

PTSD '2' Report A Functioning Peer Support Group

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The PTSD '2' program addresses the emotional and practical needs of those affected by a loved one's PTSD. It defines secondary PTSD and provides information regarding its causes, its symptomologies and its relationship to physical illness. While education is a major component of the program, emphasis is on learning and applying the skill sets, ethics and behaviors required of a PTSD facilitator.

GoToMeeting Conferencing System. Although the training is leader-led, trainees are expected to be actively engaged and to otherwise contribute to the combined learning of the training cohort.

OBJECTIVES

1. To provide trainees with an understanding of the PTSD/secondary PTSD relationship.
2. To orient trainees on the causes and symptomologies of secondary PTSD.
3. To introduce trainees to the physical manifestations of prolonged exposure to stressors coincident with secondary PTSD.
4. To introduce trainees to mindful self-care and support.
5. To provide trainees with an understanding of the principles, limitations and moral responsibilities of peer support.
6. To provide trainees with the skill sets and tools necessary to organize, promote and maintain a functional peer support group.
7. To provide trainees with the skill sets and tools needed to effectively facilitate an ongoing peer support group.
8. To provide trainees with lists of available resources.
9. Upon successful completion of training, provide trainees with certification as a PTSD'2' Facilitator.

TRAINING TOPICS

1. PTSD
2. Causes and symptoms of secondary PTSD Definition of secondary
3. The PTSD/secondary PTSD relationship.
4. Self-care and support networks.
5. Principles, limitations and ethics of peer support.
6. Confidentiality and sharing.
7. What makes an effective facilitator?

9. Organizing, promoting and maintaining a functional peer support group.
10. Your first peer support meeting

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