



DIAMOND GROUP COACHING



Bringing out your Sparkle with Diamond's 4 Cs and other FACETS [EDUCATION + DISCUSSION]

***A minimum of 3 clients or members required before launching any group coaching module to a maximum of 8.*

THE STRENGTH exact dates and time TBD

TITLE: ROUTES TO SAFETY [based on Jake Ernst's work]

Goal: To enhance your self awareness and confidence in your ability to feel safe and keep yourself safe even while feeling overwhelmed and triggered. **Without some sense of safety, trauma recovery will be impeded.**

TOPICS COVERED:

- Inner Guidance
- Structure & Certainty
- Sensory Experiences
- Quality Relationships
- Closeness and Proximity
- Private Retreat
- Protective Measures
- Common Humanity

****Information emailed to members 7 days before this group commences**

THE CLARITY exact dates and time TBD

TITLE: HOPE & TRAUMA RECOVERY

Goal: Gaining Clarity on what happened to you, lessening the impact of abuse's 3 lies + the sense of powerlessness, which are the foundation to building your self-compassion and self-worth.

TOPICS COVERED;

- Mindfulness and Grounding exercises – Building Self Awareness
- Neuroplasticity and Hope
- What is Trauma – definition Lying Triad/Dark Guard
- Impact of Childhood Trauma on Brain, Body, ANS, [physiological, emotional, relational]
- Attachment styles – what is yours?
- What happened to you – Timeline Exercise
- What Recovery looks like – 6 processes, 3 stages, Silver linings

****Information emailed to members 1-2 days before each session**

THE CUT exact dates and time TBD

TITLE: VALUES & NEEDS AND HOW THEY AFFECT DECISION-MAKING AND COMMUNICATION

Goal: Cutting through the Relational Minefield by building on self-awareness - increasing self-confidence and establishing healthier interpersonal skills.

TOPICS COVERED:

- Self Awareness and Mindfulness practices
- What are Your Human Needs- what it looks like when these are met
- What it looks like when needs are Not met
- What are your Values and how to Identify Them
- Values-Based Decision-Making
- Daily life events and how they impact
- Four types of Non-Violent communication [Compassionate Communication]
- Group sharing re practice of NVC

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THE COLOUR exact dates and time TBD

TITLE: SELF-CARE, SELF-REGULATION

Goal: You don't need to be a wallflower to stay safe. Let's develop skills that polish off what is keeping you stuck/hidden so you feel empowered and authentic- letting your true Colours glow.

TOPICS COVERED:

- Why Self-Care – is it selfishness?
- Boundaries – why needed, what it looks like, how to establish
- Dissociation – varieties, when useful and when not
- Self-regulation
- Courage and Vulnerability – Sharing your Story [if so, when]
- Havening and other healing modalities
- Establishing personal safety from within

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THE CARAT exact dates and time TBD

TITLE: KICKING THE SHAME MONSTER TO THE CURB

Goal: Let's get rid of the debilitating baggage that shame makes you carry - Name it to Tame it. As shame dissipates you'll see your Carat Value, and experience more freedom & joy, and feel a reconnection to the gem that you are.

TOPIC – THE NINE STEPS TO HEAL SHAME

- How powerful is Shame?
- Obstacles to Self-Compassion
- Allowing self to feel your pain
- Self-Understanding
- Self-Forgiveness
- Self Acceptance
- Self Kindness and Self Encouragement
- What have you Observed? – reflexion and sharing

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OTHER FACETS TO SPARKLE GROUP TOPICS

*commencing first week of any block as above, exact dates and time TBD

- DARVO [Deny, Attack, Reverse Victim Offender role]
- Grooming 101
- Intergenerational Trauma and Genogram
- Life History Timeline
- Sibling Abuse – includes questionnaire
- Betrayal Trauma
- Intrinsic and Extrinsic Safety
- Post Traumatic Growth
- Forgiveness
- Sharing your Story – when, how
- Any of the above topics in Modules 1-4
- Shame and Self-Compassion - overview
- Gaslighting
- Narcissism
- Relationship with Food
- Relationship with Money
- More topics added organically

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