feel or affirm, relative to spiritual principle, in order that their energy shifts with regard to the difficulty.

If for example, a person is having financial problems it would not be appropriate or self-supportive to request donations! The request should be made that *"please support me in feeling completely abundant and in knowing that I always have all that I need and feel grateful for that."* The group agrees to hold that vision of support for that person for the whole week.

The group then anchors that vision of perfection and total abundance by first rubbing both hands together to stimulate energy movement and then holding them palms towards the person they say, in unison, the following affirmation.

"John, we unconditionally love and support you just the way you are, in all your power and magnificence. You are a spiritual being divinely guided in all your thoughts, words and actions."

If there is any time remaining, a nice way to complete the meeting is to do the positive reflection exercise. The quickest way is to break into groups of three. Then you close the meeting.

- **THE TIME AGREEMENT:**

Make an agreement on time and make it firm and meaningful. When the group has aligned energetically, and the meeting has begun — on time, people who have created being late should honor the group energy by entering softly into the meeting — and silently. Never wait for a latecomer.

Consistent latecomers should notice their resistance to being there on time as a way of withholding love from themselves and others and, in the following meeting ask for support in consciousness to feel high intention to receive and give support. Do not support people in being habitually late. It breaks the energy of the group to have people coming late and you would not wish to support them in a habit which is self-sabotaging.

- **STICK TO THE RULES:**

As I said in the beginning, this support only works if you adhere strictly to the format and to the rules. It is, in essence, an experience in shifting energy in the most efficient way —

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and that we have found to be by simply using the tools that are designed specifically to shift energy (the 13 Steps and the 7 Steps), and by aligning with spiritual principle and the energy of Love.

- **YOUR ROLE AS A COACH:**

It will probably fall to you if you are the only trained person in the group to explain this whole process and to be the one to keep it on track at the beginning. However, once that has been done, you are no more the leader than anyone else in the group.

- **CLOSED GROUP:**

It should always be a closed group since it becomes a very safe place to come and share. If numbers are low, and I think 8-10 is ideal, then you might allow members to suggest people they know who might like to join. You would only want people who were very familiar with the concept of Radical Forgiveness and who were committed to living it, but they need not have necessarily done a workshop when they join. Hopefully they will be inspired to do one in the future.

We used to have an open meeting every 3 months or so. If enough people were interested in starting their own group we would agree to attend their first two meetings in order to get them going and then they would be on their own.

- **FREQUENCY OF MEETINGS:**

We found that to meet every two weeks was the best. Once a week was too much and once a month left too long in between meetings and left people feeling unsupported.

Format For RF Support Group Meeting:

1. Align the group energy by reading the RF Invocation together.

May we all stand firm in the knowledge and comfort that all things are now, have always been and forever will be, in Divine order, unfolding according to a Divine plan. And may we truly surrender to this truth, whether we understand it or not. May we also ask for support in consciousness in feeling our connection with the divine part of us - with everyone and everything - so that we can truly say and feel - we are One.

2. Allow a facilitator to 'emerge' for that evening.

3. *Emotional Check-In.* Each person says how they are feeling and then, on a scale of 1-10, rates their need to experience the 13 step process or the 7-Step process.

4. *Processing:* Person going through the 13 steps or 7 steps, nominates who shall read the questions for them. Everyone else focuses their healing energy on the person experiencing the process, holding thoughts of oneness, unconditional love and connectedness to Source. (*Remember, there is no discussion or comments after the process.*)

5. *Success Stories:* Members share specific examples of how Radical Forgiveness has been working in their lives since last time. (*Request that they be as concise as possible.*)

6. *Requests for support in consciousness:* You may have to help people frame their requests for support in terms of what they need to *feel* or *affirm*. This helps us tap into the spiritual intelligence that will take us beyond our apparent difficulties. (Anchor it energetically by saying together: "*....., we unconditionally love and support you just the way you are, in all your power and magnificence. You are a spiritual being divinely guided in all your thoughts, words and actions.*"

7. *The positive reflection exercise* - if there is time. Break into groups of two or three. "The beautiful, wonderful qualities that I see in you that reflect back to me and I recognize as my own are:....."

8. Formerly close the meeting and give thanks.

Guidelines For Running an RF Clinic

A clinic is very similar to a support group except that whereas there is no leader in a support group, there definitely is a leader in a clinic. And, of course, it is you. In fact you take a very directive role in the process.

The basic idea is that instead of seeing one client for a session or two, you hold a weekly clinic for which four clients commit to attending one 2-hour session each week for a period of eight weeks. In effect it is a weekly group coaching session, and it has proven to be a very powerful way to do Radical Forgiveness coaching — so long as everyone attends. Group commitment therefore is essential.

It is true that, when you are working one-on-one with people, a single issue might be resolved in two or three sessions. However, if people want to anchor Radical Forgiveness in their consciousness so that they can begin to really operate from that space, they need to be immersed in the RF process for a much longer period of time. They also need to have the opportunity to work through a number of issues using the Radical Forgiveness technology, especially issues that arise in every day living. Clinics are most powerful when someone comes with a current upset to deal with, or when everyone in the group is upset about something that has just happened and you get them all to do a worksheet together on the same thing.

Typically coaches charge \$30 per person per two hour session; but the commitment must be strong for everyone to attend, otherwise you will be working for less than you should. Also, the group would be shortchanged in terms of group dynamic if someone weren't present. Ideally you would get money up front at the beginning of the eight weeks in order to get that level of commitment. In order to encourage that, you could offer the whole eight week series for \$195 instead of the \$240 that \$30 per session comes to. Each person could save \$45 that way.

The clinic option makes it affordable for people. Since we cannot offer to take insurance, people are reluctant to spend more than "necessary," so they tend to think they can manage a couple of sessions out of pocket but that's all. This way, they get more than a band-aid, receive tremendous value and it costs them only \$195. And you are getting almost \$50 per hour for your time, which isn't too bad.

I wouldn't recommend that you have more than four in your clinic. When you become very proficient, you might be able to up it to six, but not until you have done a whole lot of them and feel very comfortable with the process.

The other great benefit for the clients is the power of doing their work in a group setting. Witnessing others getting insights and doing reframes gives them the power to move through their own stories much more quickly and easily.

One of the benefits for you is that you end up with a very bonded group. They will become very loyal to you and to RF, will probably always turn up at your pot-lucks if you do them (definitely recommended as part of your strategy for building your business), and will spread the word. They will probably come to your ceremonies and be your assistants, and they will market you by word of mouth.

Format For Running an RF Clinic

1) Two Word Check-In

With the "two word check-in" technique, you ask them to come up with just two words. One word should describe what they are feeling **physically** (uncomfortable; tired; tense; relaxed; etc.), and the other how they are feeling **emotionally** (angry; anxious; sad; numb; calm; etc).

Then each person rates, on a scale of 1-10, their need to experience the 'Satori' 7-Step process. (**Note:** This is not the time to share stories. You will have to be very firm on this or you will run out of time very quickly).

This shouldn't take more than a minute or so, but by then you will know who needs to be taken through the 'Satori' 7-Step process and who should go first. If you have a couple of nines, with two down around four, then you should aim to give time to both of the nines. You could take the other two through the 13 Steps at the end if they feel they still need something after having witnessed the other two going through their process. However, nine times out of ten, those who witness the process get what they need just by being part of the process, and they end up feeling complete with the issue they came to work on.

2) Processing - Stages One and Two

When you take them through the 7-Step process, you will ask them to tell their story as fully as time allows, bearing in mind what you have set as your aim for the session. This part will be with their eyes open, addressing the whole group as well as you. As the facilitator, you — and you only, not the other participants — can ask questions in order to deepen the experience and to get them more into their feelings if this is necessary. You could even have them make a plate mask of their "victimizer" and have them shout and scream at the mask held by another member of the group. (*Remember to coach that person on the use of the rose, the grounding cords and arm over the solar plexus.*) If you are not an RF Practitioner, you should **not** do cushion work.

Remaining Stages

Once they have told their story and are really into their feelings, then you can tell them to close their eyes for the remainder of the process, imagining the person sitting in the empty chair opposite. You will then take them through the remaining steps.

Your instruction to the others is they should simply focus their energy on the person experiencing the process, holding thoughts of oneness, unconditional love and connectedness to Source, knowing that what is occurring for the person is perfect in every way.

3) After the Process

After the process, you can ask the person to share their experience and/or insights or images, but don't let them go into left-brain thinking, i.e analysis or asking questions. No chit-chat either. Keep the sharing to a minimum and have there be no crosstalk from the others.

4) Reframe

If the person has not come to a reframe on their own, resist the temptation to go for a reframe, or even to ask leading questions. Remember, we must trust the process. Once over it is complete, and any further mental analysis will only compromise the energy cycle that has just been put in place. I know it makes you look good if you can give a great reframe, but it is not helpful for the person. The urge to do it comes from your ego. Make a note of it and then you might be able to bring it forward again the next week, or even the next day if the person calls you about it. After 24 hours, you can talk about it with the person, but not before. The ideal is for the person to come to it him/herself.

5) Open Discussion and Q & A

Once the processing is over, the discussion can become more open and free flowing. You might ask people to share what happened after doing the process the week before and whether they came to a reframe. If not, you can go with that and ask the group to help out. Or it might be that questions have arisen that need answering or require further discussion. Someone may have done a worksheet during the week and might wish to share what happened for them. Keep it focussed though. Don't let it become a social event.

6) Miracles

Encourage people to talk about their success stories — specific examples of how Radical Forgiveness has been working in their lives since the last meeting. This really helps people to hold the vision that doing the work creates miracles and the more they do Radical Forgiveness, the more they can expect to receive them.

7) Group Worksheets

One week, when no one is really hurting and in need of processing, you might have them do a worksheet together on a public figure — someone they all feel critical of. This can be fun as well as enlightening. It is especially good for having them experience projection and to understand mirroring.

8) End the Session With the Invocation

May we all stand firm in the knowledge and comfort that all things are now, have always been and forever will be, in divine order, unfolding according to a divine plan.

And may we truly surrender to this truth, whether we understand it or not. May we also ask for support in consciousness in feeling our connection with the divine part of us - with everyone and everything - so that we can truly say and feel - we are One.

Postscript

When you run a clinic, you will come to recognize the value in having done one or more book study groups during your training. A book study group is great preparation for this work, and those who have been successful at running clinics, and indeed successful in building a good coaching practice, all did four or more book study groups during their training. Most of them continue to do so because it builds business.