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A definition of a support/rap group:

1. Sharing of feelings, ideas and information.
2. Lending support and giving positive constructive feedback to one another.
3. Exploring areas of common concern for the purpose of understanding and support.
4. Understanding one's self in relation to one's society: specifically understanding what it is to be a black person in a white society that oppresses us.
5. Developing intimacy and trust with the group.

General guidelines for a successful group:

1. Confidentiality
2. Commitment
3. Speak from your own personal experience rather than generalizing, challenging or giving advice.

More suggestions:

1. A group takes awhile to develop trust and intimacy.

This rapport can take a few months, and in the meantime the going can be rough. Give the group time and space to take form, and work at it...like all good things, it takes some work to make it happen.

2. Exercise both verbal and non-verbal are a really good way to loosen up individually and as a group, and establishing an energy flow and rapport. Give one another verbal strokes, touch one another, do what feels good to you.

SOME FEELING WORDS TO KEEP IN MIND. Lonely-frustrated-afraid-happy-love-proud-angry-sorry.

BE HONEST WITH YOUR FEELINGS. Getting in touch with your feelings is the process in which you will go through to learn you. You are a very exciting and wonderful person. Getting to know yourself will be a new and rewarding experience in your life. During this awareness period in your life you might realize any decisions you make regarding your life be it with someone or yourself only you have the power over your life, anyone else will be second guessing.

ALWAYS THINK IN THE FIRST PERSON SINGULAR "I" when asking for what you want

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THIS IS NOT A THERPY GROUP.