

NAMI Family Support Group Facilitator Training Schedule

Saturday (Day 1)

8:30 – 9:00 am	Breakfast	
9:00 – 10:00 am	Welcome & Introduction	Entire Group
10:00 – 10:30 am	Introduction to the Model	Entire Group
10:30 -10:45 am	Break	Entire Group
10:45 – 12:00 pm	Support Group Model Demonstration and Discussion	Entire Group
12:00 – 1:00 pm	Lunch	Entire Group
1:00 – 1:50 pm	Group Dynamics and Cues & Remedies	Entire Group
1:50 – 2:05 pm	Break	
2:05 – 3:30 pm	Overview of Small Group Training Exercises (5 min.) Understanding the Five Strategies (5 min) Structure Exercise 2: Strategy Practice (35 min.) Understanding the Agenda Structure (15 min) Ad Lib Role Play: Enforcing Time Limit for Check in using the Agenda (25 min.)	Small Groups
3:30 – 3:45 pm	Break	
3:45 – 4:50 p.m.	Understanding the Group Guidelines (15 min) Group Guidelines Role Play Scripts (25 min) Ad Lib Role Play: Enforcing Time Limit with Group Guidelines (25 min)	Small Groups
4:50 – 5:05 pm	Break	
5:05- 5:50 p.m.	Structure Exercise 3: Principles of Support	Small Groups
5:50 – 6:00 pm	Day One Evaluations and NAMI Signature Program Operating Policies	Entire Group
6:00 pm	Dinner	Entire Group

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Sunday (Day 2)

8:15 – 8:45 am	Breakfast	
8:45 – 9:45 am	Structure Exercise 4: Emotional Stages & Evaluations	Small Groups
9:45 – 10:00 am	Break	
10:00 – 10:30 am	Fidelity and Working Together	Entire Group
10:30 – 10:35 am	Optional Post-Training Unit Discussion: Self-Care	Entire Group
10:35 – 10:40 am	Optional Post-Training Unit Discussion: Self-Affirmations	Entire Group
10:40 – 11:30 am	Group Process Exercise 1: Hot Potatoes	Small Groups
11:30 – 12:00 pm	NAMI Family Support Group Emergency Procedure Instructions & Hot Potatoes Evaluation	Small Groups
12:00 – 12:30 pm	Lunch	
12:30 – 1:25 pm	Group Process Exercise 2: Group Wisdom and Group Process Exercise Evaluation	Small Groups
1:25 – 1:30 pm	Break	
1:30 – 2:15 pm	Cue Practice 1	Entire Group
2:15 – 2:45 pm	Cue Practice 2	Entire Group
2:45 – 3:40 pm	Cue Practice 3: Using Cues in a Support Group and Cue Practice Evaluation	Entire Group
3:40 – 3:50 pm	Break	Entire Group
3:50 – 4:00 pm	Taking it Back Home & Complete Evaluations	Entire Group
4:00 – 4:30 pm	Close of Training	Entire Group