

# Leading a Partner's Healing Journey Group

## For Wives of Sex Addicts

[www.AWomansHealingJourney.com](http://www.AWomansHealingJourney.com)

### Before starting

1. If possible, identify a co-facilitator and a team of women who will pray for and with you.
2. Decide on the group format/curriculum. Will you be offering a short-term closed group? (for example, the Partner's Healing Journey workbook) Will you offer a year-round, ongoing open group? (52 week topic curriculum "For the Rest of the Journey" will be available soon through A Woman's Healing Journey)
3. If you plan to team with a specific church, schedule a meeting between your leadership team (or yourself) and the church's small group / support group / pastoral care leadership. Provide information to them about the group, its content and purpose, and information about what you need from them. Keep in mind that sometimes a group like this can be a hard-sell. It's important to not take it personally or react defensively if there is resistance.
4. Identify a meeting place. This may be at a church, school, community center or home – anywhere that is confidential and where privacy is available. Many churches will allow use of their facilities for no charge, others do not. Community centers and schools usually charge for use of their rooms to cover the cost of cleaning and for staff to be present in the building. If meeting in a home, ensure that there is no one else is present that could overhear the conversations, particularly children or others that might not respect confidentiality.  
*Confidentiality is of utmost importance.*
5. Identify a meeting day/time. Remember – it is impossible to find a time that works for everyone.
6. Decide how to advertise the group. Perhaps your church will put a blurb in the bulletin. Have brochures ready (available through Women's Healing Journey), show promotional video (available through Women's Healing Journey), send information to local therapists and other churches, place an ad in a local Christian newspaper, advertise the group on the Women's Healing Journey web site.
7. Order materials a few weeks in advance to ensure they arrive in time for the start of your group.
8. Pray, pray, pray

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### **Before each meeting**

1. Arrive 20 – 30 minutes prior to the start of the meeting to set up. (see supplies list for materials suggested)
  - a. Make sure there are plenty of chairs.
  - b. Provide tissues within reach.
  - c. Set out books available for loan or purchase
  - d. If you are providing refreshments, set them out, heat water for tea/coffee/cocoa, etc.
  - e. If you are using music or video, set up and test
  - f. Set group rules in a visible place.
  - g. Make sure there is a trash can nearby for tissues, cups, etc.
2. Take time to pray before women begin to arrive.
3. As women begin to arrive, welcome them. Introduce newcomers to others. Keep in mind they may feel self-conscious at first. Some may even be emotional when they arrive. Take time with them to help them feel a bit more at ease.

### **The meeting itself**

1. Welcome the group. (Introduce yourself and your leadership team if this is the first meeting. Also go around the room and have each person give their first name.)
2. Open in prayer
3. Review group rules (and read the 12-steps if you are a 12-step group)
4. Give any group announcements (upcoming cancellations or anything that affects the group)
5. Begin workbook chapter, step of the week or topic. (It is often helpful for one of the facilitators to share their story during the first meeting. This demonstrates transparency and reassures group members that it is safe, and that they are not alone. Also, one of the facilitators may offer their answer to a question from the materials first to get the ball rolling.)
6. Once the formal topic/step/chapter is complete, transition into general check-in time. (Staying current) It's best to make clear at the beginning that this is different than answering questions from the curriculum being used, though some may overlap. Divide the remaining time by the number of people present, and allow each person a few minutes to briefly share what is going on in their lives.

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It helps to have an egg timer or pass a small clock around to keep everyone aware of the time. It's very easy to go over. If someone is in particular severe pain or crisis, or is dominating the time, it is helpful to say something like, "I'm sorry – I really want to hear more from you, but our time is limited and there are others who have not shared yet. Could we come back to you at the end?"

7. End as close to on time as possible each week. (Let people know if they need to leave early or if things are going late and they need to run that this is okay.)
8. Take offering if you wish to do so. (It is a good idea to take a free-will offering to cover the cost of supplies, books, meeting space rental or offering to the church benevolence fund as a "thank you" for allowing the use of space. It can also offset the cost of materials should someone in the group be unable to afford the workbook.)
9. Close in prayer

### **After the meeting**

1. Make sure all garbage is in its place, clean up any spills
2. Put away chairs, if necessary
3. Pack up supplies and store them if a place is provided for you, or take them with you.
4. Leave the meeting space as clean - or cleaner - than you found it.
5. Pray over the meeting space, and for release from the intense emotions experienced so you are less likely to "bring them home with you" – particularly if you are a person of deep compassion and empathy.