

The difference between Mending the Soul lay and professional groups?

PROFESSIONAL	LAY
<ul style="list-style-type: none"> • At least one facilitator is a masters or doctorate level therapist • One of the facilitators may be trained in pastoral care at the master's level or above; or a masters or doctorate level intern • Completed MTS guidelines for professionals 	Facilitators are people who have completed a MTS group as a participant, attended a MTS training, and operate under the umbrella of church leadership or ministry organization
Fee based	Generally no charge—except for materials
Generally meets in a professional office; may also meet in a church	Generally meets in a home; may also meet in a church or ministry setting
Focus in on group process and content/MTS materials (book and workbook)	Focus is on MTS materials (book and workbook)
Assessment	Screening
Able to address a broader range of clinical issues i.e. depression, anxiety, PTSD	Clinical issues may be present, but facilitators are not trained in assessment or treatment of these issues. Facilitators are trained to provide referrals.
Increased confidentiality	Group is confidential, but often other participants are people you may attend church or be involved in ministry with
MTS therapy groups operate under the umbrella of state board ethics for therapists	Done under the umbrella of the church or ministry organization
Safety for those who have experienced spiritual abuse and may not feel comfortable in a church setting or with ministry leaders	Typically in a church setting or ministry organization and done as ministry of the church/organization
Focus of group more process oriented	Focus is kept on the nature of abuse, the effects of abuse, and the healing path
Able to focus on the here and now of relationships and current experience in the group process	Focus is more on processing the past abuse/family relationships
Therapist will provide less self-disclosure in order to maintain professional boundaries	Facilitator usually will provide more self-disclosure
Foster relationships between group members/clients to increase their ability to have independence from the therapist once the group is over	<ul style="list-style-type: none"> • Potential for relationship building between all group members, including facilitators • Support may be ongoing or continue after the group has officially ended
Maintains paperwork from week to week i.e. group notes	Initial paperwork only
Mental health community can be more limiting because of confidentiality and therapeutic boundaries	Provides another layer of support and connection to community

Similarities of Therapists/Facilitators

- Attended a MTS training
- Completed a MTS group as a group member/participant
- Completed significant healing
- In a healthy and stable place in own life
- Be willing to share your own story of pain/abuse and God's redemption
- Committed to ongoing training in the field of abuse and trauma
- Ideally, new facilitators will have at least one therapist/facilitator that has experience in leading MTS groups