

Restarting Workbook Additions: Notes to Facilitators

Preparing new groups and visitors for Restarting.

Restarting is not a traditional recovery program.

As you prepared to lead a Restarting group, it probably didn't take you long to realize that Restarting is very different than most every traditional support and recovery group program. If you followed the instructions for facilitators in the first session of the Restarting Facilitator Training DVD, you have worked diligently to apply the 36 different Restarting exercises to your own life. You've also watched the Restarting videos, and have gained an understanding of the importance of brain training for your own growth, maturity and recovery. Your experience has shown you that Restarting is a unique approach to recovery, and it is this experience that will help you introduce Restarting to new groups and participants.

It is important that you prepare new participants for Restarting by helping them understand the unique nature of these groups. It is not unusual for new members or visitors – especially those who have participated in traditional self-help recovery groups – not understand the emphasis that Restarting places on the process of “training the brain” for recovery. This is because the fundamental dynamics of a Restarting group are different than other types of support and recovery groups. While the primary dynamics of traditional support groups flow from discussions of our personal experiences and common problem, the dynamics in Restarting are very different. Our focus in Restarting is not on discussing the problem; our emphasis is on applying solutions to our common problems by training our brain with the skills it needs for recovery.

As a result, most of our time in Restarting is centered on training our brain for recovery by developing new joy, relationship and inner healing skills. The exercises that are at the heart of every Restarting session are carefully focused to systematically help participants learn new skills that help the brain better regulate the emotions, pleasure and pain that drove attachments to BEEPS – and perpetuated the effects of trauma in our lives. These exercises that help us apply solutions to our problems – and not just discussions about the problems – are the core of each Restarting lesson.

As you make plans to begin your new Restarting group, you can better prepare participants by helping them understand these differences. It is also helpful to briefly explain the emphasis in Restarting at the beginning of group for any new members who may be present. This will help new groups and visitors better know what to expect in Restarting, and will help them more smoothly transition to Restarting.

Preparing Groups for Karl Lehman's Immanuel Process Videos

The Immanuel Process is an important part of Restarting, and is featured throughout the entire Thriving: Recover Your Life Program. As you know from watching the Restarting videos, the Immanuel Process has been developed by Dr. Karl Lehman, and we are very grateful that he has given us permission to include four short videos of Immanuel Process sessions in Restarting. In each of these videos, Dr. Lehman helps people in pain connect with Jesus, so that He is able to bring healing to painful areas of life.

The Immanuel Process is a simple way for people who are in distress to learn to experience the presence of Jesus, and learn to talk with him about their problems and pain. The primary focus of the Immanuel Process is always to help participants better connect with Jesus interactively, to spend time with Him, and enjoy His presence. As participants learn to dialogue with Jesus and enjoy being with Him, they are better able to then begin discussing previously painful areas of life with Him. This helps participants learn to allow Jesus to lead them into difficult areas of life so that He can remove the blockages that are keeping them stuck. In weeks 7, 8 and 10, exercises in Restarting will introduce participants to the Immanuel Process, and help them begin to interact with Jesus. Including Dr. Lehman's videos in Restarting helps prepare participants for these exercises.

It is important that you prepare your groups for these videos. In each video, Dr. Lehman helps a patient connect with Jesus as they work through a very painful area of life. These videos are included in weeks 1, 2, 7 and 9. It is not at all surprising that the patients in these videos are expressing deep emotion as they talk with Jesus about very painful life experiences. You will want to be sure and let your group know about the content of the video and the problem each patient in the video is describing before the Immanuel Process video segment is shown.

To prepare participants for the Immanuel Process videos, it is helpful to do the following:

- Let participants know about the Immanuel Process video footage before you begin to play the week's Restarting video lesson, and again just before the Immanuel Process video segment of the Restarting lesson begins.
- Tell participants that the Immanuel Process videos are important, because they will have the opportunity to learn a modified form of the Immanuel Process in Restarting. The videos vividly illustrate the kind of dramatic healing that is possible through this process. Watching the videos can help foster hope in the lives of participants who have never known that healing for trauma and deep emotional wounds is possible!
- Tell participants what to expect as they watch the video. Make sure that they understand that they will be watching people who are experiencing a great deal of emotional pain, and who are discussing the wounds that caused the pain. Describe the type of wound that each video illustrates. For example, let participants know that in the first video, they will be watching a man named Rocky work through a very deep wound in his relationship with his father.
- It is a good idea to let participants know that they are welcome to opt out of watching the Immanuel Process portion of the Restarting lesson. If a participant believes that the experience

of watching a person in emotional pain – or a person dealing with a specific type of wound – will be too overwhelming, then they are free to skip the Immanuel Process video. It is also helpful to let everyone know that participants who start watching the video can opt out if they start to feel overwhelmed during the video.

- Suggest alternatives for any participant who does not want to watch the video. Alternatives can include things like breaks for coffee, snacks, water or the bathroom. If you have a team of facilitators, you may also assign a facilitator to meet with those who opt out of the video, and discuss the weekly Restarting video lesson.
- Affirm the responsibility that each participant has to practice appropriate self-care. In this case, self-care may include making a choice to opt out of a video that may seem to be too intense or overwhelming. This may be a choice that is entirely appropriate. Appropriate self-care may also include watching the video to gain the valuable experience of observing healing as it happens.
- Be positive and realistic as you prepare your group. Nobody particularly enjoys the pain of trauma and that includes watching videos of people who are experiencing pain as it is being healed. The good news is that although many areas of life can be extremely distressing, the pain associated with trauma, neglect, abuse, and broken relationships can be healed – and life can be different!
- Please invite those who have chosen to opt out of the video to return back to group for the discussion exercises that follow the Immanuel Process footage.

Helping your group complete the exercises after the Immanuel Process Videos in Weeks 1 and 2.

Following the first 2 Immanuel Process videos, there are a set of class discussion exercise questions. Please keep the following in mind as participants answer these questions:

- While the instructions direct participants to break into groups of 3-5 people, you may find it helpful to keep the entire class together for the discussion. This may be especially true for the first Immanuel Process video. By keeping the class together and moderating the discussion, you ensure that participants focus on the questions. This will help keep participants from overwhelming each other by with reactions to intense emotional details of the video – instead of answering the questions.
- Pay attention to the sequence of the questions in weeks one and two.
 - You will notice that in week 1, for example, the first two questions focus on the dramatic change that occurred in Rocky's life as a result of the healing he experienced. This is focusing participants on positive, non-threatening aspects of the video.
 - Question 3 asks participants how they felt when watching the video, and is asking for a personal emotional reaction. To reduce the possibility that a participant would overwhelm the class with emotional intensity when answering this question, you may find it helpful to:

- Ask participants to answer this question using only one word to describe their feelings. Examples might include responses such as “sad, upset, confused, encouraged, overwhelmed, grateful, etc.”
 - Limit the number of volunteers who answer this question to three or four people.
- Question 4 focuses participants on the essential aspect of joy in that healing process, and helps reduce any intensity generated by question 3.
- Question 5 focuses on Rocky’s attachment to food. Attachments to BEEPS are a key concept from the first Restarting lesson. This question is designed to help participants recognize the role that healing can play in recovery from attachments to BEEPS.
- Question 6 is an application question. It asks participants if they think the healing process they just viewed could be an important aspect of recovery from attachments to BEEPS and trauma. Pay attention to the overall emotional mood of the class when asking this question. If it seems that the class is feeling a little overwhelmed, it may be a good idea to ask volunteers to raise their hands if they believe the process could help them heal. If the class seems ready and eager to respond to the question, then it is helpful to invite a few volunteers to answer the question.
- The sequence of questions in week 2 follows a similar progression.

Preparing your group for the trauma discussions in weeks 7 and 8.

To some participants, discussing trauma – and the impact of trauma – can feel overwhelming. This may be especially true in weeks 7 and 8 of Restarting. As a result, it can be helpful to encourage your group as they are preparing for these lessons. You can help prepare your group for these lessons by encouraging them with the positive benefits of learning about trauma and it’s dynamics.

The benefits include:

- Recognizing the difference between Trauma A and B means that I can learn to apply helpful solutions that help me heal from the unique pain associated with each one.
- I do not waste time trying to apply solutions that do not help.
- Problems tend to seem bigger and more mysterious when I do not understand them. Learning about trauma can help give me words to describe my problem – and solutions.
- When I understand how trauma affects me, it helps me feel less “crazy.” Many of us who experienced trauma interpreted our behaviors and struggles as indicators that we were morally defective, and inferior to others. By understanding the effects of trauma and the kinds of behaviors associated with trauma, we are better able to recognize trauma for what it is – experiences that overwhelm our emotional capacity and keep us from living from the true heart that Jesus gave us. I become increasingly aware that trauma causes distortions in how I perceive myself and others – but do not define my heart or true identity.
- I can learn how to build capacity to overcome and be able to deal with trauma appropriately.

- I have the opportunity to learn the Immanuel Process, and begin to talk with Jesus about how to heal.

Encouraging participants with these benefits can be helpful as you begin the lesson for week 7 and week 8.

Wise thoughts about Group Rules

1. You can help build joy and a recovery community for you and others that thrives when you keep the personal information Restarting members share in group confidential and do not share it with others. Your facilitator will help you and others stay safe by reporting child or elder abuse – and any imminent danger to you or to the person or property of others.
2. Take every opportunity to build joy – and practice your joy-building skills in Restarting.
3. Express appreciation to each other frequently.
4. When you are glad to be with others, it helps them feel like they belong – and helps build a Restarting community that is joyful.
5. Supportive listening helps others share, heal and feel comfortable. It's a lot harder for others to build joy with you when you are offering criticism or advice. The directions that accompany each exercise will help you learn to offer constructive and helpful feedback that builds joy.
6. Sharing is strongly encouraged, but not required.
7. By following your facilitator's instructions and the directions in your workbook, you will help keep your group on track, learn new Restarting skills, and help provide enough time for everyone to share.
8. Encourage others to return to Restarting.
9. Following your facilitator's directions to complete all Restarting exercises in groups of 3-5 people will help you build the kind of joy that is powerful – and safe – for you and everyone else.
10. It is very difficult for you and for others to create belonging if you arrive for group intoxicated, so if you come to group "under the influence", you won't be able to participate in Belonging that evening.
11. Threats, violence and intimidation are a sign that you are overwhelmed – and are actively and intensely overwhelming others. Because these behaviors make Restarting unsafe for others, you will be unable to return to Restarting if you do them.