NAMI MO FAMILY SUPPORT GROUP
FACILITATOR SKILL TRAINING WORKSHOP
Best Western Capital Inn – Jefferson City, MO
August 25 & 26, 2018

SATURDAY

8:00 – 9:00 a.m.  Breakfast

9:00 – 10:00 a.m.  Welcome & Introduction

10:00 – 10:30 a.m.  Introduction to the Model  ENTIRE GROUP

10:30 -10:45 a.m.  BREAK

10:45 – 12:00 p.m.  Support Group Model Demonstration  ENTIRE GROUP

12:00 – 1:00 pm  LUNCH

1:00 – 1:50 p.m.  Group Dynamics and Cues & Remedies  ENTIRE GROUP

1:50 – 2:05 p.m.  BREAK

2:05 – 3:30 p.m.  Overview of Small Group Training Exercises  SMALL GROUPS

Understanding the Five Strategies
Structure Exercise 2: Strategy Practice
Understanding the Agenda Structure
Ad Lib Role Play: Enforcing Time Limit for Check In Using the Agenda

3:30 – 3:45 p.m.  BREAK

3:45 – 4:50 p.m.  Understanding the Group Guidelines  SMALL GROUPS

Group Guidelines Role Play Scripts
Ad Lib Role Play: Enforcing Time Limit With Group Guidelines

4:50 – 5:05 p.m.  BREAK

5:05-5:50 p.m.  Structure Exercise 3: Principles of Support  SMALL GROUPS

5:50 – 6:00 p.m.  Day One Evaluations and NAMI Signature Program Operating Policies  ENTIRE GROUP

6:00 p.m.  DINNER
SUNDAY

8:00 – 9:00 a.m.  **BREAKFAST**

9:00 – 9:15 a.m.  Review Day Two Agenda

9:15 – 10:15 a.m.  Structure Exercise 4: Emotional Stages & Evaluations  **SMALL GROUPS**

10:15-10:30 a.m.  **BREAK**

10:30 – 11:00 a.m.  Fidelity and Working Together  **ENTIRE GROUP**

11:00 – 11:05 a.m.  Optional Post-Training Unit Discussion: Self-Care  **ENTIRE GROUP**

11:05 –11:10 a.m.  Optional Post-Training Unit Discussion: Self-Affirmations  **ENTIRE GROUP**

11:10 – 12:00 p.m.  Group Process Exercise 1: Hot Potatoes  **SMALL GROUPS**

12:00 – 12:10 p.m.  NAMI Family Support Group Emergency Procedure Instructions & Hot Potatoes Evaluation  **SMALL GROUPS**

12:10 – 1:00 p.m.  **LUNCH**

1:00 – 1:55 p.m.  Group Process Exercise 2: Group Wisdom and Group Process Exercise Evaluation  **SMALL GROUPS**

1:55 – 2:00 p.m.  **BREAK**

2:00 – 2:45 p.m.  Cue Practice 1  **ENTIRE GROUP**

2:45 – 3:15 p.m.  Cue Practice 2  **ENTIRE GROUP**

3:15 – 4:10 p.m.  Cue Practice 3: Using Cues in a Support Group and Cue Practice Evaluation  **ENTIRE GROUP**

4:10 – 4:25 p.m.  **BREAK**

4:25 – 4:45 p.m.  NAMI 101  **ENTIRE GROUP**

4:45 – 5:35 p.m.  Taking it Back Home & Complete Evaluations  **ENTIRE GROUP**

5:35 – 6:00 p.m.  **CLOSE OF TRAINING**