

Restorative Retelling Group

Fall/Winter 2019-2020

Model: Our model was adapted from the Trauma and Separation Project developed by E.K. (Ted) Ryeerson, MD, of Separation and Loss Services, Virginia Mason Medical Center

Sponsors: Crime Victims Assistance Unit of the Bronx District Attorney's Office

Group Facilitators: Tanya Jimenez Ortiz, 718- 838-6296; Christina Fragola, 718-838-6247

Session 1
11/26/19

Group Orientation, Contacts, and Forms

The facilitators clarify model of restorative retelling and purpose (natural versus unnatural death), review and sign group contract, review confidentiality, review agenda for coming 14 weeks, and create group.

Session 2
12/03/19

Group Orientation, Contacts, Forms, and Review of Agenda

The facilitators clarify model of restorative retelling and purpose (natural versus unnatural death), review and sign group contract, review confidentiality, review each session on the agenda for coming 14 weeks, and create group.

Session 3
12/10/19

Sharing Stories; "Where am I in my story?"

Each member tells the story that brought him or her to the group, where he or she is, and what he or she hopes to get out of the group experience.

Session 4
12/17/19

Prevailing Instead of Recovery; Differing Grief Styles; "Who am I now?"

This death has forever changed you. Life can never go back to the way it was prior to this death. Members cannot expect life to be the same after the violent death of someone they love. Members will be asked to specifically identify how they have changed.

[NO SESSIONS 12/24/19 OR 12/31/19]

Session 5
01/07/20

Impact of Criminal Justice System on Grief

Many families put aside their grief, using all their energy on getting justice. Because of this, the grief process tends to be postponed. Members will learn how to reconcile their expectations versus the reality of the criminal justice system.

Session 6
01/14/20

Sources of Support; Family, Work, and Faith; Building Resilience

It is important to feel supported and that you have someone or something to fall back on. All of us need the sense of knowing someone is there. Have you become isolated? Do you ever feel – although you are surrounded by people – you don't belong? Review sources of support and highlight areas of resilience. Think about who you will invite to Family and Friend Day.

Session 7
01/21/20

Commemorative

In order for the group to know more about the person you lost, we'll spend the next two sessions with commemorative imagery or narratives, where you present that person to us. You may bring photographs, objects, videotapes, or choose other ways to share memories with us. You can be as organized as what feels comfortable for you. We would just like to know more about the special person you lost. As a group, plan to spend approximately 20 minutes each.

Session 8
01/28/20

Commemorative – Part 2

In order for the group to know more about the person you lost, we'll spend the second of two sessions on commemorative imagery or narratives.

Session 9
02/04/20

Coping with the Dying Story (Restorative Retelling)

Members often experience intrusive images of how their loved one was killed, where their loved one was killed, and what their loved one was feeling and/or thinking. Members prepare drawing and/or box portraying the imagery of the violent dying. This exercise may be completed outside the group or as a group exercise if it is too threatening for some members.

Session 10
02/11/20

Restorative Retelling: Developing a New Story – Part 2

Members continue to present and restoratively retell the imagery of their loved one's dying with the guidance of the leaders and other group members. They imaginatively reenact their caring role from the commemorative presentation within the dying story.

Session 11
02/18/20

Resiliency Exercise: Life as it is Today

This group uses creative expression through poetry (Pongo Poetry) for clients to get in touch with who they are today using poetry prompts and facilitating answers to questions. The completed poem is read at the end of the exercise. Each member completes his or her own, and a group discussion follows regarding how members felt about it and who they turned out to be.

Session 12
02/25/20

Family and Friend Day

Perhaps here in the group you will begin to feel connections or a sense of belonging. Each member introduces supportive family and/or friends to the group. Each member shares how this person has supported him or her, and each guest shares how the group member has changed since the loss of their love one.

Session 13
03/03/20

Termination, Transition, and Finding Meaning

Group members will discuss their feelings and/or concerns around the ending of the group and complete evaluations and scales.

Session 14
03/10/20

Session for Goodbyes or Recommitment and Review Evaluations/Scores