

Introduction to Attitudinal Healing

心态疗愈介绍

People attend peer support groups at a Center for Attitudinal Healing to find peace of mind by establishing a non-judgmental, loving attitude toward themselves and others.

人们参加心态疗愈中心的伙伴支持小组，通过建立一种对自己和他人不评判和充满爱的态度，来找到内心的平安。

Our groups aim to help ourselves and others achieve a shift in perception from fear to love, with an emphasis on extending love and being of service to others.

Everyone is a teacher - and we are all students and teachers to each other.

心态疗愈伙伴支持小组的目的是帮助我们和他人的认知实现从恐惧到爱的转换，着重于把爱延伸和服务他人。每个人都是一位老师——我们都是彼此的学生和老师。

What is Attitudinal Healing?

什么是心态疗愈？

The concept of Attitudinal Healing is based on the belief that it is possible to choose peace rather than conflict, and love rather than fear. It is love that is the most important healing force in the world.

心态疗愈的理念是相信我们可以选择平安而非冲突，可以选择爱而非恐惧。爱是世界上最重要的治愈力量。

Attitudinal Healing incorporates universal principles, which have always been present with humankind. The principles share a commonality with many diverse cultures and spiritual paths. They are non-sectarian and represent a practical spirituality that can be applied to life's issues.

心态疗愈吸收了从古至今存在于人类中的普遍法则。这些法则与众多不同的文化和灵性道路有共通之处。它们不分宗教，代表了一种实用的精神，可以应用在生命的议题上。

ling is based on the belief that it is not people or conditions outside ourselves that cause us to be upset. What causes us conflict and distress is our own thoughts, feelings and attitudes.

心态疗愈建立在这个信念之上：让我们烦恼的不是外在的人或事。引起冲突和痛苦的是我们自己的想法、情绪与态度。

Attitudinal Healing is a process of discovering the value we have placed on holding onto grievances and pain; condemning ourselves and blaming others. It is possible to make new choices and to release our attachment to old habits.

心态疗愈的过程会让我们发现：在紧抓着我们的怨尤和痛苦不放，指责他人、谴责自己的背后，是什么样的价值观。有可能做出新的选择，并且摒弃我们对于老旧习惯的执着。

Attitudinal Healing involves correcting misperceptions and removing inner obstacles to peace. It begins with a willingness to find another way of looking at the world, at life and at death; to have peace of mind as our only goal and a willingness to forgive.

心态疗愈包括修正错误感知，以及清除通往平安的内在障碍。心态疗愈的开始就是愿意以另外一种视角来看待世界、生命和死亡；并且以内在平安作为我们唯一的目标，愿意宽恕。

Attitudinal Healing proposes that each instant provides a new opportunity to re-examine our loves and choose anew what we want to experience; love or fear, peace or conflict.

心态疗愈提出：每一个瞬间都提供了一个全新的机会让我们去重新检视我们的爱，并且让我们重新去选择我们想要经验的：爱或是恐惧，平安或是冲突。

Core Concepts

核心概念

The Inner Experience of Attitudinal Healing

心态疗愈的内在体验

"It is not people or events that cause us to be upset. Rather, it is our own feelings, thoughts, and attitudes."

“给我们造成烦恼的不是外在的人或事，而是我们自己的情绪、想法与态度。”

1. Our Essential Nature

- The essence of our being is love
- Our essential nature gets buried under layers of fear, pain, grief, anger, etc., and we are blocked from experiencing it
- Attitudinal Healing is a process to help us remember and stay in touch with this essence

1. 我们的核心本质

- 我们存在的本质是爱。
- 我们的核心本质被层层恐惧、痛苦、悲伤、愤怒等情绪掩埋，妨碍了我们去经验它。
- 心态疗愈是一个帮助我们记起并与这个本质保持相连的过程。

2. Inner Guidance

- We all have our own best answers
- Well meaning advice may urge us to take a certain course of action, but Attitudinal Healing helps us learn how to listen to ourselves and trust our inner guidance

2. 内在指引

- 我们都有对我们自己来说最好的答案。
- 好心的建议也许会促使我们采取某些行动,但是心态疗愈是帮助我们学会如何倾听自己的内在声音,跟随自己的内心指引。

3. Inner Peace

- We define health as inner peace
- Attitudinal Healing is a process by which we can attain inner peace and:
 - Acknowledge our emotional states
 - Let go of fear
 - Forgive ourselves and others
 - Live in the moment

3. 内在平安

- 我们对健康的定义是内在平安。
- 心态疗愈是一个过程,通过这个过程我们能够获得内在平安,同时:
 - 确认自己的情绪状态
 - 放下恐惧
 - 宽恕自己和他人
 - 活在当下

4. Forgiveness

- Forgiveness is the key to all successful relationships, discovering the value we put on holding onto our grievances and pain
- It is important to be accepting and non-judgmental with ourselves as well as others
- Attitudinal Healing is a process which helps us learn to be love finders instead of faultfinders

4. 宽恕

- 宽恕是一切关系成功的关键，宽恕是发掘我们所执着的抱怨和痛苦背后的价值。
- 重要的是接受自己与他人，不评判自己与他人。
- 心态疗愈的过程帮助我们学习成为发现爱的人，而不是发现错误的人。

5. Being Fully Present

- Being physically, mentally and emotionally focused allows to be fully present with ourselves and others
- When we are fully present, we can listen in a different way
- This kind of listening is one of the greatest gifts we can give ourselves and others
- Attitudinal Healing helps us learn to be fully present in each moment of our lives

5. 全然的临在

- 身体、精神和情绪的集中，允许我们成为自己与他人全然的临在。
- 当我们全然临在时，我们就可以以不同的方式来倾听。
- 这样的倾听是给我们自己和他人的最好的礼物。
- 心态疗愈帮助我们学习全然临在生命中的每一瞬间。

6. Choice

- We cannot always choose the events that happen in our lives, but we can choose the attitudes with which we respond to these events
- We are choosing every moment of our lives whether we want to live in conflict or inner peace, in fear or in love, a process of responding rather than reacting
- Attitudinal Healing helps us be aware of what we choose to focus on

6. 选择

- 我们不能选择发生在我们生命中的事情，但是我们能够选择应对这些事件的态度。

- 我们生命中的每一个时刻都在选择：我们想要生活在冲突中还是平安中，恐惧中还是爱中，这是一个回应而非反应的过程。
- 心态疗愈帮助我们觉知到我们选择关注在哪里。

7. Responsibility

- Because we have choice, we are each responsible for how we choose to experience the events in our lives
- Attitudinal Healing helps us take responsibility for our own perceptions, and feelings in response to the events and circumstances in our lives

7. 责任

- 因为我们有选择，我们每个人都对如何选择经验我们生命中的事件负责。
- 心态疗愈帮助我们在应对生命中的事件和情境时，为我们自己的看法和感受负起责任来。

Approaching Relationships

In the Attitudinal Healing Process

在心态疗愈过程中探讨关系

1. Empathy / Joining

- Our real purpose in all communications is to connect with each other
- We can understand and identify with each other's experiences and feelings
- We can recognize that we are all part of something larger than ourselves

1. 共情/联结

- 我们在所有交流当中真正的目的是彼此联结。
- 我们能够了解并认同彼此的经验和感受。
- 我们能够认识到我们都是属于比我们更大的某个东西的一份子。

2. Unconditional Positive Regard / Unconditional Love

- When we recognize that we are all worthy of love, we can be accepting and non-judgmental
- When we are able to do this, we are extending unconditional positive regard to others

2. 无条件的积极关怀/无条件的爱

- 当我们认识到每个人都值得被爱，我们就能够去接受、不评判。
- 当我们能够这么做的时候，我们就在传递无条件的积极关怀给他人

3. Congruency / Authenticity

- When we experience unconditional love, we are more willing and able to be our "real" selves and share more openly and authentically with others

3. 一致性/真实性

- 当我们经验到无条件的爱时，我们更愿意，也更有能力成为“真实”的自己，同时能够更加敞开和真实地与他人分享

4. Equality

- We are students and teachers for each other, interacting in non-hierarchical ways
- We assist each other to listen to our own inner guidance
- We avoid giving advice or urging each other to take action

4. 平等性

- 我们都是彼此的学生与老师，我们的互动是无等级区分的。
- 我们帮助彼此去倾听自己内心的指引
- 我们避免给出建议或者催促彼此去采取行动

5. Giving and Receiving

- When we are able to really listen and support each other, we receive as much as we give

5. 施与受

- 当我们能够真正倾听和支持彼此时，我们付出和收获的一样多。

Introduction

序言

Three Themes of Training: Work, Team, and Skills

三个培训主题：工作、团队和技巧

1. The Work (The Essence of our being is love.)

Inner work includes: Holding an attitude of being of service, choosing inner peace, practicing forgiveness, using the principles and guidelines in your own life, being in the moment of choosing, and following one's inner guidance.

Work as facilitator includes: Establishing in group a listening presence, an environment of peer support, safety, unconditional regard and authenticity; finding safety when uncomfortable; catching impulses and reactions; practicing the Peer Support Model.

1、工作（我们存在的本质是爱）

内在功课包括：保持服务的态度，选择内在平安，实践宽恕，在你自己的生命中实践心态疗愈原则和准则，临在于选择的片刻，以及遵循内心的指引。

带领人的工作包括：在团体中建立临在的倾听，建立伙伴支持的环境以及无条件的关怀和真实性；在不适中找到安全感，抓住冲动和反应，实践伙伴支持模式。

2. The Team (We are students and teachers to each other.)

Pre-Meeting: Where facilitators can receive support and join, prep the room, do intakes, and delegate jobs.

Team building during group: Keeping eye contact with co-facilitators, noticing the pace of the team, and not talking over each other.

Post Meeting: where facilitators assess for crisis, referrals, and follow-up calls, and continue refining dialogue that allows for growth as facilitators. Refinement includes a discussion, as facilitators, of such questions as these: Who did what? What worked? Was there an opportunity to bring in the principles? Did the team stay present? What were each other's strengths? How was choice expressed? Were we joined? Were we seduced by a problem in group and lose site of the overall process of group? Are we able to talk to each other in a candid way in post meeting?

2、团队（我们是彼此的老师和学生）

会前准备：带领人能够在这里接受支持和联结，准备房间，做引导以及分配工作。

团体交流中的团队建设：与其他团体带领人进行眼神交流，关注小组节奏，以及不要彼此说服。

会后：团体带领人在这里评估危机、转介及电话回访，继续提炼能够为带领人带来成长的对话。改善带领人之间彼此的对话，诸如：谁做了什么？什么起了效果？当时有机会可以引用一条原则吗？团队是否临在？各自的优势是什么？选择是如何被表达的？我们联结了吗？是否因为偏向某一问题而使得团体的整个过程滞后？我们是否能在会后与彼此坦诚交流？

3. The Skills (We can be love finders rather than fault finders)

Skills include:

- Empathic listening, being fully present
- Reflective statements
- Facilitative questions

- Acknowledging
- Managing such things as time, advice giving, and interrupting.
- Introducing new members
- Making follow up calls

3、技巧（我们可以成为发现爱的人，而不是发现错误的人），包括：

- 共情式的倾听，全然的临在
- 回放式的陈述
- 协调式的提问
- 确认
- 管理下列事项如：时间、给建议、以及打断
- 介绍新成员

- 电话回访跟进

• Role of the Facilitator

团队带领人的角色

Emotional and Spiritual Support

情感和精神支持

We use the term "facilitator" to include anyone offering emotional and spiritual support from an Attitudinal Healing perspective, particularly group facilitators but also including home and hospital visitors or anyone who is interacting with others.

我们用“带领人”这个词，是从心态疗愈的视角，包括每一个提供情感和精神支持的人，特别是团体带领人，但也包括家访员和医院探访员，或者任何一个与他人有互动关系的人。

Inner Work

Our goal is inner peace.

Our function is to practice forgiveness.

We honor our inner guidance.

The roles of student and teacher are interchangeable

内在功课

1、我们的目标是内在平安

2、我们的职责是练习宽恕

- 3、我们尊重自己内在的指引
- 4、学生和老师的角色是可以互换的

Skills & Attitude

1. To exhibit deep listening by being profoundly present to what is occurring in the moment.
2. To convene an environment of safety, acceptance and validation.
3. To encourage participants to recognize their inner guidance in order to gain new insights and explore their choices more clearly.
4. To encourage participants' awareness that peace is an internal goal. It is a process that works with thoughts and attitudes, not external circumstances.
5. To affirm new ways of perceiving ourselves and others with forgiveness and without judgment.

技巧和态度

- 1、通过与当下所发生事情的深度临在，表现深度的聆听。
- 2、营造一个安全、接纳和确认的环境。
- 3、鼓励参与者认出他们内在的指引，以便他们获得新的洞见，并且更清晰地去探索他们的选择
- 4、鼓励参与者意识到平安是一个内在的目标。这是一个就想法和态度做工的过程，而不是就外在环境做工的过程。
- 5、坚持以宽恕而非评判的新方式来认知自我以及他人。

"To be of service requires that we bring conscious awareness to the process. When we serve we see another person's wholeness. When we do this we strengthen that wholeness, at times helping the individual see it in him/herself. We cannot serve at a distance. We can only serve that to which we are profoundly connected that which we are willing to touch. Fixing and helping are strategies to repair life. We serve life not because it is broken but because it is holy." Rachel Naomi Remen, M.D.

“去服务需要我们整个过程都带着清醒的觉知。当我们服务时，我们看到的是他人的完整圆满性，当我们这样做时，我们会加强那种完整性，并且帮助每个人看到自我的完整性。我们无法在远处服务。我们只能去服务那个与我们有深度联结的、我们愿意去触碰的事物。修补和帮助是修复生命的对策。我们为生命工作，不是因为生命是破碎的，而是因为生命是神圣的。”——雷切尔·内奥米·雷曼（医学博士）

"The more I am open to the realities in me and in the other person, the less I find myself wishing to rush in to "fix" things." Carl Rogers, On Becoming a Person

当我越深入地向自我和他人的真实打开，我发现自己就越少愿意匆忙着去“修理”东西。

——卡尔·罗杰斯《论成为一个人》（《On Becoming a Person》）

Facilitation Model

带领/协调模式

We have identified six primary processes of facilitating Attitudinal Healing - or offering emotional and spiritual support from an attitudinal healing perspective. The five aspects of facilitation are presented individually, in order that they can be seen as separate and distinct events; however they are not linear. The process will flow from one to the other, both verbally and nonverbally.

我们列出了六种主要的用来协助心态疗愈的过程，或者说是六种从心态疗愈的角度来提供情感和精神支持的方法。其中五个方面单列出来，这样可以分开区别。不过，它们并非按照线性顺序，会以语言和非语言的形式从一个过程流向另一个过程。

1. Presence

Every aspect of the model requires that we be fully present with the person to whom we are listening, undistracted by past and future preconceptions. It is possible to practice each of the aspects of the model silently when we are truly present, and our verbal responses are most meaningful when they flow out of the awareness that comes from being present.

1、临在

这个模式的每一个层面都需要我们与聆听的对象保持全然的临在，不被过去和未来的成见所牵动。当我们真实临在时，就可能静默地实践这个模式的每一层面，并且当我们回应的语言是从临在的觉知中流动出来时，才是最有意义的。

2. Acceptance

How often do we feel accepted, totally and unconditionally? What does it mean? How can we offer this "unconditional positive regard" (Carl Rogers' term), seeing the other as complete and whole? The following process can help promote a sense of safety:

- a. Listen with an open heart using empathetic, conscious listening
- b. Focus on the person speaking, maintaining attention and eye contact.
- c. Accept others where they are.
- d. Use open-ended questions that involve no judgment/paraphrase for clarity.

2、接纳

我们多久能感受一次自己被接纳,那种全然和无条件的接纳?这意味着什么?我们怎么样才能给出这种“无条件的积极关怀”(卡尔·罗杰斯提出的),把他人看成是圆满完整的?下面的过程可以帮助我们提升安全感:

- a. 敞开心扉倾听,共情式地、有意识地倾听
- b. 集中注意力在说话人本身,保持关注和眼神的接触
- c. 接受每个人他们本来的样子
- d. 使用开放式的问题,不带需澄清的评判和演绎

3. Authenticity

Authenticity occurs when our internal and external feelings match in a congruent way. To achieve this congruence requires sensitivity and patience with us. It is an ongoing challenge to bring our internal process into awareness. How many of us have said, "I didn't realize how angry (or sad, or moves, or...) I was" until later? It is a discipline we can learn and practice.

Without authenticity our practice becomes meaningless. If we only pretend to care or listen, we can do harm and create separation.

By no means do we suggest that every thought or feeling must be expressed. It is the ongoing separating barriers that have been brought into the light, in order for them to be healed.

It is most important to recognize challenging feelings and to diminish their power. We do not recommend blurting out all fleeting thoughts and feelings that come up. And we do not recommend overcompensating with insincere validation either. We can drop inside and ask for help in finding our way through to love and joining, and we can ask for support from a co-facilitator.

3、真实

当我们内在和外在的感受一致时,真实就出现了。为了达成这种内外一致的感受,需要

我们保持敏锐和耐心。把我们的内在过程带入觉知中，是一个持续的挑战。我们中有多人曾经这样说过“我后来才意识到我当时居然这么愤怒（悲伤或者被触动，或者其他）”，这是一个需要我们去学习和实践的训练。

没有了真实，我们的练习变得毫无意义，如果我们只是假装去关心或倾听，我们会造成伤害，制造隔离。

我们绝不是建议每一个想法或者感受都需要表达出来。是这个不断制造分离的阻碍需要被带入光中，得到疗愈。

最重要的是认出这些具有挑战性的感受，并且瓦解他们的力量。我们不建议让所有转瞬即逝的思绪和感受冲口而出。我们同样也不建议用不真实的确认做过度补偿。我们可以放弃内心的念头，去寻求帮助，来找到走向爱和联结的路，我们也可以向其他的带领人来寻求支持。

4. Acknowledgement

Most of us do not receive much acknowledgement in our daily lives. To be acknowledged can increase the feeling of being "seen" and accepted. To acknowledge someone does not mean we extend approval. It means that we let people know that we understand their feelings. Someone in conflict and anger may not reveal much to acknowledge, yet it takes courage to come to a group or to ask for a home and hospital visitor. This by itself deserves acknowledgement.

There are two aspects of a person that we might acknowledge at any given moment:

Humanity - Acknowledging that you understand how a person might feel and the feelings being expressed. At the same time, it is important NOT to imply that those are the most appropriate feelings or to express an opinion one way or the other.

Example: "I can understand how you might feel angry and hurt by what your daughter said" is a neutral statement of understanding. "Your daughter is out of line for talking to you that way" is a position statement.

Wholeness - Acknowledging the peaceful, loving choices that reflect a connection with a person's inner guidance and also the process of working through any "blocks" to remembering that we are whole.

Example: "You seem peaceful about choosing to see your daughter differently," or "I want to acknowledge your courage in expressing your anger here."

Some of the ways in which we can offer acknowledgement:

- a. Acknowledge others' feelings as they share them
- b. Look for and respond to the wholeness in others
- c. Reinforce others' awareness and willingness

Nevertheless it is NOT the facilitator's responsibility to respond to every comment made by a participant. This can lead to a perception that the facilitator is the leader of the group.

4、确认

我们中的大多数人在日常生活中不太能接收到确认。被确认可以加强“被看见”和被接受的感觉。确认他人并不意味着我们在表达认可，它只意味着我们让人们知道我们理解他们的感受。当一个人在冲突和愤怒中，也许并不会揭露太多以获得确认，但来到一个团体中或向一位家访员或者医院探访员咨询，是需要勇气的。这个勇气本身，值得我们确认。

在任何时刻，我们都可以从两个方面来对他人进行确认：

人性——确认你理解一个人可能的感受和表达出的感受。同时重要的是，不要暗示这些感受是最恰当的，也不要以其他方式表达你的观点。

比如：“我能理解当你女儿这么说的时侯，你也许感到愤怒和受伤”，这是一个中性的表达理解的语句。“你的女儿这样和你说话，真是太不像话了”这个就是带了立场的回应。

完满性——确认平和的、充满爱的选择，它映照出他人与其内心指引的联结，同时也反映出穿越这些“障碍”而回忆起我们本身即完满的过程。

比如：“当你选择从另外一个角度来看你的女儿时，你看起来很平和”或者“我想要对在这里表达你的愤怒的勇气表示肯定”。

这里有一些我们可以用来表达确认的方法：

- a. 当人们分享时确认他们的感受
- b. 寻找并回应他人的完整圆满性
- c. 加强他人的自我觉察和意愿

尽管如此，带领人并没有责任对每一个参与者的每一个陈述来做出回应。因为这可能让团体形成一个印象，即带领人是这个团体的领导者。

5. Joining

When we use the term "joining" we mean to be in a state of connection with those

around us, letting down barriers that separate us and reaching for common ground, for a "heart" connection. We might even experience a transcendent sense of oneness with others or all things. This process is usually nonverbal and can be communicated by a look, or a feeling.

When we focus on joining with someone:

- a. We see beyond another's story, pain or grief, identifying with their wholeness.
- b. We stand in unity with others, holding the awareness that our essence is love.
- c. We remember that we are students and teachers to each other.

5、联结

当我们用“联结”这个词，意味着与我们的周围连在一起，放下让我们分离的阻碍，找到共识，为了一种“心”的联结。我们甚至也许能够经验到一种与他人和万物超然的合一感，这个过程通常超越语言，能够由一个眼神或者一种感受来传达。

当我们专注在和他人联结时：

- A. 我们洞穿了他人的的人生剧本、痛苦或悲伤，而识别出他们的完整圆满性
- B. 我们和大家是联结在一起的，带着我们的本质就是爱的觉知
- C. 我们要记得我们互为师生

6. Choice

This is where the power of Attitudinal Healing is realized, yet it must be understood in our own experience before we can effectively communicate the process. To attempt to rush someone into making a choice to see things differently can have a negative effect. When they share their situations, most people need the opportunity to feel heard, acknowledged, validated and connected, feeling free to allow emotional reactions to flow as they will. Only then can the process more naturally evolve toward looking at choices, or the possibility of seeing the issues in a new way. When choice is brought in, the following may occur:

- a. Others' intention, insight and growth may be reinforced.
- b. Alternatives for looking at situations from our own experience may be shared.
- c. Safety for others to open alternatives to healing may be created.
- d. Living in the instant may be experienced.

- e. Making our own choices may be acknowledged.
- f. Remember that we do not automatically learn from each experience; we must choose to do so.
- g. The reflection that we cannot always control what happens to us but we have a choice in how we respond to what happens.
 - The level at which we find ourselves offering support may be different for each individual in the group. Although presented here in a sequence, the support process is not simply linear. The level of support offered will be in response to our perception of where others are at any moment and our own inner guidance.
 - As a group develops an identity and coherence, participants will provide many of these supportive interactions for each other and the facilitator's overt role will decrease. A "successful" group may be one in which the facilitator says nothing.
 - It is essential that we continually apply the above to ourselves. In order to accept you fully I must be able to accept myself, including my apparent "mistakes" and "shortcomings." I'll want to acknowledge myself for my humanity and my wholeness. I want to be connected with myself. I want to be as real as possible inside and out. And my intention is to be looking for a better way to see things, a bigger way to hold myself and my experience, one that leads to love, connection and healing.

6、选择

在这里实现心态疗愈的力量。然而，我们必须先在自己的经验中懂得这种力量，然后才能够去有效沟通这个过程。想要操之过急地让别人选择从不同的角度看待事物，可能会适得其反。当人们分享自己的境况时，大多数的人需要的是有机会感受到被听见、被确认、被认可和获得联结，他们需要自己的情绪反应可以自由地呈现出其自有的状态。只有这时，整个过程才能够更自然地转向看待选择，或者以新的方式来看待问题。当选择到来的时候，以下的事情可能会发生：

- A. 他人的意图、洞察力和个人成长可能会得到加强
- B. 分享从我们的经验得来的可供选择的看待事物的方式
- C. 安全感加强了，替代方案浮现，伤痛可能会得到疗愈
- D. 体会到活在当下
- E. 自我抉择会得到认可
- F. 记住我们不能自动地从每一个经验中学习，我们必须选择主动学习

- G. 记住我们不能一直控制发生在我们身上的事情,但我们能选择对事情产生什么样的反应
- 我们也许会发现我们给团体里的每一个人所能提供的支持程度是不一样的,虽然这里按顺序列出,但支持的过程却并非简单的线性发生。我们所能提供的支持程度是取决于我们能感知到他人当时是处在什么样的情况中,以及取决于我们自己内心的指引。
 - 当一个团体发展出认同和团结时,成员间会为彼此提供众多以上的支持和互动,带领人明显的作用会下降。一个“成功”的团体有可能是带领人在其中,一言不发。
 - 我们不断地将以上内容应用在我们自己身上是非常必要的,为了能全然地接受其他人,我必须能够全然地接受自我,包括接受我自己明显的“错误”和“缺点”。我也想要确认我自己本身的人性和完满性。我想保持与自我的联结。我想要从里到外尽可能真实。我的目标是能以一种更好的方式来看待事物,用更宽阔的视野,以一种通往爱、联结和疗愈的方式来看待我自己和我的人生经历。

Our definition of health is inner peace, and healing is letting go of fear. Attitudinal Healing is the healing of the mind so that we may experience unity with others with each choice we make. Ideally we are directed toward peace of mind and love rather than being directed from fear. Attitudinal Healing is also a process of learning to touch with love that which we so often touch with anger, fear and hatred, internally and externally. 我们对健康的定义是内在平安,治愈是放下恐惧。心态疗愈是关于心灵的疗愈,这样我们也许会在每一个自己所做出的选择中经历到与他人的合一。理想状况下,我们会被指引着走向心灵的平安,走向爱,而不是走向恐惧。心态疗愈还是一个从内而外学会带着爱与他人接触的过程,而我们却太惯常于同他人接触的时候带着愤怒、恐惧和憎恨。

This is an active process and depends on a shift in perception so that we use our mind in a healing way. We recognize that we have the power of choice in each instant. We can:

1. Extend love
2. Choose to be peaceful inside
3. Let go of fearful attitudes
4. Recognize that all that I give is given to myself
5. Let go of the past and the future, living each moment in the present
6. Learn to love ourselves and others by forgiving rather than judging
7. Become love finders rather than fault finders
8. Be students and teachers to each other and see these roles as always interchanging

9. Focus on the whole person and the whole of life rather than the parts
10. Recognize that love is eternal and cannot be lost
11. Perceive others as either extending love or giving a call for help
12. Ask ourselves: Is this action loving to myself and the other person?

这是一个积极主动的过程，需要我们在观念上做转变，要用一种疗愈的方式来使用我们的头脑。我们认识到在每个时刻我们都有选择的力量，我们可以：

1. 将爱延伸
2. 选择内心的平安
3. 放下恐惧的心态
4. 认识到我所施即我所受
5. 放下过去和未来，活在当下每一刻
6. 通过宽恕而非判断，学会爱自己、爱别人
7. 成为发现爱的人，而非发现错误的人
8. 成为彼此的学生与老师，师生的角色总是可以互换的
9. 把注意力放在人和生命的整体上，而非人和生命的片段上
10. 明白爱是永恒的，不会丢失不见
11. 要去看到别人要么是在给予爱，要么是在呼寻求帮助
12. 问我们自己：这个行为是爱自己，爱别人的么？

Inner Work and Skills

内在的功课和技巧

The most important prerequisite for supporting others in their own application of Attitudinal Healing is to be practicing it in our own lives. Only then can we come from our own experience to demonstrate Choice and how to see things differently. Otherwise, we are preaching empty platitudes.

为他人应用心态疗愈提供支持，最重要的先决条件是在我们自己的生活中先行实践。只有这样，我们才能从自己的经历出发来演示选择，以及用不同的方式来看待事物。否则，我们就是纸上谈兵。

Our personal demonstration of Attitudinal Healing, evidenced by our peacefulness, is the most powerful teaching we can offer others.

我们自己实践心态疗愈，获得的心灵平安就是我们能够提供给他人的最有力量的教导。

It is important to recognize that any desire or attachment we may have that the participants in our group will change, reflects an unhealed place in ourselves, calling for:

▪ Awareness ▪ Openness

Willingness ▪ Forgiveness and Letting Go

非常重要认识到，我们可能会有，想要改变团体成员的任何希图和执着，其实正是反射出我们身上尚未疗愈的地方。我们呼求的是：

觉知 ■ 敞开

意愿 ■ 宽恕 ■ 放下

It is also helpful to remember that the choice for each of us between peace and conflict, or love and fear, is a practical concern, a matter of deciding what works for us. It is not a moralistic concern. People may be in pain as a result of their decision(s). They are not bad or wrong for whatever choice they make: whether it is peace or conflict, love or fear. 记住这个原则是非常有帮助的：我们每个人对平安还是冲突、爱或是恐惧的选择，是一个务实性的考量，是决定什么对我们有用，而不是一个道德意义上的考量，人们有可能会因为他们的决定而受伤。但无论他们做什么选择，都不存在好坏、对错之分：不管他们选择的是平安还是冲突、爱还是恐惧。

If we want others to change, it is often because we identify with their pain and do not see their wholeness or our own.

如果我们想要他人有所改变，那通常是因为我们认同他们的痛苦，并且没有看到他们或者我们自己的完整圆满性。

Some ways to introduce and support Attitudinal Healing in group sharing include:

在团体分享中有一些用来介绍和支持心态疗愈的方法，包括：

Reflecting back to participants and supporting them when they have demonstrated a shift in

1. perception and an awareness of a different way of looking at a situation. This will reinforce their awareness of what they are doing.

1. 当团体成员已经展示了观念上的一个转变,并且觉察到要用一种不同的方式来看待境况时,予以他们回放式的反馈和支持,这样做,可以增强他们对于所经历的变化改变的觉察。
2. Asking participants focused questions
 - a. to help them recognize their choices
 - b. to enable them to see how the principles may apply in their situation
2. 询问成员一些重点关注的问题:
 - a. 帮助他们来认出他们所拥有的选择
 - b. 使他们能够看到心态疗愈的原则如何在他们的境况中起到作用
3. Reflecting from your own experience how you found a different, more peaceful way of looking at a similar situation or came to see the choices available to you, and these choices did or did not serve you.
3. 给大家讲述在你的生活经历中,你是怎么样用一种不同于以往,让你觉得更平安的方式来看待类似的境况,或是如何看到了面前的选择,以及这些选择对你有没有起到作用。
4. Taking the risk to speak directly and confront lovingly, not out of a need to change the other person, but from a clarity and peacefulness that comes from your own inner guidance to speak out.
4. 冒着风险来直接说出你想说的话,并且以友爱的方式来勇敢面对,不是出于想要改变他人的需求,而是带着来自于你自己内在指引的爱、平安和清明。
5. Clarifying that Choice from Attitudinal Healing perspective refers to the choices we make when we try to control what is external to us. This may include our bodies and/or our health.
5. 要说明我们所说的从心态疗愈的视角出发所做出的选择,是指当我们试图控制外面世界时所做出的各种选择,这可能会包括我们的身体和/或健康。
6. We cannot control these with any certainty or permanence as a foundation for our inner peace. However, we always have a choice about our reaction to circumstances and it is on this choice that the process of Attitudinal Healing is focused.
6. 我们并不能通过控制事物来确保我们内心的平安,这毫无把握。然而,我们一直都可以在面对外在事物时,拥有我们如何反应的选择权,而心态疗愈正是聚焦在这种选择权上。
7. Reminding each other that it takes a conscious decision to use a situation for our own

healing, that it does not happen automatically, and that the group process can support us in making the decision more consciously.

8.彼此提醒，要有意识地做出决定让一个情境为我们自身的疗愈所用。有意识的选择不会自动发生，团体过程能够支持我们更有意识地做出选择。

Some specific techniques for introducing the principles include:

以下是用来介绍心态疗愈原则的一些具体技巧：

1.Focusing on one principle each week to integrate with the sharing and to look at what has been happening in the lives of group members

1. 每周关注在一个原则上，把这个原则融入在个人的分享中，然后和成员们一起来看下在这个原则的运用下，大家的生活发生了什么变化。

2. Asking participants to focus on the principle they read during the group opening, and to see if it has applicability to their situation.

2. 在小组活动开始阶段，请成员关注自己所阅读的那条原则，让他们看看那条原则是否可以运用到他们的境况上。

3.Asking participants what principle they feel would apply to them in this instant.

3. 询问成员们，他们感觉哪一条原则适用于他们当下的状况

The Principles of Attitudinal Healing

心态疗愈的十二条原则

The principles are fundamental to Attitudinal Healing. The first principle is the key. It unites and flows through all the others. As the principles are practices it is evident that they overlap and each includes aspects of other principles.

这些原则是心态疗愈的基石。第一条原则最为关键，它统领和贯穿了另外十一条原则。在实践这些原则的时候，会发现他们彼此重叠，每一条都包含了其他各条的一些层面。

The principles are not dogma. Spiritual in nature, they are non-sectarian and offered only as tools. The term "God" is specific to some, but not all, religions and Attitudinal Healing International seeks to be non-specific and inclusive.

这些原则并不是教条，他们本质属灵，不属于任何教派，只是作为工具来使用。“上帝”一词对某些宗教有特殊意义，但不是对所有的宗教都是如此。国际心态疗愈中心力求做到不限定，并且具包容性。

1. 我们存在的本质是爱
2. 健康是内在平安，治愈是放下恐惧
3. 施与受是同一回事
4. 我们能够放下过去与未来
5. 当下是唯一存在的时间，每一个时刻都是为了给予
6. 我们能够通过宽恕而非判断，学会爱自己、爱别人
7. 我们能够成为发现爱的人，而非发现错误的人
8. 无论外面正在发生什么，我们都能够选择并引导自己拥有内心的平安。
9. 我们都是彼此的学生与老师
10. 我们能够把注意力放在生命的整体上，而非支离破碎的片段上
11. 既然爱是永恒的，我们就不必畏惧死亡
12. 我们总是能够看到自己和别人要么是在推恩（给予）爱，要么是在呼求帮助

Guidelines for Attitudinal Healing Groups

心态疗愈团体交流准则

The following guidelines were developed so that safety is provided in our support groups.

If you feel a guideline is not being followed, please feel free to speak up.

我们制定了以下准则，以确保为支持小组提供一个安全的场所。如果你觉得任何一条准则没有得到遵守，可以随时说出来。

1. 团体的目的是把心态疗愈原则当成学习与个人转变的工具。
2. 在团体中，我们认识到爱便是聆听，我们同意以一种开放的心态来聆听，相互支持，练习不带判断的聆听与分享。

3. 我们这里的目的是为了治愈自己。我们在这里的目的不是为了给别人建议或改变任何人的信念或行为。当别人接纳我们原本的样子时，我们就更容易接纳别人。
4. 我们会分享自己的经验。通过冒着风险暴露我们自己的情绪状态，我们会发现每个人共同的经验，而这会让我们他人联结。
5. 我们尊重自己与别人，看到每个人都是独特的；我们认识到重要的是每一个人的过程，而不是我们对这个过程判断。
6. 我们支持每个人内在的指引，帮助彼此找到我们自己的最佳答案。
7. 学生与老师的角色是可以互换的。我们不断在这两个角色之间切换，不管年龄或资历如何。
8. 我们练习与别人同在，把每个人看成是完整圆满的；我们不会根据他们的外表、情绪、行为或处境来界定他们。
9. 我们同意把这一点牢记在心：我们总是在平安和冲突之间、爱和恐惧之间拥有选择。
10. 我们认识到应该为我们在团体中分享的内容保密，认识到这对保持团体作为一个安全、信任的地方来说很重要。

Confidentiality is strictly maintained with the following exceptions: If someone poses a serious danger to themselves or another, or if there is suspected child or elder abuse or neglect, we are required by law to report this information to the appropriate authorities.

If you have questions about the guidelines, please speak to a facilitator.

我们会遵循严格保密原则，不过在以下情形中例外：如果有人对自己或别人的安全构成了严重威胁，或者存在着虐待或忽略儿童或长辈的嫌疑，团体带领人有义务向相关部门举报这一信息。

如果你对以上的准则有疑问，请向团体带领人反馈。

Team Process

团体支持的流程

Pre-Meeting

会前准备

The following procedures are used at Attitudinal Healing International. They are included for your consideration and you are welcome to use whatever applies. 以下的流程是用在

国际心态疗愈组织中的，你可以自行考虑全部或者部分地运用：

Preparation/Pre-Meeting

(:30 - :45 minutes)

会前准备/预先碰头会（30-45 分钟）

We have found this process to be most effective for facilitators who are involved with Attitudinal Healing groups. The purpose of this time is to create a sense of connection among the facilitators. This will permeate the group itself. This time we take together as facilitators is essential and will be reflected in the group process.

我们发现这个过程对参与心态疗愈团体支持活动的带领人们最有效。这段时间的目的是在所有的带领人之间创建起联结感，这种联结感会渗透到支持团体本身。带领人在一起度过的这段时间十分必要，并且会被反映在团体支持的过程中。

1. A Quiet Moment

Take time before each group for quiet. Remember that your only goal is inner peace.

Where there are two or more facilitators, this will be a moment of silence in the pre-meeting during the initial joining/holding hands. When that is not possible, find some quiet time for yourself. It is important to prepare your own sense of being present.

1. 静默时刻

在每次团体支持小组活动开始前静默，记住你的唯一目标是内在的平安。当有 2 个或

以上的团体带领人时，在会前准备的初始联结/手拉手环节要有片刻静默。如果找不到

这样的时间来一起静默，你自己也要找一些时间自己进行静默。重要的是准备好你自己的临在感。

2. Initial Business

Very briefly share announcements (if applicable) and discuss new participants and relevant information about regular participants.

Although not knowing details about participants' circumstances has some value, it is not essential to effective facilitating. The facilitators' own check-in and/or clearing should be the primary focus of the pre-meeting.

2. 最开始的工作

首先非常简短地通知(如果适用)团内事务,并简短介绍新加入的团体成员和定期参加活动的老成员的相关情况。虽然对成员的境况在此并不能全面了解,但简要了解已足够,对于有效的带领,这个环节并不是重点。团体带领人自己的签到和/或清理工作应该是会前最重要的环节。

3. Check-In / Clear Out

In pre-meeting, use most of the time to share your feelings, blocks, and preoccupations, in the moment. It is also the time to deal with any unresolved issues with co-facilitators, being honest with your feelings without attacking others.

The purpose of the pre-meeting is to get in touch with your inner peace and to experience joining, so that we may bring that experience into the group.

3. 签到/清理工作

在带领人“预先碰头会”中,大部分的时间是用来分享你当下的感受、障碍和最为关注的事情。还可以和其他的带领人一起来处理尚未解决的问题,诚实地面对自己的感受而不带攻击。“预先碰头会”的目的是为了与你的内在平安连线,体验联结,这样我们才可能把那种经验带入到团体中。

The pre-meeting:

- a. Helps create joining among the facilitators.
- b. Gives the facilitators the opportunity to heal their own issues.
- c. Gives the facilitators the opportunity to check in with their current feelings and with what they are working on in themselves.
- d. Gives the facilitators an opportunity to see what, if any, the Principles have supported them in their challenges.
- e. Gives the facilitators an opportunity to clear with each other any leftover feelings or thoughts from the previous meeting.

This is extremely important to do each week. If feelings have not been acknowledged and cleared with each other, the sense of conflict may be carried into the group.

会前准备 （“预先碰头会”）

1. 帮助带领人之间建立联结
2. 给带领人提供机会疗愈他们自己的问题
3. 给带领人提供机会与他们当前的感受联结，与他们所致力于的自我疗愈联结
4. 让带领人有机会看到，心态疗愈的原则（若有）是怎么样在他们遇到挑战的时候，起到支持的作用
5. 让带领人有机会来清除彼此在上个会议残留下的任何感受或想法。

以上的工作，每周一次是极其重要的，如果带领人的感受没有被彼此确认和清理，这种冲突感也许会被带入团体中。

4. Roles in Group

When there is more than one facilitator, determine what roles each will assume for group. This should be rotated from week to week, with new facilitators encouraged to take on different roles. Activities include doing announcements and the opening joining, welcoming new participants, providing them with any information that is deemed appropriate, and the closing joining.

4. 团体中的角色

当团体中有一个以上的带领人时，要明确每个带领人在团体中所承担的角色，大家承担的角色每周轮换一次，鼓励新的带领人来承担不同的角色。这些角色包括会前的通知、开场联结、欢迎新成员、为新成员提供适当的信息，结束联结。

5. Closing Pre-meeting

Join hands, eyes closed, in silence or with a thought to share. Remember your reasons for being there: your own healing, your own peace of mind, and your own desire to serve and to extend love.

Pre-meeting must be closed promptly so that the group can always begin (and end) on time. Our example and intention to respect the time can circumvent difficulties within the group.

5. 结束会前准备

手拉着手，闭上眼睛，大家彼此静默或者想要彼此分享。记住你来到这里的原因：你自己的疗愈，你自己心灵的平安，你自己服务的愿望，延伸爱的愿望。

会前准备工作需要准时结束，这样团体活动才能一直准时开始（结束）。我们的榜样和尊重时间的意图能够避免团体中的困难。

6. In general we discourage physical touching of participants when they are "in process" (particularly when crying) as it can send confusing messages to the individual. To touch someone who is crying may mean that we want them to stop because it makes us uncomfortable, or because it brings up our own pain and we don't want to deal with it. There is touch that is non-obstructive and can help the individual go deeper. It is important to be aware of inner guidance if you feel compelled to touch a group member while they are in an emotional state.

6. 总体上我们不倡导成员在情绪流动的过程中（尤其在哭的时候）实施身体上的接触，因为这会给成员带来让他困惑的信息。触碰哭泣的成员，也许意味着我们想要他们停止哭泣，因为他们的哭泣让我们觉得不舒服，或是因为他们的哭泣引出了我们不愿意面对自己的伤痛。也有不造成阻碍的、能够帮助成员深化体验的触碰。如果你感到必须去触碰一个处于情绪状态中的团体成员时，非常重要的一项是觉察你内在的指引。

Four Skills of Facilitation

四种团体带领技巧

1. Empathic Listening Presence

80% of what goes on in group is active listening.

Be present to body language, gestures, and changes in voice or facial expressions.

Focus on the person's story, feelings and attitude.

Stay present, not distracted by the story's implications or your thoughts and reactions to them. Focus on the person's process, not their problems.

1. 临在式的共情式的聆听

团体过程的 80%是积极主动的聆听。

与身体语言、手势、声调的变化或面部表情临在。注意力集中在成员的故事、感受和态度上。

保持临在，不要被故事的纠葛，或者你自己对故事本身的想法和反应干扰。

2. Reflective Statements

Reflect an essential communication back to the person who is speaking (mostly about feelings or attitudes)

Purpose:

- a. Clarifying what I heard; and,
- b. Letting the speaker know that I am with them

Use words that the speaker used (don't get fancy).

This is not an assessment or diagnosis (e.g., what not to do: Person shares that "I've been feeling very sad about my mom for a couple of months." Facilitator responds, "Oh, so you've been depressed.")

2. 回放式的陈述

回放必要的反馈给正在发言的成员（大多数是关于感受或态度）。其目的是：

- a. 澄清我所听到的，以及
- b. 用倾诉者用过的词汇来描述（不要自我想象），使得倾诉者感受到我是和他们在一起的

这不是评定或诊断（如，不要这样做：成员分享说：“因为妈妈，我悲伤了好几个月”，带领人回应：“噢，那么你最近都很抑郁吧”）

3.Facilitative Questions

Ask questions that support a person's going further in their process; NOT, designed to get more information or detail.

These questions focus on a person's process versus the problem(s) presented by their story.

Focus on person's feelings, attitude, or perspective.

Too many questions can control the speaker and stifle group creativity.

3. 协调式的提问

提问以支持成员更深入地体会他们自己的过程，提问不是为了去获得更多的信息或细节。

这些提问需要关注在团体成员的疗愈过程上，而不是关注在成员分享的故事所呈现的问题上。

专注于成员的感受、态度或看法上。

太多的提问会控制讲述者，扼杀团体的创造性。

4. Acknowledgement (useful at the end of group or a share)

Recognize hard work, vulnerability, or humanity in a person's sharing (e.g., "You shared a lot in group. I appreciate your vulnerability tonight.")

Appreciate someone for illustrating a principle or introducing an important theme into group.

Recognize a choice of attitude or perspective (e.g. "You taught me something about acceptance.")

Be careful not to approve of or disapprove of specific decisions. Do not evaluate shares as "good."

Not every share needs acknowledgement.

4. 确认（在团体支持活动结束后或分享时很有用）

确认团体成员所做的分享的努力，呈现的脆弱性或者人性。比如“你在团体中分享了很多，我非常感谢你今天晚上把脆弱呈现在大家面前”。感谢成员用例证来说明心态疗愈原则的应用，或者给团体引入了一个重要的议题。确认一种态度或者看法的选择，比如“你教会了我关于接纳的一些东西”。要小心，不要对具体的决定表态赞同或者反对，不要对分享做“好”的评价。并不是每一个分享都需要确认。

GROUP EXPERIENCE I

团体练习 I

Empathic Listening / Being Fully Present

共情式的倾听/全然的临在

Guideline: We are students and teachers to each other. (Remember: perfection is not an option.)

准则：我们是彼此的学生和老师。（记住：完美不是一个选项）

The Work: Presence, empathic listening.

作业：临在，共情式的倾听

The Team: Pre-meeting. Joining and clearing with co-facilitators.

团队：会前准备、与其他团体带领人联结和清理

The Skills: Joining and closing the group. (We are here in the circle to remind each other how we are all connected.) Establish safety with a listening presence.

技巧：团体的联结和结束（我们在这个圆圈中是为了提醒彼此我们是都是联结着的），建立临在倾听中的安全感。

GROUP EXPERIENCE II

团体练习 II

Reflective Statements

回放式的陈述

Guideline: The essence of our being is Love.

准则：我们存在的本质是爱。

The Work: Being fully present with empathic listening.

作业：临在的共情式倾听。

The Team: Join in Pre-meeting and stay present with co-facilitator.

团队：参与会前准备，与其他团体带领人临在。

The Skills: Join and close group. Focus on listening presence and reflective statements.

技巧：团体的联结和结束，关注临在倾听和回放式的陈述。

GROUP EXPERIENCE III

团体练习 III

Facilitative Questions

协调式的提问

Guideline: Now is the only time there is and each instant is for giving.

准则：当下是唯一存在的时间，每一个时刻都是为了给予。

The Work: Quality of presence, seeing others as whole, being authentic and congruent with self and others.

工作：临在的质量、学会整体性地看待他人，对自己以及对他人真实一致。

The Team: Join with co-facilitators and stay connected.

团队：与其他团体带领人联结，保持链接。

The Skills: Join and close groups. Focus on facilitative questions.

技巧：团体的联结和结束，关注协调式的提问。

HOMework ASSIGNMENT

布置家庭作业

Group Orientation

团体指引

****The proposed format is not intended as a rigid structure for strict adherence. Our hope is that no guideline or structure keeps us from responding openly to what is called for or needed in the moment.**

****以下提议的准则或流程，并不需要刻板坚硬地固守。我们希望在有人需求帮助时，我们能及时并坦诚地做出反应，而不会被框架或准则限制住。**

Before Group

Set up the room (chairs in a circle, temperature, lighting, etc.) Put out group roster / sign-in sheet for people as they arrive. Collect any announcements to be made before group.

会前布置现场（环形座位，室温，照明等）、准备好人员名单/签到表、收集任何需要在会中分享的通知。

Beginning Group

Make sure everyone has signed the group roster. This roster is confidential (although group members may want to exchange phone numbers for networking support). Read group announcements.

New group members can be welcomed and given a short outline of the group format: Joining; the reading of the guidelines and principles; the brief check-in (if there is one); and the sharing process. This is a good time to explain what we mean by joining: recognizing our connection with each other.

会议开始

确保每个人都已经签到，这份名单是保密的（虽然与会人员也许想要交换电话号码以获得社交支持）。阅读团体通告。

欢迎新成员，并向新成员简要讲解支持小组的流程模式。联结：阅读团体交流准则；简单的登记（如有必要）；分享步骤。这个时间较好用来解释联结的意义：即察觉彼此的联系。

Joining (holding hands in a circle for a short time in silence...about 90 seconds)

This is usually done in silence. It is our physical ritual for moving into "sacred" or "special time." Occasionally, we might say that we join to remind ourselves that we are connected, or to give ourselves a chance to become more present in the room. We may mention that focusing on the breath is a way of assisting us in becoming present. Do not do visualizations, or long meditations during the joining. Do not make people hold hands, arms extended, for a long time.

联结（手拉着手静默，大约 90 秒）需要安静地进行，这个身体仪式让我们进入“神圣的”

或者“特定的”时间。偶尔我们可能会说：我们联结在一起，是为了提醒我们是彼此相连的，或者给我们一个机会让我们更加临在于这个房间。我们可能会提到关注呼吸以便帮助我们临在。不要在联结时观想或者长时间冥想，也不要让大家长时间地拉着手、伸展双臂。

Reading of the Principles and Guidelines

Pass the principles and then the guidelines around for everyone to read one each until completed. Mention that the principles form the foundation of Attitudinal Healing International's philosophy. The principles are an offering of support for everyone in their process (facilitators as well as participants). The guidelines provide a safe framework for establishing and maintaining a non-directive peer support group. Invite the group to share responsibility for keeping the guidelines. Focus, especially, on the importance of:

- Not giving advice (Because we believe that everyone has their own best answers and it helps us avoid judging).
- Confidentiality (Do not share anyone's name or story outside of group. Do not

assume anyone in group wants to talk about their share outside of group.)

阅读心态疗愈原则和团体交流准则：

传阅原则和准则，每个人都读一条直到读完。要提到这些原则是国际心态疗愈信条的基石。原则为每一个在过程中的人提供支持和帮助（参与者和团体带领人）。团体交流准则提供了一个安全的框架来建立和保持一个非指导性的伙伴支持小组。邀请团体成员分担遵守准则的义务。尤其关注：

- 不给予建议（因为我们相信小组中的每一个人都有他们自己最好的答案，这会帮助我们避免评判）
- 保密性（不要在团体之外分享任何人的名字和故事，不要假定任一团体成员想要在团体之外分享他们的故事）

Quick Check-In

Each person can introduce themselves by saying what brought them to a Center of Attitudinal Healing and how they are feeling at the moment if they wish. Anyone can pass. The check-in is an introduction with everyone recognizing that they will all have more time to share at length afterwards.

快速签到

每个人都可以介绍自己为什么来到心态疗愈中心，以及他们现在的感受，如果他们不愿意的话也可以不说。这个签到是为了让大家意识到他们稍后都可以有更多的时间来分享。

Group Size

Group size is recommended at eight (8) to twelve (12) people. Once group size gets to 14 it is recommended to split the group, if there are enough facilitators. We recommend two facilitators per group. Prior to splitting a group, the Joining and Reading of Principles and Guidelines should be done. Afterwards, when the smaller groups have gathered, the Joining should be done again.

****** Some groups may want to stay together, even if large. They should then be reminded about a reduction of sharing time for each member.

团体大小

推荐每一小组控制在 8 至 12 个人之间，当人数超过 14 人，如果团体带领人充足的情况下，建议分组。我们建议每组配有两名团体带领人。在分组之前，应该做完联结、读完心态疗愈原则和团体交流准则。当之后的小组聚集之后，应当再次做联结。

**有些组人数虽多，但是也许仍不愿意分开，需要提醒他们这样会使得每个人分享的时间减少。

Group Sharing

It is generally preferable to let participants decide when to share rather than calling on anyone to speak. However, it may be appropriate to encourage someone who either did not get enough time in the previous group, or has some special need. Be sure to reinforce and support all peaceful and loving choices, as well as people's use of their own inner guidance.

Silences or pauses can represent a deepening in the group's process. These pauses or long silences can make people uncomfortable despite their being valuable parts of group. This calls for an effort to trust group flow, rather than trying to control it.

团体分享

通常让组员自己决定何时分享而不是点名发言。然而如果组员在之前的小组没有足够的时间表达，或者是有一些特殊需求，这时鼓励是恰当的。确保加强和支持所有充满爱和平安的选择，也要加强和支持人们遵从他们内在的指引。

静默和停顿代表小组进程的深化，虽然它们是团体中有价值的部分，但是这些停顿或长时间的沉默会使成员感到不舒服。这就需要我们努力信任团体的流动，而不是试图去控制它。

Time Management

Hold the intention of allowing time for everyone who wants to speak. This is an important component of group safety. Occasionally, the facilitator must interrupt group participants, asking for them to conclude their share in order for others to have their turn. Remember, however, to trust the process and see that love and support can be given and received verbally or non-verbally. Some are served by simply being in group and listening to others. Invite the group to share responsibility for time management.

时间管理

掌握好时间让每个想发言的人都有机会表达，这是确保小组建立安全感的一个至关重要的点。有时候，团体带领人必须打断参与者的发言，让他们结束以便有时间让其他人分享。不过，要记住信任这个过程，而且要看到可以用语言和非语言的方式给予和接受爱与支持。有时候仅是简单地在团体中倾听他人就足够了。邀请团体分担时间管理的责任。

Closing Group

Be on time. Do not extend group for any "special share" or to avoid the issue of time management.

This is a good time to make acknowledgements and give thank-you's. Often people can be connected by the mention of group themes that came up in sharing. You can also bring in the principles in response to themes that showed up in group.

Do a final joining of hands.

结束团体

准时结束，不要因为一些“特殊分享”而拖长时间，或者避免时间管理的问题。这是一个很好的时机给予确认和感谢。通过提及在这次分享中浮现出来的团体主题，人们能够感受到联结。你也可以针对浮现出的主题带出心态疗愈的原则。

最后手拉手联结结束。

Roles & Responsibilities of the Facilitator

It is the role of the facilitator to create and maintain safety - partly by listening to every voice (including their own!), and by holding the concept that "we are all here for our own healing".

Be conscious of judgment and fear AND choosing to let go of them.

Follow up on concerns for a person's safety or the possible need for more services by notifying the program director.

团体带领人的角色和责任

团体带领人的角色是创建并保证安全性——部分通过倾听每一个人的声音（包括他们

自己的!），同时要秉承我们在这里是为了疗愈自己的目的。要觉察评判和恐惧，并且选择放下评判和恐惧。

跟进个人对于安全感的担忧，或者通知项目负责人可能需要更多的服务。

The Process of Attitudinal Healing

心态疗愈的过程

The process begins when we are willing to look at our fears, guilt, and pain with compassion and without judgment. Perfection is not an option for ourselves or for others.

当我们愿意充满同情心而非充满评判去面对自己的恐惧、内疚、悲伤和痛苦时，心态疗愈的过程就开始了。无论对我们自己或是对他人，完美都不是一个选项。

It supports our becoming still and listening to our inner guidance, such as checking in with ourselves before making a response.

它帮助我们安静下来，倾听我们的内心指引，比如在做出回应之前检查自己。

Feelings are not caused by people, things, or events outside ourselves, but by the choice of thoughts and attitudes about these events. Trust the guidelines. We are responsible for our thoughts and the feelings we experience.

感受不是由我们之外的人、事、或者情境造成的。是由我们应对这些事件所选择的想法和态度造成的。信任这些准则。我们对自己经验的想法和感受负责。

We are encouraged to re-examine our relationships and bring them into the present by releasing past judgments and grievances. Our only goal is inner peace, and our only function is forgiveness.

鼓励我们释放过去的判断和抱怨，重新检视我们的关系并把它们带到现在。我们唯一的目标是内心的平安，我们唯一的工作就是宽恕。

We can affirm choice by learning to choose between peace rather than conflict and love rather than fear.

通过学会选择平安而非冲突，学会选择爱而非恐惧，我们能够肯定我们的选择。

Attitudinal Healing is the healing of the mind so that we experience unity with others with each choice we make. This is an active process and relies on a shift in perception so that we use our mind in a healing way.

心态疗愈治愈头脑，这样每一次选择我们都能体验与他人的合一。这是一个主动的过程并且基于观念的转变，如此我们才能以疗愈的方式使用我们的头脑。

GROUP EXPERIENCE IV

团体练习 IV

Facilitative Questions

协调式的提问

Guideline: We can choose and direct ourselves to be peaceful inside regardless of

what is happening outside.

准则：无论外面正在发生什么，我们都能够选择并引导自己拥有内心的平安。

The Work: Focus on the quality of presence and empathic listening.

作业：关注临在的质量和共情式的倾听。

The Team: Pre-meeting and staying present with co-facilitators.

团队：会前准备和与其他团体带领人保持临在。

The Skills: Joining and closing, welcoming new members, listening presence, and facilitative questions.

技巧：联结和结束，欢迎新成员，临在倾听以及协调式的提问。

Getting Caught in Our Own Reactions

受困在我们自己的反应中

Examples

例子

- Getting hooked
- Dealing with anger
- Projecting one's own values
- Having our own agenda
- Problem-solving, moving to solutions, directing process
- Asking lots of questions
- Being safe when uncomfortable
- Listening to the same story, impatience
- Listening without fixing and rescuing
- Dealing with silences or pauses
- 上钩了
- 处理发怒
- 投射出自己的价值观
- 有自己的议程
- 解决问题，引向解决方案，指导过程
- 问很多问题
- 不舒服的时候感到安全
- 听相同的故事，不耐烦
- 不带着修理和拯救他人的态度来倾听
- 处理沉默或停顿

Dealing with Specific Challenges

处理特定挑战

The following are examples of some of the challenges that you may experience in a

group, and some suggestions for facilitating those challenges.

以下列举出了一些团体中你可能会遇到的挑战，以及如何处理这些挑战的建议。

1. When participants focus on the story and not the feelings present:

- a. Have they had sufficient opportunity to tell their story and details of the experience - have they really been heard yet? It may take a few meetings for some participants.
- b. You may ask one or more of the following questions:
 - How do you feel about that?
 - Are you comfortable with that?
 - How are you feeling right now?
 - What is/are the (tears/expression/posture or body language) about?
 - Is that the issue you want to deal with/focus on?
 - Is there something else going on?

1. 当参与者着重于描述故事而不是当下的感受时：

a. 他们是否曾有足够的机会来阐述故事及经历的细节——他们真的有被听到过吗？对一些参与者来说可能要花几次团体会面的时间。。

b. 你可以提出下列一个或数个问题：

- 你的感受是什么？
- 你对那个感到舒服吗？
- 你现在感觉怎么样？
- 你的这个眼泪/表达/姿势或者身体语言代表什么？
- 这是你想处理/聚焦的问题吗？
- 还有其他发生的事情吗？

2. When a participant is taking a lot of time, perhaps sharing feelings but without getting beyond the story and you wish to expand the focus on the group:

a. First acknowledge what you have heard them say - paraphrase or take a theme from what they have said - then:

b. Share when and how you have experienced a similar feeling and/or ask:
How many others of you have experienced a similar situation?
What do others do when you are in a similar situation?

2. 当一名参与者花了很多时间陷在故事当中分享情绪，你这时想要把焦点拓展到团体时：

a. 首先确认你听到的——释义或者从他们所说的当中提炼一个主题——然后：

b. 分享你何时也经验过类似的感受，然后/或者提问：

- 你们当中有多少人有过类似的经历？
- 当你在一个类似的情境当中时，别人是如何做的？

3. When interaction falls flat or there is silence:

a. Ask yourself if you can be comfortable with the silence before speaking again—sometimes the silence acknowledges the sharing that has occurred. If held, the silence may allow deeper issues to emerge.

b. Ask a question pertinent to what has been shared: what, when, where, how (NOT WHY).

3. 当互动达不到预期效果或者气氛很沉默：

a. 再次发言之言，询问自己是否对沉默感到舒适，有的时候，沉默在确认刚才发生的分享。如果保持沉默，它会引出更深层的议题。

b. 提问与刚才分享相关的问题：发生了什么，时间、地点、过程（不要问为什么）。

4. When participants are quiet or shy and may need to be drawn out:

a. Ask, "Is there something you would like to say or share with the rest of us?"

b. Share that you really appreciate their presence even when they are not verbal. It is alright to be silent. (This kind of statement often brings about a sharing in the appreciation of that person.)

4. 当参与者沉默或者害羞并且可能需要引导：

a. 提问：有什么你希望说出来或与大家分享的吗？”

b. 表达你对他们的临在的感谢，即使他们没有发言。保持沉默是没有问题的。（这样的陈述和感谢通常会激发他人分享）

5. When you have awareness that you feel uncomfortable about something happening in the group:

a. Acknowledge: "I am feeling uncomfortable about (expression/silence/feeling)."

b. Share your own fear and hesitation in asking what is going on, also your fear about what might happen if you ask or go into something with the group.

c. Bring your own uncertainty and vulnerability to the group, as mentioned in the previous two suggestions. To acknowledge that you feel uncomfortable about what is happening in the group right now can open the group for much deeper joining.

5. 当你察觉到对于小组中发生的某事不舒服时:

a. 确认: “我对那个表情/沉默/感受感到不舒服。”

b. 询问正在发生的事情, 分享你自身的恐惧和犹豫; 分享你在担心如果你问问题或者进入到小组一些事情当中, 你也许害怕会发生什么。

c. 正如前两点建议一样, 把你自己的不确定和脆弱性带入到小组中。当下承认自己对于小组中正在发生的事情感到不舒服能够让小组有更深入的联系。

6. When disruptions or conflict, either between participants or participant and facilitator, occur:

a. Remember the issue, as a facilitator, is "Can I keep my peace of mind, remain non-defensive, and trust the process?" Ask your inner guidance for help. If nothing comes to you, trust that someone else may have the answer. Our only goal is inner peace.

b. Let the group know you need help and ask for it.

c. Turn it around. Let the person and/or situation be the teacher. Make a statement, "I see/feel that you are upset/uncomfortable with something, could you let us know what is going on with you?"

6. 当分裂或冲突发生, 无论是参与者之间, 还是参与者与团体带领人之间:

a. 作为团体带领人要记住: “我能保持头脑的平静, 保持不防御并且信任这个过程吗?”

向内心寻找指引, 如果找不到, 要信任其他人也许会有答案。我们唯一的目的是内心的平安。

b. 让小组知道你需要帮助并且寻求帮助。

c. 换个角度, 让那个人和/或者那个情况成为老师。做出以下陈述: “我看到/感觉到你因

为某事而感到心烦/不舒服, 你能让我们知道你发生什么事了吗?”

7. When one or more participants begin to offer advice or the exchange of information:

- a. Acknowledge that it is common to want to help others solve their problems, but remind them of the guidelines about each of us having our own best answers.
- b. Ask them if they can share from their own experience.
- c. Suggest that if they have specific information to share, you would encourage them to get together after group or by phone.
- d. Remind them (gently) of the group guidelines - that we are not here to give advice or to fix anyone.

7. 当有一个或者多个参与者开始提供建议或者交换信息：

- a. 认知到想要帮助他人解决问题很正常，但是要提醒大家这条准则，即我们每个人都有自己最好的答案。
- b. 提问他们是否可以从他们自身的经历出发来分享。
- c. 建议他们如果有具体的信息要分享，鼓励他们会后可以单聊或者通过电话交流。
- d. 温柔地提醒他们团体交流准则：我们在这里不是为了给建议或者修补任何人。

8. If it is a large group and there may not be enough time for everyone to share:

- a. At the beginning of the group, remind participants how much time there is and how many people need a turn to share.
- b. Encourage people to take care of themselves and ask for their turn if they need it.
- c. Remember that healing comes from a shift in perception. This may occur from our own sharing or from our deep listening to another.
- d. If participants with special needs did not have a chance to share, check after group to see if they need one-on-one support.
- e. Acknowledge the time remaining in group, and the people who have not yet had the opportunity to speak. Encourage the group to pace itself accordingly

8. 面对一个比较大的小组，也许不是每个人都有充分的时间来分享：

- a. 在小组开始时，提醒大家一下这次聚会的时间以及有多少人需要轮流分享。
- b. 鼓励大家照顾好自己，如果他们需要的话，鼓励他们主动要求轮到自己。
- c. 记住疗愈来自于观念的转变。这可能在我们自己分享时发生，或者在我们深度倾听他人时发生。

d.如果参与者有特殊需求，但是没有机会分享，在聚会结束之后与这位参与者确认是否需要一对一的支持。

e.告诉大家小组聚会剩余的时间，以及截至到现在未能有机会发言的人，鼓励小组进行相应的节奏调整。

9. When a problem is known to exist with participants and you want to take precautions to prevent disruptions:

a. If someone is known to be disruptive, have a one-on-one talk with that individual before the group.

b. If an unresolved issue is known to exist prior to group, address it immediately after the group joining.

c. Sit next to someone who seeks negative attention through acting out to help them learn appropriate alternatives.

d. Consider touch/physical contact to help calm fears and nervous tension. Be careful that the contact does not offend or break the intensity of the feeling at the time.

9.当你知道参与者有某个问题，并且你希望提前做好措施来防止破坏：

a.如果你知道某人具有破坏力，在聚会之前先与此人一对一聊天。

b.如果在聚会前知道有一个尚未解决的问题，在小组联结后马上提出来。

c.坐在通过表演吸引负面注意力的人的旁边，帮助他们学会恰当表达的其他方式。

d.考虑触碰/身体接触来帮助缓和恐惧和神经紧张。注意这个触碰不会带来冒犯或者打断当时情绪的强度。

Helpful Thoughts to Hold in Group

在团体中保持有用的思维方式

1.Return always to that place of peace within yourself.

When in doubt about what to say or do, become still and recall that your own goal is inner peace.

Ask for guidance.

Acknowledge your willingness to be a channel for the words and actions needed this instant, or for the silence and patience needed in the moment. You are never

really alone.

1.当你感到疑惑应该如何去表达时，总是要回归到内心平静的地方，成为安静的，回想你唯一的目标是内心的平安。

寻求指引

认知到你愿意成为当下所需语言和行动的管道，或者成为当下所需沉默和耐心的管道。

你其实从来都不是一个人。

2.Be willing to risk sharing your own problems and emotional states, not to use the group to do your own work, but to demonstrate the safety of the group. As we take this risk, we are showing others how to let go of fear and judgment, making the group a safer place for everyone. This facilitates joining.

2.愿意冒着风险分享你自己的问题和情绪状态，不是为了用小组来做你自己的功课，而是为了展示小组的安全性。当我们承担这个风险时，我们也在向他人展示如何放下恐惧和评判，让小组对每个人变得更安全，这样能促进联结。

3.If you find yourself wanting someone else to change, check out your own motives. Keep it clear in your mind that you are there first for your own healing.

3.如果你发现自己想让别人改变，自省一下你的动机，头脑要清晰，你首先要疗愈你自己。

4.If you find yourself in judgment or reaction to a participant, first acknowledge it to yourself as honestly and neutrally as possible, with compassion and without judging yourself.

Remind yourself that perception is a mirror and forgiveness (letting go) is our aim. Acknowledge your willingness to see the participant differently and ask your inner guidance for support in the shift in perception.

4.如果你发现自己评判某个参与者或者对某个参与者有反应，首先要尽可能诚实和中立地认识到这一点，带着慈悲心，不要评判自己。

提醒自己，感知是一面镜子，宽恕（放下）是我们的目的。认知到你愿意以不同的方式看待这个参与者，并且在转念的时候寻找内心指引的支持。

5.If you find yourself comparing your abilities with your co-facilitators, remember that more experienced facilitators are those who commit themselves to being clear and truthful and to staying connected with their own peaceful center.

5.如果你发现在比较自己的能力与其他团体带领人的能力，记住经验更丰富的团体带领人致力于清晰和真实性，并且与他们自身平安的中心保持联结。

GROUP EXPERIENCE V

团体练习 V

Working With Time and Interrupting Participants

管理时间和打断参与者

Guideline: Health is inner peace and healing is letting go of fear.

准则：健康是内心平安，疗愈是放下恐惧。

The Work: Being fully present, listening, and being authentic. Watch without getting caught or hooked.

作业：完全临在，倾听以及表现真实，观察而不沉溺。

The Team: Pre-meeting: Delegate who welcomes new members, who joins and who closes the group. In group: Feel the flow or pace of the group, stay joined with co-facilitators.

团队：会前准备：安排工作：谁欢迎新成员，谁做联结和结束小组会议。在小组中：感受小组的流动或者步调，与其他团体带领人联结。

The Skills: Listening presence, reflective statements, facilitative questions, welcoming new members, and time management.

技巧：临在倾听，回放式的陈述，协调式的提问，欢迎新成员，以及时间管理。

Guidelines for Facilitator Behavior - "Ethics"

团体带领人行为准则-道德篇

We recognize that there is no absolute code of behavior and that decisions are made in the moment, based on our inner guidance. As we bring our awareness to each situation, we seek to maintain a commitment to the highest good, without compromising our own integrity.

我们认识到不存在绝对的行为准则，我们会根据内心的指引，在当下作出决定。当我们将自己的觉察带到每个当下时，我们就不会妥协自己的完整性，而把自己交付给最高的善。

We have used the terms "director, program director and/or executive director" to reflect our reporting procedures. If you do not have individuals in these positions, or if you are not part of a formal organization, please discuss the situation with your co-facilitators to determine your individual policy. If you are doing this work on your own, it is helpful to think through what you feel your actions should be.

我们会使用“项目管理/负责人”等称呼来反映我们的工作程序。若这些位置上没有特定的人，或者如果你还不是一个正式组织的一员，请与其他团体带领人讨论，来决定你的个人政策。如果你是一个人在做这项工作，仔细考虑你觉得应该采取的行动，这对你来说会很有帮助。

When we are in a process of developing full awareness, guidelines for acting in potentially difficult or controversial situations can be helpful. The following represent

some basic guidelines that have been developed over the years to support us in maintaining our environment as a safe place for everyone.

当我们渐渐开始全然地觉察，在处理一些潜在困难或有争议的情况时，一些行为准则会很有帮助。以下列出的基本行为准则是我们这些年慢慢摸索总结出来的，旨在保持一个安全的环境来支持每一个人。

In examining and following each of these guidelines, it is always useful to ask whether we are coming from a place of fear and judgment, or a place of clarity and peace. The guidelines are not intended to foster fear, judgment or guilt. In times of uncertainty or confusion, discuss the situation with your director or co-facilitator as soon as possible.

在检验和跟从这些行为准则的时候，再三去问我们的出发点是出于恐惧和评判，还是清晰和平安是很有用的。所有的这些行为准则都不是为了营造恐惧、批评或者愧疚。当你不确定或者有疑虑，尽快与项目负责人或者其他团体带领人商讨。

CONFIDENTIALITY

保密性

This is an area crucial to maintaining the safe environment of the group. We are committed to assuring those we serve that their confidentiality will be honored within the group, as well as among staff and volunteers. Pre- and post-meetings should be held where the discussion cannot be overheard.

这对建立团体的安全氛围至关重要。我们致力于保证，对于我们所服务的对象，他们的隐私不仅在团体中，也在工作人员和志愿者中得到保密。会前准备和会后会晤的地点应当保证讨论不会被他人听到。

• Sharing Confidential Information

Names of participants should never be used in public. Concerns involving group participants should only be discussed with your co-facilitators and program director, and only in areas where you cannot be overheard (offices and cars - not public places like restaurants and stores). Recounting outside of the group the stories and events shared by participants (even if names are not mentioned), can involve a breach of confidentiality.

Information gathered in group should be shared only for clinical or educational purposes, never for "entertainment" or shock value. Information about a participant may be shared in facilitator training, for example, without the use of names.

• 分享保密信息

小组成员的姓名不得在公共场合公开。对于小组成员的顾虑，你只能与其他团体带领人或项目负责人讨论，且讨论地点也须私密，比如在办公室和车里，而不能在像商店、饭

店这样的公共场合。在小组之外重述小组里成员分享的故事和事情，哪怕不提及名字，也会违反保密性。

团体小组内收集的信息应该仅作临床或教学之用，绝不能拿来“娱乐”或猎奇。比如关于小组成员的信息可作为带领者培训用，不过需要匿名。

- **Threat of Harm**

It is recommended that people facilitating attitudinal healing groups determine a policy for themselves which addresses this subject. If you are facilitating alone, in a single group, or if there are a number of groups and facilitators involved, it is important for everyone to have a clear understanding of what to do in the event of threat to harm.

Any concerns about suicide, threats to others, abuse (physical or emotional), including children and elders, based on statements of group participants, should be discussed immediately with your co-facilitator. At our Center, facilitators are asked to NOT make a judgment themselves as to the truthfulness or seriousness of the participants report or intention, and to NOT discuss with others to maintain the participant's confidentiality. The situation is to immediately report to the program director. It is important for each Center or group to determine what actions are to take place in case of "threat to harm". There may be state laws which outline a clear process to be followed.

- **伤害威胁**

我们会建议心态疗愈带领人为这个主题制定一个政策。如果你一个人在带一个小组，或者有许多小组和其他团体带领人，重要的是每个人都需要清楚地知道在遭遇伤害性的威胁时，该做些什么。

根据小组成员描述，任何关于自杀、威胁他人、身体或情感上的虐待，包括儿童和老人等顾虑，你需要第一时间与其他团体带领人商讨。在我们的中心，要求团体带领人不要对参与者报告或意图的真实性或严重性做出评判。并且要求团体带领人不要同他人讨论以保持成员的保密性。要立刻报告给项目管理者。对于每个中心或小组来说，重要的是决定在伤害威胁发生的时候该做些什么。可能有相关国家法律已经明确规定了应当遵循的流程。

ALCOHOL AND DRUGS

No non-prescription/mind-altering drugs or alcohol before facilitating a group. If alcohol or drug use by a participant is apparent and disruptive to a group, it IS appropriate to ask them to leave in order to maintain safety and the integrity of the group process.

If there is drug or alcohol use by a participant who is not disruptive to a group, it is important that the person be taken aside and told the action is not acceptable and cannot be repeated.

酒精与药物

在带领团队之前，不允许服用非处方类/改变精神状态的药物或酒精。如果小组成员使用酒精或药物很明显并且对小组产生了破坏作用，为了维护小组过程的安全和整体性，我们需要让他们离开小组，这样做是恰当的。

若小组成员服用药物或酒精没对小组产生破坏性，重要的是把他们拉到一边，告知这样的行为是不允许的，下不为例。

CONTAGIOUS CONDITIONS

We request that facilitators do not come to the Center or group with any contagious conditions. This includes colds, flu, chicken pox, herpes in active stages, fever, hepatitis, measles, TB, meningitis, etc. The same guidelines apply to group participants. (See Appendix)

有传染病时

我们要求带领人若患有任何传染病，就不要来中心或团体。这些疾病包括：伤风、流感、水痘、处于活跃期的疱疹、发热、肝炎、麻疹、肺结核、脑膜炎等等。当然，对于小组成员也是这样的要求。（详情见附录）

SPECIAL OR DUAL RELATIONSHIPS

Dual relationships refer to being a facilitator as well as a friend, lover, neighbor, or therapist/counselor (or any other professional relationship) to a group participant. Situations involving the lending or borrowing of money, hiring or working for, lending or borrowing a car, are also included. Dual relationships set up other expectations or dependencies that can interfere with the facilitator's effective functioning in the group. In turn, these can jeopardize the trust and safe environment of the group for other participants, as well as for those in the dual relationship.

特殊关系或双重关系

双重关系是指团体带领人同时又是团体成员的朋友、爱人、邻居、或治疗师/咨询师(或任何其他专业关系)。或者存在金钱借贷、雇佣关系、借车等情况。双重关系带来其他的期待或依赖，会干扰带领人在小组中的有效运作。相应地，对于小组其他成员以及对于双重关系中的当事人来说，小组的信任感与安全感都会遭到破坏。

The general policy of the Center when a dual relationship develops between facilitator and group member is that the group member always takes priority and the facilitator may be asked to step out of that group.

中心的总体原则是：如果带领人和团体成员出现双重关系时，将优先考虑小组成员，也许会让带领人离开小组。

We hold ourselves as center representatives when engaged in any Center business, and this includes group facilitation. The Center offers unconditional acceptance, not unlimited relationships. You will be less likely to have difficulties in this area if you know what your role is and what your responsibilities are. You can avoid difficulties in this area by being clear in setting limits and healthy boundaries for yourself with participants.

当涉及到中心事务时，我们代表中心，这也包括小组带领。中心提供无条件接纳，而非不设限的关系。当你知道自己的角色并了解自己的职责所在，你在这方面所面临的困难将会少很多。你可以通过清晰设定自己与成员之间的健康边界来避免这方面的困难。

It is important for each group to determine their own guidelines in this area. It may not be practical for some people, for example, due to size of the community, group limitations, etc, to not have a friend in the group. It is important to have clarity about whatever decision is made. It is also important to discuss this with all individuals involved.

重要的是每一个小组都要在这方面设立他们自身的准则。也许对于某些人来说在团体中没有自己的朋友不实际，比如因为社区的大小，团体的限制等等。清晰地做任何决定很重要。同样重要的是，也要和所有参与的人员一同讨论这一点。

• Transportation

Facilitators are discouraged from providing participants transportation to and from group. The facilitator can help network the group member with other members living in the same area, but transportation is ultimately the responsibility of the group member.

• 交通

在到来和离开小组时，不鼓励团体带领人为成员提供交通便利。带领人可以帮助住在同一区域的小组成员之间牵线联系交通事宜，但是交通最终是小组成员自己的责任。

• Physical Attraction

If you are attracted to a group participant, discuss this with your director or co-facilitator. Your confidentiality will be respected. If you think a group participant is attracted to you, also discuss this in order to learn ways to deal with this situation and how to clarify your role in relationship to the participant in a heartfelt way. It is important to be aware of the member's potential vulnerability.

- 身体吸引

如果你被一个小组成员吸引，将这个情况与负责人或其他团体带领人讨论。会尊重你的隐私。如果你认为一个小组成员被你吸引，你也可以讨论，这样也有助于让你学会如何应对这样的局面，以及学会如何真诚地澄清你和小组成员关系中你的角色。意识到成员潜在的脆弱性很重要。

- Dating/Intimate Involvement

Dating and/or sexual behavior are never appropriate between facilitators and group members from the same group. The concern is for maintaining a safe place for the functioning of the group and involves no moral judgment.

If you are dating another facilitator and in particular, a co-facilitator in the same group, please discuss this with your director. It is important not to have your relationship interfere with your facilitation of the group. It is sometimes difficult to keep relationship issues separate from facilitation issues, particularly if there are issues of anger or resentment toward the other person.

- 约会／亲密关系

同一小组里，带领人和小组成员间是坚决不允许约会以及/或者发生性关系的。这样的顾虑主要是为了让团体的运作保持一个安全的环境，而不涉及道德评判。如果你正在与另一个带领人约会，特别是同一小组的另一位带领人，请与你的项目负责人讨论。重要的是不要让你的关系干涉你在小组中的作用。有的时候很难把关系议题和带领议题分开，尤其是在对另一个人有愤怒或仇恨的情况下。

Support Outside of the Center

Discuss with your program director or co-facilitator late night calls or other unusual behavior by participants that might require Center assistance. In general, it is our policy to request that people not call facilitators late at night unless it is an emergency.

The Center (or an attitudinal healing group) is not intended to be everything to everyone or to "take care of" the participants. Its primary purpose is to offer emotional and spiritual support. Unconditional love does not mean doing whatever another person wants or setting no boundaries. In ambiguous situations, if you cannot first speak to your director, ask yourself:

- Is this loving to myself as well as the other person?
- Am I supporting the strength or the weakness of this person?
- Is this what this person needs, or is it what my ego wants?

中心之外的支持

对于团体成员深夜来电或其他异常行为，也许需要中心支持，与你的项目负责人或其他带领人讨论。大体原则上，除非是紧急事件，我们要求成员不要在深夜联系团体带领人。

中心（或是一个心态疗愈小组）的目的不是要对每个人事事都管，或去“照顾”成员。中心的主要目的是给予情绪和精神支持。

无条件的爱并非是一个人想要什么就给予什么，或者不设限。在不太明确的情况下，如果你不能在第一时间与你的项目负责人讨论，你可以先问你自己：

- 这些对我自己和另一个人都是关爱吗？
- 我是在支持这个人的力量还是软弱呢？
- 这是这个人需要的吗？还是我自己的小我所需要的？

• Gifts

In general, you may accept gifts from participants in your group on behalf of the Center. Gifts you accept for yourself should be limited to those of token or symbolic value. Receiving personal gifts may suggest favoritism or have "strings" attached.

礼物

总体来说，你可以代表中心接受来自团体成员的礼物。而就你个人来说，收受的礼物只能是有象征性价值的礼物。收受个人的礼物可能代表偏心或者一些情感上的小变化。

Grievances

Should you have a grievance, please talk with the person or facilitator involved. Sharing with others not directly involved in the situation without a problem-solving focus is divisive. The proper channel for addressing an unresolved grievance is through those policies determined by your Center.

Ask for assistance - receiving is also giving! We are all here for our own healing through service and by practicing Attitudinal Healing. This includes process at times, but process is not the primary reason for being with each other. The reason we have come together is to heal ourselves.

委屈

如果你有委屈，请与那位当事人或相关带领人讨论。和一位不直接参与该情景的人讨论，又没有解决问题的导向，是在制造分裂。处理未解决委屈的恰当途径是遵循你的中心所制定的政策。

寻求帮助——接受同样也是给予！我们来这里都是为了通过服务和练习心态疗愈的原则来疗愈自己。有时这需要一个过程，我们来这里不是为了让我和彼此在一起，而是为了疗愈我们自己。

Post-Meeting

会后会晤

Working Together as Facilitators

带领人共同工作

This is an important time for facilitators to clear with each other. It is also one of the most difficult processes for many facilitators to do.

- Begin post-meeting with a joining.
- Discuss any crisis event and any need for follow-up calls.

Look at current intake forms for no shows. In addition, look for any helpful information on the form, such as diagnosis, medications, and living circumstances (i.e. homelessness or isolation). Sometimes getting to the first meeting is the most difficult for a person. A call from a facilitator can assist a person to come to group. These first steps in post-meeting may take about five minutes to accomplish, on most occasions.

这个重要的时间是为了带领人之间彼此清理。对于很多带领人来说,这也是最难的过程之一。

- 通过联结, 进入会后会晤
- 讨论任何危机事件和任何跟进电话的需求
- 查看当下的申请表格, 看看谁没来。此外, 在表格中寻找有用的信息, 比如诊断、服药和生活环境(比如无家可归或隔离)。有时对一个人来说参加第一次小组会议是最难的。一个带领者打个电话可以帮助一个人来参加。大多数情况下, 会后会晤的最初几步可能要花 5 分钟完成。

It is very important to discuss any issues that have arisen as a result of co-facilitating. The attitudinal practice is to be of support to each other as students and teachers. Candid feedback and open discussion about the role and skills of each team member is essential for growth and quality of presence as a group facilitator.

联合带领小组时产生的问题拿来讨论是至关重要的, 心态疗愈的实践就是彼此互为师生给予支持。对每个小组成员的角色和技巧, 做真实的反馈和敞开的讨论, 对于团体带领者的成长和在场质量来说, 都十分必要。

Other topics for discussion include:

- Differences in style or approach.
- Feedback about possible inappropriateness of interactions: Were you able to work together as a team? How did working as a team make the facilitation process

easier, or the lack of teamwork make it more difficult?

- Feelings of non-support or attack.

需要讨论的其他话题包括：

- 风格和方法的差异
- 对于可能的不恰当互动给予反馈：你们可以作为一个团队一起工作吗？团队合作如何让带领过程更简单？或是因为缺少合作，使得带领工作更困难了？
- 感到无人支持或受到攻击

This is a valuable time for experienced facilitators to offer constructive feedback to facilitators-in-training and for new facilitators to request feedback. It is also an excellent time for new facilitators to offer their own observations or ask questions. Some of the specifics that might be brought to the post-meeting are situations like the following, where a facilitator might have been:

这个时间十分宝贵，让有经验的带领者给予见习带领人建设性的反馈，以及让新带领人在此时请求反馈。这个时间也十分有利于新带领人说出他们自己的观察或者问问题。以下话题也许会被拿到会后来讨论，一个带领人可能面临了以下情况：

- Jumping in too soon
- Talking too much
- Giving advice
- Processing too much of one's own stuff
- Being too silent; didn't provide support
- Judging co-facilitators or participants
- Having expectations
- Thinking about what to say next and being overly concerned with one's own role

Before ending post-meeting, join.

- 进入太快
- 说的太多
- 给出建议
- 过多处理了自身的问题
- 太安静了；没有提供支持
- 评判共同带领人或者参与者
- 有期待
- 在想下面该说些什么，以及过度担心自己的角色

在结束会后会晤之前，做联结。

Working with Specific Populations

与特定人群工作

It is important for facilitator to be as clear as possible about their response to various life situations. This includes being with people who have received a life-threatening diagnosis. It is important to be clear with yourself about:

对于带领人来说，自身对于各种生活状态的反应要尽量清楚。其中包括如何面对生命遭受疾病威胁的群体。重要的是你需要清楚：

- How a particular disease was transmitted or came about is not the issue, and does not help with anyone's healing process. If someone was diagnosed with a liver problem, it is not our business (nor anyone else's) to ask why.
- Having to justify or apologize for a diagnosis of any kind adds to the sense of overwhelm in a newly diagnosed person. This is particularly important to remember with HIV+ and specific kinds of cancer affecting the lungs and/or liver.
 - 怎么感染的或疾病成因不是问题关键，而且这样也不能帮到任何人的疗愈过程。如果一个人被诊断出肝脏有问题，询问原因不该是我们和其他任何人的事。
 - 对于刚确诊的人的病情进行辩护或抱歉，都会增加那个人的不知所措。这点对于感染艾滋病病毒的人以及肺癌/肝癌患者尤其重要。

Often it is our own fear that we want to ease when we ask how someone "got" a disease. If we don't do what they did, then maybe we're safe. If they did everything they were supposed to and still they had a heart attack, stroke, or specific diagnosis, it may bring up our own fears that we aren't safe.

当我们问一个人是如何“得”病的，通常那是我们想缓和自己的恐惧。如果我们不去做他们做过的，那么也许我们就安全了。如果他们做了所有该做的，却仍然心脏病发作、中风或者其他疾病，这就会引发我们自身的恐惧：即我们不安全。

Each group will have its own personality or flavor. Many issues will cross all populations. One of the primary events that may occur in any population is that of loss and grief. It is important that the facilitator be able to be present with someone dealing with grief, particularly if the group has a different focus.

每个小组都有自己的个性或风格，很多议题会出现在所有人群中。在所有人群中可能出现的主要议题之一便是丧失之痛。对于需要处理丧失之痛的小组成员来说，带领人的陪伴是很重要的，哪怕小组的焦点不是这个主题。

Another important support function is to respond in a supportive way to people who have lost a loved one through death. This means staying in touch with the person, attending the memorial service or funeral, and being available for follow-up support. 另外一种重要的支持是用一种积极的方式来回应一个挚爱逝世的人。这意味着和这个人保持联系、参加追悼会或葬礼以及后续的支持。

Some specific issues that often occur:

一些常常出现的特定议题还有：

Life-Threatened Groups

生命遭受威胁的群体

It is important to remember the following:

Let hope live. Encourage hope in the group participants. Sometimes people need reminders of how many survive life-threatening diagnosis and subsequent treatment(s). Encourage participants to find their own answers. They are the consumers. Suggest they keep a running list of questions to ask their medical care giver and encourage them to expect answers. Urge them to take a friend or family member along to medical appointments for help in reducing misunderstandings; this can also increase the quality of support.

要记住以下这些：

让希望永存。鼓励小组成员的希望。有时候人们需要别人提醒他们有多少人在威胁生命的疾病和后续治疗面前存活了下来。鼓励成员找到他们自己的答案。他们是消费者，建议他们写一个问题列表，向医疗机构进行提问，并且鼓励他们去期待答案。督促他们在去看病的过程中，让家人或朋友陪同，以便减少误会；这也会增加支持的质量。

1.Loss of control may be a major underlying issue, particularly when someone has been recently diagnosed. People may feel that a diagnosis of a life-threatening illness has made them powerless. This can be exacerbated by the use of phrases like "cancer victim" or others that indicate helplessness.

1、失控可能是一个主要的隐藏议题，尤其当某人最近刚被确诊的时候。人们也许会感到当确诊得了个威胁生命的疾病时，让他们失去了力量，“癌症患者”或其他类似的暗示无助的词语，会让无力感进一步放大。

2.There may be an underlying fear of dying which can be hidden by other issues. As facilitators, we must be alert to the fact that this fear exists even if it is never mentioned. Fear may be expressed in other ways, particularly in concern for the well-being of others within the group. When concern for another is expressed, it is important to focus back on the participant who is sharing.

2、潜藏在一些事件的背后也许源于对死亡的恐惧。作为带领人，我们要能清晰意识到这种恐惧的存在，尽管它从未被提及。恐惧可能用别的方式表达，尤其是当关注小组其他成员的健康时。当表达出对他人的担心之时，重要的是把焦点放回到正在分享的参与者身上。

3.The fear of not getting better and/or the treatment not working. This has to do with the future, and we want to keep the participant focused on the present.

3、害怕自己不会变好以及/或者治疗不见效果。这与未来有关，而我们要让参与者把专注点放到当下。

4. Fear of pain during the illness or at the end of the illness. Many people express a greater fear of the suffering before death than of dying itself. It is important to allow fears to be expressed and to assist the person to become informed about pain control.

4、害怕疾病中或疾病结束时的疼痛。很多人害怕临死前的痛苦甚至超过了死亡本身。重要的是允许表达害怕之情，并且协助这个人知晓如何控制痛苦。

5. Fear of not making the right choices. Participants must be allowed to make their own choices. They can be helped to hear their own inner guidance and to trust the process. Participants often express regret at having chosen a particular regimen of treatment when it appears not to be working. We must remind them that we can only do our best in the moment and that the outcome isn't up to us. We cannot change the external circumstances, but we can change our attitudes. Becoming informed about second opinions and professional boards in hospitals and clinics can often help.

5、害怕没有做出正确的决定。要允许团体成员做出自己的选择。帮助他们听从他们自己内心的指引并且信任这个过程。当治疗效果不显著的时候，成员经常会后悔自己当时选择这种治疗的决定。我们必须提醒他们，我们只能做到当时的最好，并且结果是不取决于我们的。我们不能改变外部环境，但是我们能够改变自己的态度。能够帮到忙的还包括告诉他们另外一种专家意见以及告知他们医院和诊所的专家团队。

6. Fear of not being able to take care of family or friends. This has to do with the fear of being incapacitated and with loss of personal autonomy and power. Some people feel they need to stay alive just for others. We can help them see that the choice to fight the illness can be a good one and the choice to stop the struggle is valid. It is important to recognize these fears as real. There are times when it will be appropriate to refer them to professional resource for help in sorting through their concerns.

6、害怕不能照顾好家人或朋友。这与无能感以及丧失个人自主性与力量的恐惧相关。有些人觉得他们活着就是为了别人。我们可以帮助他们看到选择抗争疾病是一个好的选择，选择停止挣扎是有意义的，重要的是要认识到这些恐惧是真实的。有时候也适合把他们引荐到专业机构来理顺他们的顾虑。

7. Fear of too little time to complete everything before dying. We can assist in sorting through priorities. It may also be appropriate to help to bring all relationships into "current" status. If there is a need to say goodbye to a loved one, we can explore the various ways to do so. They may be questioning what closure they want, what is unfinished in relationships, or what is left unsaid.

7、恐惧在死亡之前没有时间完成所有的事情。我们能够帮助他们梳理事情的优先顺序。恰当的做法也许是把所有的关系都放在“当下”来看。如果需要和一个深爱的人说再见，我们可以探索以不同的方式来做。他们也许会考虑自己想要一个什么样的结局、关系里有哪些未完成的事，哪些想说的话还没说。

8. Persons with a life-threatening illness may feel guilty for having the disease and then for not getting better. We can help them bring this guilt to awareness. Often there is a profound sadness about leaving loved ones. This is best dealt with within the group. We need to remember that we cannot know the future, no matter how hopeless a situation may appear in the present.

8、生命垂危的病人也许会因为自己生病以及病情没能好转而感到内疚。我们可以帮助他们意识到这种内疚的存在。通常这是一种要离开深爱的人的巨大悲伤，这最好在小组内处理。我们要记得我们无法知道未来，哪怕现在看起来事情有多绝望。

9. Loss of work, career, personal identity. Many people (particularly men) feel they have no identity without work. Ask about things they have always wanted to do, practical alternatives, and plans they can make.

9、失去工作、事业、个人身份。许多人（尤其是男性）感到他们不工作就没有个人认同。问问他们一直想要做什么，实际的其他选择，以及他们能做出的计划。

Possible areas for facilitator assistance:

- Recommending hospice involvement
- Home and hospital visits - when a participant is too ill to attend group, facilitator may visit them at home or in the hospital
- Social activities of group - holiday potluck, get-together, etc.
- Mobile group - taking the group to the hospital or home
- Dying - being with participant and family members
- Memorials - helping to plan service or ritual

带领人可以提供帮助的可能领域：

- 推荐临终关怀介入
- 家访和医院探访——当小组成员病重实在无法来参加小组，带领人可以去家里或医院探望该成员。
- 小组的社交活动——假日聚餐、聚会等

- 移动小组——把小组带进医院或家里
- 面对死亡——和家人和组员在一起
- 悼念仪式——帮助计划仪式或者身后事

Specific Diagnoses

一些特定疾病

Breast Cancer Issues

乳腺癌

Women with breast cancer must deal with similar situations and issues as those who are coping with other cancer diagnoses. Some of the specific situations they feel the need to discuss are:

- Physical appearance, especially after an operation. Feeling less attractive physically.
- Dealing with husband or partner - sexual feelings, appearance, and fear of not being loved or desired.
- Fear of recurrence. Ongoing worry about breast changes.
- Being the care giver and homemaker of a family, being responsible for the well-being of others.
- Questions regarding the loss of femininity.
- Sense of body mutilation.

罹患乳腺癌的女性必须要面临和其他癌症患者类似的情境和议题,一些特定的他们想要讨论的问题有:

- 身体外观,尤其在手术后,会觉得缺乏身体的吸引力
- 面对丈夫或伴侣——做爱的感受,外观,害怕不被爱,不被需要
- 对于复发的恐惧,对于乳房变化的持续性恐惧.
- 作为照料者和家庭主妇,为家庭成员的健康负责
- 与丧失女性特征相关的问题
- 身体的残缺感

AIDS/HIV

艾滋病/人体免疫缺陷病毒

People have been coming to the center as part of our life-threatened group since 1982. As time passed and more people were diagnosed, we began to receive requests for an

AIDS-specific group. This population felt their issues were specific to them, and distinct from those in a general group. The first AIDS group was initiated in 1984. Some of the specific issues often mentioned by people with HIV/AIDS are:

从 1982 年开始，人们就开始陆陆续续来到中心，组成我们的生命垂危小组。随着时间的流逝，有更多的人被诊断出来患病，我们开始接收到成立艾滋病小组的请求。这个群体觉得他们的问题具有针对性，并且与一般的小组区别开来。第一个艾滋病小组成立于 1984 年。患有艾滋病/人体免疫缺陷病毒的人们通常会提到的一些具体议题是：

1.The possibility of rejection by family and friends. This may be exacerbated when a gay person is not "out" to their family. The thought of having to inform them of an HIV/AIDS diagnosis and their sexual orientation can feel overwhelming. While this may not be an issue for many people in metropolitan areas, it is still something that affects a surprising number of individuals.

1、可能遭到来自家人朋友的排斥。当一名同性恋者没有对他们的家庭“出柜”时，这种情况可能会恶化。想到要通知家人自己关于艾滋病/人体免疫缺陷病毒的诊断，并且告知他们自己的性取向，可能会感到无法承受。也许对于许多大都市的人来说，这不是一个问题，但它仍然会影响到数目令人惊讶的许多人。

2.Loss of identity and/or job. Often individuals have to quit work and must rely on disability and/or state assistance. For many, their identity is tied to what they did for a living - the professional position they occupied in the world. Without that position, they feel their identity is gone. It is, for some, a terrifying process to experience. As facilitators, we can affirm to them that they are much more than their professional position.

2、失去认同以及/或工作。通常人们不得不辞职并且靠残障和/或国家补助来生活。对许多人来说，他们的身份认同和他们谋生的方法绑定在一起——他们在这个世界上的专业职位。没有了那个职位，他们感到自己的身份认同也不见了。对于一些人来说这是一个可怕的过程。作为带领人，我们要向他们确定，他们大大超出了他们的专业职位。

3.Loss or threat of loss of medical insurance. This is a very real event that many people with AIDS face. It is important to focus on what choices can be made in the moment, and to have referral information handy for practical assistance. There are competent benefit and legal counselors in every county and state. We can encourage participants to educate themselves about the available services.

3、失去或者有威胁失去医疗保险。很多艾滋病病人都会面临这样实际的问题。

重要的是要聚焦在当下能够做出的选择，并且为了实际的帮忙，手边要有转介信息。每一个地方都有足够的福利资源和法律顾问。我们可以鼓励参与者去寻找这样的资源。

4. Hopelessness - to have a disease with no known cure. The proliferation of articles on HIV/AIDS or specific types of heart disease or cancer may have a gloomy outlook. Imagine for a moment, thinking that whatever you do, you are doomed because of a diagnosis. It is beneficial to focus on the quality of life and what brings happiness. This can restore hope

4、无助感——生的病没有有效的治疗方案。我们可以更关注生命质量，这样也会带来很多希望。关于艾滋病/人体免疫缺陷病毒、心脏病的一些具体类型或者癌症方面的文章的剧增也许会让人觉得前景暗淡。用一个片刻想象一下，不管你做什么，你都因为一个诊断死定了。有益的是要聚焦在生命的质量上，能够带来幸福感的事情上，这会恢复希望。

5. Watching others die of this disease, either suddenly or after prolonged illness. This can cause fear and stress about oneself. For many people in the gay community, the death of friends has been ongoing for many years. Loss issues can be overwhelming. As facilitators, we must be sensitive to these issues of loss. At the same time, we want to hold people in wholeness and see them as more than their losses. We can see their strength.

5、目睹别人因为相同的疾病死亡，无论是突发的还是长久生病之后。这会对自己造成恐惧感和压力感。对同性恋社区的很多人来说，朋友过世的影响通常是很多年。丧失的议题可能会让人喘不过气来。作为带领人，我们必须要对这些丧失的议题敏感。同时，我们也要把他们看作是完整的人，看到他们不仅是他们的损失。我们能够看到他们的力量。

6. Coping with specific illnesses and/or treatments. HIV/AIDS is a nonspecific disease process and treatment often experimental, at best. For some, the medications are toxic. Once again, it is important to be sensitive to emotional issues around the physical events, and to remind them they are more than a specific physical reaction. The constantly changing medications and toxicity of so many drugs can be extremely stressful. For some, the protocol of protease inhibitors has given them strength and new life, for others it hasn't worked.

The ever-changing news from pharmaceutical companies can also bring about feelings of anxiety and/or frustration. Some people can tolerate particular drug protocols, others cannot. When a particular drug is being hailed by the media as the new "cure" and an individual cannot take the drug because of dreadful side effects, the feeling of helplessness can be overwhelming. For some people, the decision to take medications

(Western Medicine) versus herbs and other treatments (Alternative Therapy) can bring up feelings of fear and guilt. What if the right choice is not made? What if they should or should not do a particular form of treatment and it does or does not work?

6、应对特定的疾病和/或治疗。艾滋病/人体免疫缺陷病毒是一种非特异性疾病过程，并且充其量治疗方案还处于探索阶段。对于有些人来说，用药是有害的。再次重申，重要的是要对生理变化带来的情绪议题保持敏感度。要提醒他们，他们不只是一个特定的身体反应。一直换药以及这么多的药物所带来的毒性可能会带来极端的压力。对于一些人来说，蛋白酶抑制剂方案给了他们力量和新生命，对于另外一些人这个方案则不起作用。医药公司不断变更的新闻也给人带来了焦虑和/或沮丧。一些人能够忍受一些特定药物治疗方案，一些人则不能。当媒体高赞一种特殊的药物是新的“救星”，而个人因为可怕的副作用无法服用这种药物时，无助的感受会吞没他们。对于一些人来说，决定采取西医还是中医还是其他疗法（替代疗法）治疗会带来恐惧和内疚的感受。要是没做出正确的决定怎么办？，要是他们应该或不应该做某一种治疗，并且这种治疗起了或是没起作用呢？

7. Homophobic feelings, resentment or self-hatred for being gay. Having a sexually transmitted disease (STD) can bring about deep feelings of shame for heterosexuals and homosexuals, as well as intravenous drug users.

7、同性恋恐惧症，愤恨同性恋者或者自我憎恨成为同性恋者。有性传播疾病会引发对异性恋和同性恋，以及静脉注射吸毒者的深层羞愧。

8. Suicide is an issue that needs to be addressed. Individuals need to be able to express suicidal thoughts in safety, without feeling that they are doing something wrong. Control in their lives may be diminishing, and suicide is, for some, the ultimate sense of control. Often people with advanced illness will refer to this process as self-deliverance, rather than suicide, since it is felt their motivation is quite different.

8、自杀也是需要提及的话题。个人需要能够在一个安全的氛围下表达自杀的想法，而不是感觉他们做错了事情。也许他们对于生活的控制在减弱，对于一些人来说，自杀是一种终极控制。通常晚期病人将这个过程看作是自我解脱，而不是自杀。因为感觉到他们的动机是不太一样的。

9. Shame and fear of rejection when the person infected is not gay or a drug user. There are many people, heterosexual, male and female, who have been infected because of their sexual partners. The automatic assumption that anyone with HIV is gay or a drug user is difficult for the straight man or woman to deal with.

9、当被感染的人不是同性恋者或是吸毒者时，所感受到的羞愧和恐惧他人的排斥。

有很多异性恋者，有男有女，因为他们的性伴侣而感染。自动假定任何患艾滋病病毒的人不是同性恋者就是吸毒者，对于这些异性恋的男性或者女性来说很难处理。

Some issues people who are HIV+ may find urgent are:

- Living with the HIV diagnosis
- Sexual issues
- Guilt around becoming infected
- Unpredictability of disease process
- Fear of telling family and friends - the social responsibility and difficulty in telling people in relationships (to tell or not to tell).
- Making choices about treatment, which are often highly experimental
- Stress of living with disease, yet feeling fine
- Denial about being infected
- Suicidal thoughts or attempts

以下问题是人体免疫缺陷病毒（HIV）显阳性的人觉得十分紧急的议题：

- 如何带着 HIV 的诊断生活
- 性问题
- 感染疾病后感觉羞耻
- 疾病过程的不可预测性
- 不敢告诉亲人和朋友——社会责任以及很难告诉关系当中的人（说还是不说）
- 做出关于治疗的决定，通常治疗都是高度实验性的。
- 带着疾病生活的压力，但却感觉还好
- 否认被感染
- 自杀的想法和企图

Issues for Women with HIV/AIDS

患艾滋病/人体免疫缺陷病毒的女性要面临的问题

Women with HIV/AIDS often have additional issues to cope with in regard to their diagnosis. Often there is great shame and confusion about how to tell friends and family about the diagnosis. Treatment protocols can sometimes be different from those found to be successful with men, and medical awareness is often less than the general male HIV population must deal with. Some of the specific issues are:

- Sex/sexuality and femininity
- Pregnancy and the health of the newborn - choices must be made whether to allow the pregnancy to continue, knowing that there is a risk of infecting the baby

- Having a disease that is associated with the gay or drug-using population
- Confidentiality issues (to tell or not to tell)
- Being the care giver and homemaker of the family - this responsibility does not go away

患艾滋病/人体免疫缺陷病毒的女性在自己的诊断中通常要面临更多的问题。通常她们都有极大的羞耻和困惑，不知如何把诊断结果告诉家人和朋友。治疗方案有时也与在男性身上成功的治疗方案有差别，她们的医疗意识通常要比一般男性艾滋病群体差很多。一些具体议题如下：

- 性/性别以及女性角色
- 怀孕和新生儿的健康状态——了解到新生儿会有感染的风险，必须做出决定是否继续妊娠。
- 疾病与同性恋人群或者使用毒品的人群相关
- 保密性问题（说还是不说）
- 是家庭的照料者和主妇——这种责任还在那里。

The following is an excerpt written by the Marin AIDS project for their volunteers and staff. In this case, it is specified for HIV+ women, yet it also can apply to any and all diagnoses, male and female alike.

以下文章摘自马琳艾滋病项目为其志愿者和员工写的指导手册。这些是针对 HIV 呈阳性的女性，但也适用于其他所有疾病群体，包括男性和女性。

Do Not Ask HIV+ Women "How'd You Get It" (Marin AIDS Project)

1. It's unprofessional. 99% of the time it's only morbid curiosity that makes people ask.
2. It doesn't matter. HIV doesn't discriminate and neither should you. Regardless of how a person got HIV - from sex, rape, blood transfusion, or dirty needle - they are coming to you for care, without judgment on how they were infected.
3. It's rude and hurts people's feelings. How would you feel if your clients asked about your sex life or drug history use?
4. If the person wants you to know, she will probably tell you.
5. If you're worried, because seeing an HIV+ woman makes you realize you could have HIV, get tested.
6. If you really want to know whether someone's using drugs, explain why and ask that. A person infected by her husband may be actively using drugs now.

不要问 HIV 呈阳性的女性“你是怎么得的这个病”（马琳艾滋病项目）

- 1、这是很不专业的。99%情况下，人们出于病态的好奇心才会问这个问题。
- 2、没关系。HIV 不会歧视，你也不应该歧视。无论一个人是怎么感染 HIV 的——通过性关系、强奸、输血、或是污染针头——他们来到你身边是为了得到关心，不要评判他们是如何被感染的。
- 3、这很粗鲁，并伤害他人的感情。如果你的客户询问你的性生活或者使用麻醉药品的历史，你心里有何感受？
- 4、如果一个人想让你知道，她大概就会告诉你。
- 5、如果你在担心，因为看到 HIV 呈阳性的女性，你意识到自己也可能有 HIV,就去做检查。
- 6、如果你确实想知道一个人是否在用麻醉药品，解释原因再去问。被丈夫感染的女性也许现在在主动使用麻醉药品。

The above is also applicable with regard to any diagnosis. It is none of your business if someone with liver disease or hepatitis C or a lung condition lived a particular lifestyle – or did not.

以上对于任何诊断都是适用的。如果一个人有肝病或者丙型肝炎或者肺病，生活方式特别或者不特别，完全不关你的事。

Support Persons/Caregivers

支持者/照料者

Often caregivers feel that the well-being of the life-threatened person is to be put first, and the needs of the caregiver or support person are secondary to and different from the life-threatened person. Some of the feelings most common to those who find themselves as support persons or caregivers are:

通常照料者会觉得照顾生命垂危的病人需要放置首位，而照料者或者支持者的需求是第二位的，并且与生命垂危的人不一样。发现自己是支持者或是照料者的人，普遍有的一些感受是：

- Guilt
- Fear - having to address loneliness
- Dealing with their own needs, being able to have some relief form
- Caretaking
- Arranging time for themselves, respite care, getting out for a break
- Anger toward the life-threatened person
- Life changes - sexual relationship

- Power
- Resentment of demands
- Life plans disrupted or cancelled
- Grief, specific and anticipatory, mourning for the self
- Care
 - Medical
 - Taking care of oneself
 - Following the doctor's orders
- Family members
- Feelings of loss of control
- Fear that love may grow into obligation
- Feeling trapped
- Not recognized as legitimate - mourners and/or caregivers
- Loss and grief - their own identity can be confused
 - 内疚
 - 恐惧——必须处理孤单
 - 处理他们自己的需求，能够有代班人
 - 照料
 - 给自己安排时间，临时看护，出去休息
 - 对生命垂危病人的愤怒
 - 生活的变动——性关系
 - 力量
 - 愤恨索取
 - 生活计划被打断或取消
- 具体的和预想的悲伤，哀悼自己
- 照料
 - 医疗上的

—照顾自己

—遵医嘱

- 家庭成员
- 失控感
- 恐惧爱可能会变成责任
- 感觉受困
- 没有被承认是合法的——哀悼者和/或照料者
- 失去与悲伤——他们的自我认知可能混乱

Possible areas for facilitator assistance:

以下情况可能需要带领人帮助:

- Home and hospital visits
- Social activities of group - holiday potluck, get-together, etc.
- Mobile group - taking the group to the hospital or home
- Dying - being with participant and family members
- Talking with friends and family members
 - 家访和医院探望
 - 团体的社交活动——假日聚会、聚餐等等
 - 移动小组——把团体带进医院或家庭
 - 面临死亡——和小组成员与家人在一起
 - 和朋友和家人交谈

Loss, Grief and Bereavement

丧失、悲痛与丧亲

It is essential that a facilitator be aware of loss issues within groups. When losses have been kept from our awareness or denied, we may find ourselves overreacting to events, perhaps becoming overwhelmed with grief while watching television or a movie. It is suggested that the reader complete the "Patterns of Loss" questionnaire included in this manual to identify one's own particular history and reaction to issues around grief. It is important to know the signs of grief, which are included in this manual. In addition, it is important to know what to do within group setting when someone experiences a grief reaction. People experience loss from a variety of causes, not only loss through death.

Other possible loss-related events include separation or divorce from a spouse, loss of a job, dream, home, and/or material possessions, etc.

带领者需要意识到小组里的丧失议题，这十分必要。当丧失不被觉察或被否认，我们可能会发现我们会对事件过度反应，也许看电视或电影时被悲痛淹没。建议读者完成这本手册中的“丧失模式”问卷，以确认个人独特的历史和对于悲伤事件的反应。重要的是要读懂悲痛的迹象，手册中也有提到。此外，团体里的成员经历在丧失的反应时，知道该在团体中做些什么也是很重要的。人们因为种种原因经历丧失，不仅是死亡的丧失。其他与丧失相关的事件还包括分离、与伴侣离婚、失业、梦想破灭、流离失所以及/或失去物质财富等等。

Many support groups are formed around loss and grief, and situations surrounding life-threatening illness. The loss of an important person in our life, or the occurrence of a life-threatening illness in ourselves or someone with whom we are close to can shatter the vision we have of our lives. We operate under the illusion that we are in control; the loss or the threat of loss of ourselves and/or are loved ones can cause us to question that perception.

很多支持小组因为丧失与伤痛，以及面对生命垂危的情况而聚在一起。失去生命中重要一个人，我们自己或与我们亲近的人生命垂危，会粉碎我们生活的梦想。我们幻想一切都在我们的控制当中；失去或有危险失去自己和/或爱人，能让我们去质疑那种观念。

Peers in a support group can help normalize grief and aid those experiencing loss to feel less "crazy". Groups also help in transition from one life style to another. A facilitator can encourage the bereaved to make no radical changes until there has been ample time to mourn. Maintaining a daily routine often helps people begin to stabilize.

支持小组的伙伴能够帮助将悲痛正常化，并且协助那些经历丧失的人感到不那么“疯狂”。团体也能够帮助成员从一种生活状态转到另一种生活状态。带领人能够鼓励丧亲的人先有足够的哀悼时间，再做出彻底的变化。保持一种日常生活习惯通常会帮助人们开始稳定下来。

There is a certain amount of education which is important when people are dealing with grief to help people regain a sense of normalcy. For all of us, our assumptions about the world are challenged and often there is a feeling of general lack of safety. Depending on the events and the cause of someone's death, this sense of fear can be exacerbated. We encourage you to explore grief information that is easily available, particularly on the internet.

当人们处理悲痛时，重要的是要去教育人们以便帮助他们重新获得常态感受。对于我们所有人来说，我们对于这个世界的假设受到了挑战，常常有一种缺乏安全感的感受。基于事件和某人的死因，这种恐惧感愈发加剧了。我们鼓励你去探索能够轻易获得的关于悲痛的信息，特别是通过互联网。

The goal of grief is to integrate it into the web of our lives. It is not something to be "gotten over" or through, or put behind us.

伤痛的目标是将其整合进我们的生活，而不是试图“克服”它，或逃避它。

We have found, within the context of the group, the following can be helpful:

我们在团体中发现，以下的建议会有帮助：

1. Allow time for individuals to tell their stories. Encourage group members to name or identify what is happening to them. This can aid in the acceptance of what is happening in one's life, and can be very healing. It is important, particularly when dealing with "serious" loss, to let the story of loss be told in detail. It may take two or three telling before the participant is willing to begin sharing other feelings.

Until grief is shared and passed through, it can be difficult to talk about other aspects of one's current life experience. Eventually, the facilitator can gently ask about other issues. This may help put the focus on the whole of life rather than its fragments.

1、允许每个人讲自己的故事。鼓励小组成员说出或识别出他们生命里发生的事情。这会帮助他们接纳所发生的事情，可以是十分具有疗愈性的。特别是处理一些“严重”的丧失，重要的是详述这个关于丧失的故事。也许要讲2到3次参与者才愿意开始分享其他的感受。

在伤痛得到分享和释放之前，也许很难讲述目前生活体验的其他方面。最终，带领人可以温和地询问其他话题。这也许会帮助当事人把焦点放在生活的全部上，而不是着眼于其中的片段上。

2. When a group member begins to speak of grief, it is best to allow the feelings to be expressed. We can be supportive of another's grief only to the extent that we are comfortable with our own. Open-ended questions are needed, as well as the time and space to express deep emotions.

2、当小组成员开始说到伤痛，最好的方式是允许情绪得到表达。我们只能以自己舒服的程度支持另外一个人的伤痛。需要问开放性的问题，需要时间和空间表达内心最深处的情感。

3. Group participants may talk about how sad they feel when seeing certain movies or when reading an article in the newspaper. These events may trigger their own grief, and we can explore with them what was evoked. In this way, hidden or unexpressed feelings may be brought to the surface and can be addressed.

3、小组成员可能说到当他们看到哪些电影或者报纸上哪段文章时他们有多悲伤。这些场景可能触发了他们自己的悲痛，我们可以与他们共同探索触发了什么。这样，隐匿的或者未被表达的情感就能被带出来得到处理。

4. Do not judge the magnitude of someone else's loss. We do not know what loss means to any individual. Grieving is a very individualized process. As facilitators, we are present to help provide a safe place for feelings of loss to come to the surface and be shared.

4、不要评价一个人丧失的等级。我们不知道失去对那个人来说意味着什么，伤痛是一个非常个人化的过程。作为带领人，我们在当下协助提供一个安全的场所，让丧失的情绪被带出来和被分享。

5. Grief is a highly emotional and intensely physical process. There is no right or wrong way to do it. One week, a member may seem to accept a loss and then may be devastated the next week. As a facilitator, we allow these feelings to fluctuate. We cannot have an agenda of how anyone should move through loss. Remember: any way a person handles grief is "right"!

5、伤痛是一个情绪十分激动以及生理上十分强烈的过程，表达伤痛没有正确或错误的方式。

这一周，一个人可能看起来已经接受丧失，然后下一周又可能陷入崩溃。作为带领人，我们允许这样的情绪起伏。我们不可能规定一个人应该怎样去经历伤痛。

记住：一个人怎么处理伤痛都是“对”的！

6. Thinking of loss and grief as "loss and belief" will help us apply the Principles of Attitudinal Healing more easily. Expressing the feelings of loss and grief can help to release them. In this context, belief has to do with "choice" around suffering. Suffering is pain that is held on to until one's belief system has changed. It is important to recognize that a change in belief cannot be forced.

6、把丧失和悲痛视为“丧失和信念”会帮助我们更容易地运用心态疗愈的原则。表达丧失

和伤痛的感受可以帮助释放它们，在这里，信念与受苦的“选择”是相关的。受苦是一种痛苦，直到一个人的信念体系改变之前它一直都在。重要的是要认识到无法强制改变信念。

7. It is helpful to acknowledge the small steps a member takes towards healing their loss. For instance, if a group member shares that they have finally had the courage to go into their deceased son's room and put a plant there, it is important to acknowledge not only how difficult that must have been, but also how wonderful and healing it was to bring life into the room. It is very helpful to reinforce each step of progress.

7、能够起作用的是，肯定小组成员在疗愈丧失的时候跨出的每一小步。比如，如果一位团队成员分享说到，他们终于有勇气走进已故儿子的房间，并把绿色植物放进房间里。重要的是不仅要肯定他们能这么做一定很不容易，也要肯定把生机带到房间里是多么美好和治愈。强化这个过程的每一步都十分有用。

8. In addition to recognizing a participant's progress, we must make them aware of their choices in the process. Since the person is often caught in the past, bringing

them back to the present moment is extremely important. As participants pass through the process, we begin to ask questions that will help them recognize that positive attitudes and choices are possible.

8、除了认可成员的进步，我们还必须让他们意识到在这个过程中他们的选择。当一个人一直卡在过去，把他们带回到当下极其重要。当他们经历了这个过程，我们可以开始提问，来帮助他们意识到积极的态度与各种选择是可能的。

9.As facilitators, it is important that we help a person express grief. It is also important, however, that we help the person move beyond grief - to reinvest in the future and to move once again toward being fully alive.

9、作为带领人，重要的是我们要帮助一个人表达伤痛。而同样重要的是，我们帮助那个人走出伤痛——重新投资未来，重新出发全然地活着。

10.People in bereavement are often dealing with guilt. They feel they could have done more, or something different, to save the loved one; they question their ability to cope without the loved one; they experience guilt about being alive; they feel stuck and unable to move forward in their own life; they have feelings of heaviness and lethargy; they have feelings of being isolated or disconnected from their own life.

10、经历丧亲之痛的人通常还要处理内疚，他们觉得应该可以做得更多，或者应该做一些不一样的事来拯救所爱之人；他们质疑自己与所爱之人共处的能力；他们对于所爱之人已逝去而自己还活着内疚不已；他们感到卡在这里，自己的生活无法向前；他们感到沉重和萎靡不振；他们感受到隔离或是与他们自己的人生割裂开来。

11. One of the final steps in the grieving process is helping another person go through a similar experience. It can be helpful and very healing to pair up a new group member with a "mentor" who has worked through similar grief issues.

In general, the following are issues that people dealing with bereavement often encounter:

- Mourning - is confusing, and can be isolating
- Change in identity or one's role in life
- Loneliness and emptiness, feeling alone in the world
- General anger - lashing out at people
- Change in relationships, particularly with those who are close
- Denial
- Depression
- Relief when death occurs, and guilt from the feeling of relief
- Feeling there is no place to put one's love
- Confusion about a sense of meaning

- Loss of being the recipient of unconditional love
- Change of life plans
- Suicidal thoughts or attempts
- Judgment errors
- Financial difficulties
- Running away to escape

11、悲伤过程的最后几步包括帮助一个人经历一个相似的过程。把小组新成员和一位处理过类似悲伤议题的“导师”组对可以帮助治愈。

大体来说，处理悲伤的人群经常遭遇：

- 服丧期——混乱的，有可能是孤立的
- 个人身份或角色在生活中的变化
- 孤单和空虚，觉得在这个世界上孤零零的。
- 一般的愤怒——发泄在别人身上
- 关系中的改变，特别是和亲近的人的关系
- 否认
- 抑郁
- 死亡发生时如释重负，因为如释重负感到内疚。
- 感到没有地方放置自己的爱
- 对于意义的迷茫
- 失去了无条件的爱
- 生活计划的改变
- 自杀想法和企图
- 判断失误
- 经济困境
- 跑走逃避

Possible areas for facilitator assistance:

- Suicide intervention
- Resource information

可能需要带领人支持的方面：

- 自杀干预
- 资源信息

Long-term Diagnoses - "Chronic Issues"

长期病患——“慢性病议题”

People who have received a diagnosis of what can be termed as a long-term illness often "slip through the cracks" when it comes to support in the community. Examples of these diagnoses are: Diabetes, Multiple Sclerosis, Lupus, environmental illness/chemical sensitivity, chronic fatigue, arthritis, Parkinson's disease, chronic pain, and repetitive motion injury.

那些被诊断为长期疾病的患者，常常被社区支持所忽略。这些长期疾病有糖尿病、多发性硬化、狼疮、环境疾病/化学物质过敏、长期劳累、关节炎、帕金森综合症、长期疼痛以及重复性运动损伤。

1.A "victim mentality" - Why did this happen to me? We can help participants focus on the present moment and deal with the situation from that moment forward.

1、“受害者心态”——为什么发生在我身上？我们可以帮助小组成员关注当下和处理当下开始往后的局面。

2.A sense of hopelessness - "I will never get better". We can assist participants to accept the possibility that their condition will not always be the same, and that they may get better. We can also help them to look at their condition in new ways.

2、无助感——“我永远也不会变好了”。我们可以帮助小组成员接受一种可能性，即他们的情况不会一直一样，他们可能会变好的。我们还能够帮助他们以全新的方式看待自己的状态。

3.The feeling that others don't understand how difficult it is to live with a chronic illness - having to deal with comments from others that suggest they could get better if they tried. Often the symptoms are elusive and many others don't believe they are really ill. Participants need to be accepted exactly the where they are.

3、感觉到别人不理解自己和一种疾病长期共存有多艰难——不得不处理来自他人的评论，他人会暗示如果努力的话应该就会变好的。通常症状也不明显，很多人都不相信他们真的生病了。小组成员就需要按照自己现在的样子被接纳。

4.The need to control what is happening in their bodies and lives in general. They sometimes experience the need to control others, events, and situations, in order to control the effects of the disorder

4、对身体及日常生活的控制需求。为了控制疾病的影响，他们有的时候需要控制别人，控制发生的事情以及各种局面。

Other issues include:

- Chronic condition
- Coping

- Medication and its side effects
- Identity becomes confused with the illness - therefore, the loss of illness equals loss of self
- Getting fixated on the cause of the illness
- Financial considerations, the need to be on disability
- Disabilities and physical limitations
- Identifying with and being identified by stereotypes
- Public attitudes - How others see the chronically ill individual, feelings of being a nonperson
- Invisible disabilities
- Ongoing physical pain
- Fatigue as a result of pain or physical condition
- Change in physical status and capabilities
- Power/control, from a powerless position

其他议题包括：

- 慢性病
- 应对
- 药物及其副作用
- 因为疾病导致自我认知迷惑——因此，疾病的丧失等同于自我的丧失
- 固着于疾病的由来
- 经济考虑，需要依靠残障
- 残障和身体限制
- 认同某些类型，也被定型。
- 公众态度——他人是如何看待长期生病的人，感觉自己是个微不足道的人
- 隐性的残疾
- 身体上持续的疼痛
- 由于疼痛和身体状态带来的疲劳
- 身体状态和能力的变化
- 力量/控制，从一个力量丧失的角度

GENERAL GROUPS

一般团体

Person-to-Person

We do not use the term "person-to-person" to include people who are dealing with

life issues that do not focus on physical health or bereavement. These issues can include loss of relationship (estrangement/divorce), loss of job, change in career, a general questioning of one's role in the universe, resentments and bitterness, family dysfunction, abuse (psychological, physical, sexual), and feelings of isolation.

Any or all the issues mentioned for one group may apply to another, this is given as a generality.

个人对个人

“个人对个人”不包括那些处理生活议题的关注点不在身体健康或伤痛上的人们。这些议题包括关系的丧失（疏远/分手）、失业、职业变动、询问自己在这个世界上的角色、怨恨与苦难、家庭机能失调、虐待（心理上、生理上、性方面）和隔离感。

在一个团体中提到的任何一个议题，可能都适用于另外一个团体，这就是一般团体。

Issues:

Life in transition
Relationships
Anger
Jobs and job changing
Depression
Short-term crisis
Widow/widower
Divorce
Retirement
Loneliness
Giving up craziness/neurotic patterns which no longer work
Need for places to put one's love
Spiritual development

议题包括：

生命的过渡

关系
愤怒
工作和工作变动
抑郁
短期危机
丧偶
离婚
退休

孤独感

放弃不再适用的疯狂/神经质模式

需要地方放置自己的爱

灵性成长

Facilitator assistance and/or awareness may be called for in the following areas:

以下情况需要带领人的支持和/或注意:

- Suicide (be sure to give specific resources, such as suicide prevention)
- People with needs beyond the capacity of the group
- People that may need medications and/or psychotherapy
- Referral resource for specific help (long-term problems)
 - 自杀（确保给予相应的资源，比如自杀干预）
 - 团体无法满足成员的需求
 - 成员中有人需要药物治疗或心理治疗
 - 转介来获取相关帮助（长期问题）

Elders

As the population ages, there are more people than ever before in their 70's, 80's and 90's who are not part of a nuclear family group. Sometimes these individual are living in environments that are not of their choosing, or are geographically distant from family and friends. Issues may include:

老年人

随着人口老龄化，70 岁、80 岁、90 岁的老年人越来越多。他们并不是核心家庭成员的一部分。有时候他们的生活环境并不是他们自愿选择的，或者住的地方离家人和朋友很远。可能的议题包括：

- Loneliness
- Failing health
- Loss of physical capacity
- Incontinence
- Being discounted as a valuable member of society and/or family
- Being treated as a second-class citizen
- Being institutionalized
- Losing friends, family, material comforts, identity, roles
- Power - being one's own boss
- Helplessness
- Independence to dependence
- Loss and grief
- Changes in income, worry about having enough to survive

- The need to be with family to have closure in life and relationships
- Religion and spiritual needs
- Loss of physical control
- Mental clarity/confusion
- Dying
 - 孤独
 - 身体健康每况愈下
 - 身体机能丧失
 - 大小便失禁
 - 不再被家人和/或社会视作是有价值的个体
 - 被视为二等公民
 - 被送进养老院等福利机构
 - 失去朋友、家人、物质享受、身份认同、角色
 - 力量——为自己做主
 - 无助感
 - 从独立到依赖
 - 丧失和悲痛
 - 收入变化，担心钱不够生存
 - 需要和家人在一起结束生命和关系
 - 宗教和精神需求
 - 身体控制能力丧失
 - 头脑清晰/混乱
 - 面临死亡

Facilitator assistance and/or awareness may be called for in the following areas:

- Dying - being with the participant and their family
- Memorials - helping to plan service/funeral

以下情况也许需要带领人的支持和/或注意：

- 面临死亡——和小组成员和家人在一起
- 悼念——帮助计划仪式/葬礼

CHILDREN

儿童

The Children's Program at the Center provides services for children living with life-threatening illness, their own or a family member. There is also a group dealing with the bereavement of a parent or family member.

中心的儿童项目为那些自己或家人的生命受到疾病威胁的儿童提供服务。也有小组处理父母或家庭成员的丧亲之痛。

We believe that everyone who comes to the Center comes in order to heal the painful wounded areas of their own psyche. This includes those who work with children. Since the only person we can really heal is ourselves, we come to the group as much to support ourselves as to support the kids. We see children and adult facilitators as equal partners in the process of attitudinal healing. We don't ask the kids to talk about things that we are not willing to talk about ourselves.

我们相信来中心的每一个人都是为了治愈他们自己的心灵伤痛。这包含了和儿童一起工作的人。既然我们真正能够治愈的只有自己，我们来到这个团体来支持儿童多少，也支持自己多少。在心态疗愈的过程中，我们把儿童和成人团体带领人看作是平等的合作者。我们不会问儿童那些我们自己都不愿意谈论的问题。

Children and their support adults focus on feelings - all feelings - making them legitimate in a safe, accepting, life-enhancing environment. Projects and art forms help members express themselves.

儿童和那些给儿童提供支持的成人关注感受——所有的感受——在一个安全、接纳、提升生命的氛围中表达这些感受。项目和艺术形式可以帮助成员表达自己。

Facilitators encourage children to seek their own answers, rather than lecturing them or giving advice. They offer the principles to support an attitude of love rather than fear; to empower a choice for peace, rather than conflict, in whatever circumstance they may face.

团体带领人会鼓励儿童去寻找他们自己的答案，而不是教训他们或是给出建议。无论他们可能面临什么情况，带领人提供原则，支持爱而非恐惧的态度，鼓励选择平安而非冲突。

Life-Threatened Children

Issues:

- Death

- Fear of treatment
- Grief
- Pain
- Illness
- Performing for Mom and Dad
- Protecting Mom and Dad
- Fear of medical caregivers
- Conspiracy of silence
- Not being told the truth
- Problems at school and/or with friends
- Social relationships
- Isolation
- Physical changes:
 - Loss of hair
 - Effects of steroids or other medications
 - Amputation of a limb
- Body changes, mental changes
- Physical incapacity/deterioration
- Being called names because of physical appearance
- Need to play
- Becoming a little adult, not a child
- Spiritual issues - "What happens when I die?" "What happens after death?"
- Protecting the family

身患重症的儿童

议题有:

- 死亡
- 对治疗的恐惧
- 悲痛
- 疼痛
- 疾病
- 为了父母演戏
- 保护父母
- 害怕医务人员
- 一致保持缄默
- 被隐瞒事实
- 学校问题和/或朋友相处问题
- 社交关系

- 隔离
- 身体变化：
 - 掉头发
 - 类固醇或其他药物的作用
 - 截肢
- 身体变化、心理变化
- 身体残疾/恶化
- 因为外表被辱骂
- 玩耍的需求
- 成为了一个“小大人”，而不是儿童
- 灵性上的疑问——“我死的时候会发生什么”，“我死了以后，会发生什么？”
- 保护家庭

Facilitator assistance and/or awareness may be called for in the following areas:

- Home and hospital visits
- Talking with family members and friends
- Helping with pain management resources
- Being with the child and their family through the dying process
- Memorials - helping to plan a service/funeral

以下情况可能需要带领人的支持和注意：

- 家访和医院探望
- 和家庭成员和朋友交谈
- 帮助提供痛苦管理的资源
- 孩子面临死亡的时刻，陪伴孩子和他们的家人
- 悼念——帮助筹划仪式/葬礼

Siblings of a Life-Threatened Child

Often the sibling(s) of a life-threatened child are overlooked in the day-to-day medical crises that can surround a family. They are asked to be patient and understanding, to not make a fuss, to be sensitive to the needs of their sibling. Often there are unexpressed feelings of:

身患重症的孩子的兄弟姐妹

当一个家庭中有一个孩子身患重症，家庭需要面临日常的治疗危机时，其他的孩子会经常被忽略。父母要求他们要有耐心和懂事，不要小题大做，要对患病的兄弟姐妹的需求敏感。通

常，他们身上会有情绪不能被表达出来，包括：

- Anger
- Jealousy
- Resentment at the lack of attention
- Being an unseen member of the family
- Role in the family
- Needs of parents
- Helplessness
- Guilt
- Fear of and for sick sibling
- Specter of death and illness
- Fear of contagion
- Fear of mystery of disease
- Love of sibling and how to express it
- Family becoming nonfunctional
- Being a child instead of an adult child
- Feeling responsible for sibling's illness - "caused by something I did"
- Death of sibling
- Grief
 - 愤怒
 - 嫉妒
 - 怨恨缺乏关注
 - 成为家庭里不被看到的人
 - 家庭角色
 - 父母的需求
 - 无助感
 - 内疚
 - 害怕患病的手足和为患病的手足感到害怕
 - 对死亡和疾病的恐惧
 - 害怕被传染
 - 害怕疾病的神秘莫测
 - 对手足的爱以及如何表达这份爱
 - 家庭失调
 - 做一个孩子而不是一个小大人
 - 觉得要对手足的病负责——“是因为我做了什么，他/她才会生病的”
 - 手足的死亡
 - 悲痛

Possible areas for facilitator assistance:

- Break down of family functionality (becoming dysfunctional)
- Break up of family through separation/divorce

可能需要带领人协助的方面： 家庭功能瓦解（家庭功能失调）

- 因为分离/离婚导致家庭破碎

Children with a Life-Threatened Parent

Issues:

- The child becoming an adult too soon
- Child as a caregiver
- Need of parenting
- Responsibility
- Anger
- Guilt/shame
- Grief
- Fear of parent's pain, dying
- Abandonment
- Helplessness
- Lack of childhood
- Lack of attention
- Confusion of roles
- Happiness and joy
- Growth or damage
- Need for a mentor
- Need for help and resources
- Need for someone to take charge
- Adult role models and a surrogate parent
- Death of parent

和罹患重症的家长生活的孩子

议题：

- 儿童过早成为大人
- 儿童成为看护者
- 需要父母
- 责任
- 愤怒
- 内疚/羞耻
- 悲痛
- 对父母疼痛、死亡的害怕

- 被遗弃
- 无力感
- 童年的缺失
- 缺乏注意力
- 角色混淆
- 幸福与欢乐
- 成长或损害
- 导师需求
- 需要帮助和资源
- 需要有人可以负责
- 成人榜样和代理父母
- 父母死亡

Facilitator assistance and/or awareness may be called for in the following areas:

- Break down of family functionality (becoming dysfunctional)
- Break up of family through separation/divorce
- Memorials - helping to plan a service or ritual

带领人可帮助和/或关注的方面

- 家庭功能瓦解（家庭功能失调）
- 因为分离/离婚导致家庭破碎
- 悼念——帮助策划葬礼或仪式

Parents of Life-Threatened Children

Issues:

- Death of child
- Fear of illness, what it will do to the child/family
- Fear of pain for child
- Guilt
- Anger
- Helplessness
- Loss of power
- Depression
- Frozen feeling
- Dissociation

- Role changes
- Finances
- Life and family plans fall apart
- Loss of hopes, expectations for that child
- Over-bonding with child
- Exclusion of one parent
- Escape, running away, it hurts too much
- Guilt about attention and care for other children
- Doctors and choosing treatment - fear and guilt about doing something wrong
- Pain of treatment for child
- Spirituality
- Inability to get in touch with feelings, with risking love again

和罹患重症的孩子生活的家长

议题：

- 孩子的死亡
- 害怕疾病，它会对孩子/家庭带来什么
- 担心孩子的病痛
- 内疚
- 愤怒
- 无力感
- 丧失力量
- 抑郁
- 冻住的感觉
- 分离
- 角色变化
- 经济问题
- 生活和家庭计划崩溃
- 对孩子失去希望和期望
- 和孩子过度捆绑
- 排斥一方父母
- 因为太过伤痛而逃避、远离
- 因为对其他子女的关心和注意力而内疚

- 选择医生和治疗方案——害怕做错事情产生的恐惧和内疚
- 孩子治疗时的疼痛
- 灵性
- 害怕再次冒险去爱，丧失感知的能力

Facilitator assistance may be requested in the following areas:

- Dysfunctional family, possible separation or divorce
- Home and hospital visits
- Talking with friends and family members
- Helping with pain management resources
- Dying - being with participant and their family
- Memorials - helping plan service or ritual

团体带领人可能被要求在下列情形中给予帮助：

- 功能失调的家庭，可能的分离和离婚
- 家访和医院的探访
- 与亲朋好友的交谈
- 帮助提供疼痛管理的资源
- 死亡——与小组成员及其家庭成员在一起
- 悼念——帮助策划葬礼或仪式

Life-Threatened Young Adults

When teens and young adults receive a life-threatening diagnosis, it can impact their lives in ways that will not be shared by the general adult population. Their schooling will be interrupted, their social interactions severely curtailed, and often there is great apprehension on the part of their friends and classmates to give support. They may be in and out of school for long periods of time, depending on their treatment schedule. For teens, this means they will not have the social interaction and experience of their peers, making them feel inadequate in group situations. The need for parental care also impacts their feelings of independence and self-worth. Other issues are:

- Injury
- Body image
- Self esteem
- Work

- Studies
- Future
- Self love
- Physical problems
- Socialization
- Sexuality
- Relationships
- Exhausted by dealing with long-term illness
- Friends/family
- Dependence/independence
- Feeling unseen/a nonperson
- Loss of dreams and expectations
- Need for adult mentors and role models

罹患重症的年青人

当青少年和年轻人身患重症，他们的生活所受到的影响成年人不一定能完全理解。他们的学业将被打断，他们的社交将受到巨大的剥夺，而且通常他们的朋友和同学因为过于害怕而无法提供帮助。他们可能会长时间地进进出出校园，这个时间的长短取决于治疗的安排。对于青少年，这意味着他们不能像同龄人一样有社交互动和体验，使得他们在团体中感受到不自在。他们对父母的关心的需求，也会影响他们对于自我独立和自我价值的感受。其他的议题包括：

- 伤害
- 身体形象
- 自尊
- 工作
- 学习
- 未来
- 自爱
- 身体问题
- 社交
- 性欲
- 关系
- 因长期与疾病抗争而精疲力竭

- 友情/亲情
- 依赖/独立
- 觉得没有被看到/谁都不是
- 失去梦想和期待
- 需要成人导师和楷模

Possible areas of facilitator assistance:

- Arranging for group social activities/outings
- Home and hospital visits
- Talking with friends and family members
- Helping with pain management resources
- Dying - being with participant and their family
- Memorials - helping plan service or ritual

团体带领人可提供帮助的方面：

- 安排小组社交活动/远足
- 家访和医院的探访
- 与亲朋好友的交谈
- 帮助提供疼痛管理的资源
- 死亡——与小组成员及其家庭成员在一起
- 悼念——帮助策划葬礼或仪式

Sample Dilemmas That May Bring Up "Ethics"

可能涉及道德困境的案例

Dilemma 1

Group has just ended and Dale, a relatively new participant whom you really enjoy having in the group, approaches you and asks if you are available to go for a drink at the local "watering hole". Do you:

- a. Thank Dale, but decline the offer
- b. Thanks Dale and accept the offer
- c. Ask Dale what he has in mind

d. Other

困境 1

小组聚会结束后,一位与你在小组中讨论中十分投缘的新成员代尔走过来问你是否有时间到当地的酒吧去喝一杯。你会:

- a) 谢谢代尔,但是婉言谢绝
- b) 谢谢代尔,同时欣然接受
- c) 询问代尔有什么心事
- d) 其他

Dilemma 2

Joyce notices from the roster that your home address is very close to hers, and asks whether it might be possible to arrange a ride after group each week with you. She explains that the bus connections back to the area where you both live are not good and she doesn't have a car. She offers to help cover gas costs. Do you:

- a. Tell her you'd be happy to give her a lift home
- b. Explain that it's really a role that you're not supposed to get into with participants
- c. Tell her you often don't go directly home after group (a little white lie)
- d. Tell her facilitators have post-meeting which sometimes runs late, and you'd rather not be pressed for time

e. Other

困境 2

乔伊斯从登记表上注意到你的家离她家很近,因此询问是否有可能在每次聚会之后搭你的顺风车。她解释因为开往你和她家附近的公交线路不好,而且她没有自备车,同时她愿意承担油费。你会:

- a) 告诉她你非常乐意载她回家
- b) 解释自己的角色不能够与参与者有过多牵涉
- c) 告诉她你通常不会在会后直接回家(撒一点善意的谎言)
- d) 告诉她团体带领人在散会后还要开会,可能会持续较晚,并且你也不愿意赶时间
- e) 其他

Dilemma 3

Your co-facilitator arrives for pre-meeting and you notice alcohol on his breath. Do you:

- a. Tell him you think it's better if he doesn't facilitate with you tonight
- b. Tell him you can smell the alcohol and wonder how much he has had to drink
- c. Observe his behavior to see if there is any problem before deciding anything
- d. Other

困境 3

你的团体带领人同事一起来会前准备，你发现他身上有一股酒味。你会：

- a) 告诉他今晚最好不要和你一起带团体
- b) 告诉他你闻得到他身上的酒精味并询问他喝了多少酒
- c) 观察他的行为看看是否有任何问题，然后再决定
- d) 其他

Dilemma 4

You have had a difficult time with a particular participant and find yourself still upset after group. Your co-facilitator has an important appointment and must rush off without a post-meeting, but will call you tomorrow. When you get home, you're still wound up. Your roommate notices and wants to know how to support you. Do you:

- a. tell your roommate you can't talk about it because it's confidential
- b. Give the details of what happened with the participant and why it upset you, being careful not to use the participant's name
- c. Share your own reactions, focusing on what was triggered for you
- d. Other

困境 4

你同一位参与者闹得很不愉快，并且在会后发现自己仍然难过。你的团体带领人伙伴又因为一个重要的约会，不能参加会后小结必须匆忙走掉，但是说明天会打电话给你。当你回到家里时，你仍然恼怒。你的室友发现了这个情况并想知道如何去支持你。你会：

- a) 告诉你的室友因为保密原则你无法和他谈论
- b) 详细地告诉他与该名参与者的整个过程以及为什么你会恼怒，小心地不使用参与者的姓名

c) 分享你的个人反应，关注是什么触发了你

d) 其他

Dilemma 5

Laurie shared in group last week that she is an alcoholic and has recently joined a 12-step program because she really wants to quit drinking. This week she arrives and you are aware of alcohol on her breath. One of the other participants gets up and moves to a seat across the room from Laurie. Do you:

a. Point out to Laurie the contradiction between her stated intention last week and her behavior today

b. Speak to her quietly after group

c. Overlook her condition if she is not disruptive, holding her in the light

d. Other

困境 5

劳里在上一周的聚会中分享了自己有酗酒的问题，最近正在参加一个 12 步戒酒项目，

因为她真的想戒酒。这一周，她来到聚会现场，你发现了她身上的酒味。其他参与者之一起身换到了劳里对面的位置。你会：

a) 指出劳里上周她想要戒酒的决心和这周实际行动之间的互相矛盾

b) 会后温柔地和她单独聊

c) 如果她不具有破坏性，忽略她的情况，眼神关注她

d) 其他

Dilemma 6

Teresa shared in group yesterday that she is in a desperate situation for housing because she has just split up with her significant other, and needs to move out by the end of the week. She asked the group for help finding a place to move, adding that her financial resources are very limited and she's looking for a job. Today you have run into a good friend who is looking for someone to house-sit while she goes to Europe for a month. Do you:

a. say nothing about Teresa's situation to your friend, but call Teresa to let her know of this possibility

b. Tell your friend about Teresa and her situation, and see if she's willing to help

c. Speak about Teresa in vague generalities to explore the possibility of her moving in for the month

d. Other

困境 6

特里萨在昨天的小组分享里说到她目前很糟糕的住房状况，因为她刚和她重要的人分手，要在这个周末前搬出。她希望小组里的人能帮她找一个住的地方，还说她经济紧张并且需要找一份工作。今天，你正好碰到一个好朋友在找一个能在她去欧洲的这一个月里看管房屋的人，你会：

- a) 不告诉你朋友关于特里萨的任何情况，但是打电话给特里萨说有这样一个可能性
- b) 告诉你的朋友关于特里萨的情况，看看你的朋友是否愿意帮这个忙
- c) 大致模糊地谈到特里萨，探索一下她入住一个月的可能性
- d) 其他

Dilemma 7

Rodney and Sylvia didn't know each other before they started coming to the group you facilitate. It has been becoming apparent over the past several months that they like each other. Today they share that they are planning to take a two-week vacation together, and are planning to move in together when they return. Everyone can see that they are very much in love. Do you:

- a. Congratulate them and tell them how happy you are for them
- b. Tell them it's a violation of Center policy for people in a close relationship to be in the same group together
- c. Encourage one of them to join another Center group
- d. Other

困境 7

罗德尼和西尔维娅在开始参加你带的小组之前彼此不认识，在过去几个月很明显他们互相喜欢上彼此。今天他们和大家分享他们计划一起度假二个星期，并打算在度假后回来同居。每个人都看出了他们在热恋。你会：

- a) 由衷恭喜他们并且告诉他们你为他们感到多么高兴
- b) 告诉他们有亲密关系的人同在一个小组违反了中心的政策

c) 鼓励他们其中的一个人参加中心的另外一个小组

d) 其他

Dilemma 8

George says he has a new roommate, a recently divorced man who has a 10 year-old daughter. George says his roommate's daughter visits most weekends, and when they're in the apartment they stay in his roommate's bedroom with the door closed. George thinks she also sleeps in the same bed with her father, because George has seen her in the bed when his roommate has come out to get her a glass of water late at night. George feels very uncomfortable about the situation and thinks he should do something, but he's not sure what. Do you:

- a. Encourage George to report the man to Protective Services
- b. Get enough information so you can report the situation to Protective Services
- c. Discuss the situation with your program director/co-facilitator
- d. Caution George about jumping to conclusions and remind him we're not here to judge others
- e. Other

困境 8

乔治说他有一个新室友，一个刚离婚的并有一个 10 岁女儿的男人，乔治说他室友的女儿大多数周末都会来访，并且当他们在公寓的时候，他们会关上门并待在室友的房间里。乔治认为女儿是和爸爸同睡一张床，因为他曾经看到过当室友半夜出来倒水给他女儿喝时，当时她女儿在床上。乔治面对这样的情况感到很不自在，并且觉得他应该做点什么，但是他又不清楚该做什么。你会：

- a) 鼓励乔治将这名男子上报儿童保护机构
- b) 收集足够的证据之后你可以上报儿童保护机构
- c) 与你的项目管理人/其他团体带领人一同商量此事
- d) 提醒乔治是否草率做出了结论，并且提醒他我们来这里不是要评判他人
- e) 其他

Dilemma 9

You've arrived late and rushed into pre-meeting, forgetting to check your group folder for new intakes. As you walk into the meeting room, you see

- Tony, a client of yours. He apparently has just joined the group. Do you:
- a. Ask him to leave the group
 - b. Excuse yourself from the group
 - c. Pretend you don't know him
 - d. Greet him and tell him how happy you are he's there
 - e. Other

困境 9

你来晚了并且匆忙进入了会前准备，忘记了的检查团体档案查看新成员。当你走进会议室的时候，看到了你的一名客户托尼。他很明显是刚加入小组。你会：

- a) 让他离开这个小组
- b) 自己请求不参加小组
- c) 假装你不认识他
- d) 问候他并表达自己见到他多么开心
- e) 其他

sAttitudinal Healing Compared to Counseling

心态疗愈与心理咨询的对比

Attitudinal Healing Group Characteristics

1. Equality among participants, student/teacher role interchangeable, mutual support
2. Experimental, share common feelings and experience
3. Non-directive, reflective, focus on getting in touch with one's personal needs
4. Recognizing that each person knows what is best for them
5. Emphasis on openness, love, trust and choosing peace instead of fear or conflict
6. Using everyday language
7. Remaining in the present

Traditional Counseling Characteristics

Counselor is often seen as superior, having answers.

May be interpretive and analytical

Sometimes directive, advice given based on theoretical models

May give impression of knowing more about client's feelings than the client

Categories, definitions, and labels

Using psychological terms

Emphasis is often on the past, with concern for the future

心态疗愈小组的特色

1. 每个参与者都是平等的，学生/老师的角色是互换的，彼此相互支持
2. 试验性的，分享相同的感受和经历
3. 非指导性的，回放式的，关注在与个人需求的联结上
4. 认识到每个人都知道自己最适合什么
5. 把重点放在敞开、爱，信任，选择平安而非恐惧和冲突
6. 使用日常语言
7. 保持在当下

传统咨询的特色

通常把咨询师看做高手，认为咨询师知道答案

也许会解读和分析

有时候是指导性的，基于理论模型给出建议

也许给人的印象是咨询师比客户更知道客户的感受

分类、定义及贴标签

用心理学术语

通常把重点放在过去，担心未来

This is a comparison-contrast of Attitudinal Healing with a more traditional approach to counseling. We recognize that many therapists are increasingly adopting a more non-directive approach with their clients, and that in such cases, differences may not be as distinct as presented here.

这是一个关于心态疗愈和较传统的咨询方式的对比。我们认识到现在有许多治疗师在对待客户时，也越来越多地使用非指导性的方式，在这种情况下，可能区别不如以上陈列的那么明显。

Facilitator Agreement

团体带领人协议

1.I have familiarized myself with attitudinal healing and its principles, the group guidelines, and the facilitation model. I commit myself to the intention of practicing and applying attitudinal healing in my life while I am a facilitator.

1.我已熟悉心态疗愈及其原则、团体交流准则以及带领/协调模式。我承诺我的目的是在做带领人时，在我的生活中实践和应用心态疗愈。

2.I commit myself to facilitating for at least one year.

2.我承诺自己会任团体带领人一职至少一年。

3.I have completed the necessary training(s).

3.我已经完成必要的课程培训。

4.I have attended an attitudinal healing group as a participant for at least twelve meetings within a four-month period. I understand I will be a facilitator-in-training for at least three months.

4.我已经在4个月的时间里作为参与者至少参与了12次心态疗愈小组聚会，我了解我会在至少三个月的时间里作为一名见习团体带领人。

5.I will attend two one-day in-services each year. If I am unable to attend, I will make necessary arrangements with the program director.

5.我会每年参与2次一天的全职服务。如果我不能参加，我会与项目管理人作必要的安排。

6.I have read, and agree to cooperate with the Guidelines for Behavior for facilitators (Ethics).

6.我已经阅读，并同意遵守关于团体带领人行为（道德）的准则。

7.I will be on time and attend all pre- and post-meetings for each group I facilitate. I will use the pre-meetings for personal clearing, and post-meetings for giving and receiving feedback from my co-facilitators, addressing any issues that may have arisen with them or participants. I will also use this time for discussion to

improve my facilitation skills and support my co-facilitators in their development.

7. 我会准时参与每一组我担当团体带领人的会前准备，会后总结。我会在会前准备中清理自己，在会后总结中给予并接受来自其他团体带领人的反馈，处理与他们或参与者的任何问题。我也会用这个时间来讨论，以便提高自己的带领技巧，并且帮助其他团体带领人一起进步

8. I will try not to be absent from group except when I am ill or in extreme circumstances, and will give at least 24 hours notice to my co-facilitator and/or program director if I am unable to attend. I will not come to group when I am contagious in any way.

8. 除非我生病或者特殊原因，否则我不会缺席。如果我不能参加，我会至少提前 24

小时告知其他团体带领人和/或者项目管理人。如果我患上传染病，我不会参与小组聚会。

9. I commit to two hours each month in follow-up activity as needed, including networking with group members and/or home and hospital visits.

9. 如有需要，我承诺在每个月中都参加 2 小时的跟进活动，包括与小组成员社交以及/或者家访和医院探访。

10. I will seek one-to-one counseling as needed, to support myself in my own healing. I understand that this is especially important when I feel myself in and emotional or spiritual crisis.

10. 如果有需要，我会寻找一对一的咨询来帮助自己疗愈，我了解这一点在我感觉到自己处在情绪或精神危机时，尤其重要。

11. I will follow-up with a specific number of group participants each week after group, to be determined with my co-facilitators.

11. 我会在每周小组聚会之后，与其他团体带领人共同决定，跟进部分小组参与者。

I have read all the above statements, have had an opportunity to discuss them with my program director, and affirm my understanding and acceptance of them by my signature.

我已经阅读了以上所有内容，同时已经和我的项目管理人讨论过这些内容，我已经了解并接受这些内容，并签字确认。

Signature of Facilitator Date

团体带领人签名:

日期

APPENDIX

附录

Contagious Conditions Policy

传染病情况下的策略

There is usually no special risk of contagious conditions at the Center. This policy was created to further increase the safety of all those involved, since an important concern is protections of people with lowered resistance.

一般来说在中心不会发生传染病的特别危险。这个政策的出台是为了保证创造更安全的环境，因为重要的考量是要保护低抵抗力的参与者。

1. Any participant or staff person with symptoms of active infection (for example: a "cold", rash, diarrhea, cough, fever, sore throat, very dark urine, jaundice, recent onset of fatigue, etc.) should be evaluated first by their own practitioner (physician or nurse practitioner) for a diagnosis and recommendation before attending a Center function. Their practitioner must be informed that they attend Center functions, which could include contact with people who have decreased resistance to infection. It is their responsibilities to have the practitioner make any appropriate recommendations about attendance by note or phone to the person in charge of that particular group. To help protect all concerned, we request that people with active infection(s) not attend Center functions until clearance has been received from their practitioner.

1. 任何参与者或者工作人员有活跃感染症状（比如：感冒、皮疹、腹泻、咳嗽、发烧、

咽喉痛、小便黄赤、黄疸、近期疲劳发作等）需要在参加中心活动前经过相关从业者（医生或者护士）的诊断及推荐。必须告知医生或者护士他们参与中心活动，这些活动可能会接触低抵抗力的人。他们自己有责任让医生或者护士通过便条或者电话告知相应小组

负责人，对参与者的出席提出恰当的建议。为了保护所有相关的人，我们要求有活跃感染症状的人不要参加中心活动，直到取得医生或护士的许可。

2.If they have none of the symptoms listed in (1), persons thought to have HIV/AIDS or the "lymphadenopathy syndrome" are like all other Center participants. If they DO have any of the symptoms listed, or if their practitioner so advises, they should refrain from attending Center activities until approved by their practitioner. Otherwise they are of course, encouraged to attend as any person in need -there is no known risk of contagion from routine contact with a person with HIV/AIDS if they lack the above symptoms.

2. 如果没有任何（1）中所述的症状，被诊断为是携带有艾滋病病毒/艾滋病或者“淋巴结病综合症”的人，和所有其他中心参与者一样。如果他们确实有任何上述症状，或者医生或者护士有相关的建议，他们需要停止参加中心活动，直到取得医生或护士的许可。否则的话当然鼓励他们像任何有需求的人一样，来参加中心活动。如果缺乏上述症状，没有任何已知的证明表示能够通过接触患艾滋病病毒/艾滋病的人员而有风险感染。

3.If questions arise in a particular case, that person should be advised not to attend a Center function until the situation has been clarified with their practitioner and, if necessary, with the facilitator. The final responsibility for participation in any function must rest with the individual participant acting under the advice of their own physician.

3.如果遇到特殊情况，应该建议参与者不要参加中心活动，直到他的情况被医生或者护士或者团体带领人排除。参与者参加中心任何活动的最终责任必须由参与者在听从医师建议的情况下自己去承担。

4.Staff or volunteers visiting participants in the hospital are responsible to determine and observe the hospitals' isolation procedures that may apply in that case. The nursing staff of that hospital knows these procedures. Home visits need not be limited if conditions mentioned in (1) do not exist.

4.工作人员或者志愿者去医院探访参与者时，有责任决定和遵守也许在当时适用的医院的隔离程序。护理人员是知道这些程序的，家庭访问只有在排除（1）的前提下才能允许。

5.It is appropriate to remember that, far from separating us, these precautions will free us to better express the unconditional love which is our purpose and privilege.

5.要时刻记得，这些预防措施不是为了把我们分离开来，而是为了让我们能够更

好地表达无条件的爱，这个是我们的目标和荣耀。

Intake Form and Procedure

申请表和步骤

We have found it very important to conduct telephone intake interviews with people prior to their coming to group. The purpose of the intake is to determine the interest area of the individual, and to review with them the focus of the group and the process. Some people may be more interested in a therapeutic approach, want more problem-solving, or want groups with a specific focus. This is the best way to determine suitability. While we wish to offer support groups to all individuals, we also need to focus on what is best for the group participants. Some individual's behavior may be disruptive to the group process and the goal of the intake process is to effectively offer alternatives to such people.

我们发现在让新成员参与小组活动前，进行申请表的电话访谈是非常重要的。申请表能让我们了解个体的兴趣领域，并且能与他们核对小组的关注点和过程。有些人可能对治疗式的方法更感兴趣，想要解决问题，或者希望小组有具体的关注点。这时最适合决定彼此的匹配度。虽然我们希望为所有人提供小组支持，我们也需要知道什么对小组成员最好。有些个体行为也许会阻碍小组过程，经过申请表这个过程的目的有效地给这些人提供其他的选择。

We also use this interview to determine what group a person might find to be most beneficial. If there are few groups offered this may not be a problem. We determine if someone is life-threatening, supporting a life-threatening person, or whether they are dealing with a physical diagnosis. Recent bereavement is also important to know, as well as "life issues".

我们也通过这个访谈来决定哪一类型的小组对参与者最有益。如果小组组别不多，那就不存在以上的问题。我们要查明一个人是否身患重症，是否在支持一名重症患者，或者是否他们正在面对身体疾病。近期的丧亲以及与生命相关的议题，都是很重要的需要知悉的信息。

Sample Intake Form

Group _____ Date of Intake _____

Date in Group _____ M/F _____ Age/Birthday _____

Name _____ Marital Status: S M D W Sig Other _____

Address _____ Others in home? Y N

City _____ State _____ Zip _____ Info Sent? Y N

Phone H _____ W/C _____ Doctor _____

Diagnoses _____

Have you ever been diagnosed with a mental illness?

If yes, please give the following information:

Therapist name _____

Phone _____ May we contact? Y N

Are you using any medications? Y N If yes, which?

Immediate concerns _____

Comments _____

Intake by _____

申请表样板

小组 _____ 申请时间 _____

参与小组日期 _____ 男性/女性 _____ 年龄/生日 _____

姓名 _____ 婚姻状况: 单身 结婚 离婚 丧偶 分居 其他

地址 _____ 是否有其他家庭成员 是 否

省 _____ 市 _____ 邮编 _____ 是否可以寄信? 是 否

家庭电话_____ 是否坐轮椅_____ 医生_____

个人疾病史_____

是否曾被诊断患有精神疾病? _____

如果是, 请给予以下信息:

治疗师姓名_____

电话_____ 我们可以联系吗? 是 否

是否正在服用药物? 是 否, 是的话, 服用药物名称?

目前最关注的方面_____

意见_____

申请人签名_____

Unless someone has been or is being treated, or feel they should be treated for a mental illness, you need not ask about therapy. The issue is about a diagnosis of mental illness.

一个人除非已经接受治疗或者正在接受治疗, 或者感到他们因为一种精神疾病应该要接受治疗, 你不需要再去问治疗的事。要关注精神疾病的诊断。

Questions are similar for all other groups with specific exceptions. For example, if someone is life-threatening, ask for the diagnosis, date of diagnosis, name of doctor, and some information about their support system. If someone is a caregiver, ask for some information about the person they are supporting, the nature of the diagnosis, etc. For bereavement, ask for their relationship to the deceased, date of death, general support available, etc.

所有其他小组都适用类似问题, 除非有特例。比如, 如果某个人身患重症, 需要了解其疾病诊断, 诊断日期, 医生姓名, 以及他们的支持系统的一些信息。如果某人是护理者, 了

解他们正在支持的人的信息，诊断资料等。对于丧亲的人，了解其与死者的关系，死亡日期，现有的一般支持信息等。

Regarding Mental Illness

The focus of support groups is on attitudinal healing. Our approach is not a substitute for formal therapy and there are some life challenges that we are not equipped to handle. We do ask potential group participants during the intake interview if they have (or have had) a diagnosis of mental illness. We ask this because, for some individuals, a support group may not be sufficient or necessarily appropriate for them. Our desire is to offer each individual the best support available - for some, this may be something other than group participation. By asking for this information, we can determine the appropriateness of their group participation. We also ask for the name of their therapist or doctor, with their permission, to be able to contact the person(s) for more information if we feel it is necessary. It is important to note that this is usually an exception; however, it is a procedure that is helpful to keep in mind.

关于精神病

支持小组的重点在于心态疗愈。我们不能替代正规疗法，并且有些生命挑战我们也没有能力应对。我们在申请访谈中获悉参与者是否被诊断为精神疾病的信息。我们了解这个是因为对于某些个体来说，一个支持小组也许不够，或者对他们不合适。我们的目的是给每个人提供现有的最好的支持——对于一些人来说，这可能是除小组参与之外的帮助。在了解到以上信息的情况下，我们可以决定他们参与小组是否恰当。如果我们觉得有必要，我们也可以了解他们治疗师或医生的姓名，在小组成员同意的前提下，联系他们的治疗师或医生去了解更多的信息。重要的是要知道经常会有例外发生，但是记着这些步骤能够帮到我们。

Facilitator Prayer

I am here only to be truly
helpful.

I am here to represent You who
sent me.

I do not have to worry about what to say or
what to do because You will direct me.

I will be healed as I let You teach
me to heal.

- adapted from A Course in Miracles

团体带领人的祷告词

我来到这里只是为了真正帮上忙
我来到这里是为了代表派遣我的那一位
我不需要担心自己该说什么或者该做什么
因为派遣我来的那一位自会指点迷津
当我允许你教导我疗愈时，我必会得到疗愈
——节选自《奇迹课程》

Clarifying Attitudes on Death

明确对死亡的态度

All facilitators working with people who are life-threatened are asked to investigate their own feelings about death and dying, including making arrangements for their own funeral or memorial service. The following is a sample exercise.

所有服务于重症人员的团体带领人需要探索他们自己对于死亡和濒临死亡的感受，包括如何安排自己的葬礼或者悼念活动，以下是一个练习的案例。

Circle the best answer for each question.

圈出对每一个问题最符合的答案

1. To the best of your memory, at what age were you first aware of death?
 - a. Under 3

- b. 3 – 5
- c. 5 -10
- d. 10 or older

1. 尽可能回忆，在几岁的时候你第一次意识到了死亡？

- a) 3 岁以下
- b) 3-5
- c) 5-10
- d) 10 岁或大于 10 岁

2. When you were a child, how was death talked about in your family?

- a. Openly
- b. With some sense of discomfort
- c. Only when necessary, and then with an attempt to exclude children
- d. As though it were a taboo subject
- e. Do not recall any discussion

2. 当你是小孩时，你的家人对死亡的描述是？

- a) 敞开的
- b) 带着一些不适感
- c) 只有必要时才被提及，而且试图避免小孩在场
- d) 就像这是一个禁止讨论的话题似的
- e) 回忆中没有讨论过

3. Which of the following best describes your childhood conceptions of death?

- a. Heaven and Hell concept
- b. Afterlife
- c. Death as sleep
- d. Cessation of all physical and mental activity
- e. Mysterious and unknowable
- f. Something other than the above
- g. No conception Can't remember.

How often do you think about your own death?

- a. Very frequently (at least once a day)
- b. Frequently

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- c. Occasionally
d. Rarely (no more than once a year)
e. Very rarely or never
5. Has there been a time in your life when you wanted to die?
a. Yes, mainly because of great physical pain
b. Yes, mainly because of great emotional pain
c. Yes, mainly to escape an intolerable social or interpersonal situation
d. Yes, mainly because of great embarrassment
e. Yes, for a reason other than above
f. Never
6. What does death mean to you?
a. The end - the final process of life
b. The beginning of a life after death
c. A joining of the spirit with the universal cosmic consciousness
d. A kind of endless sleep - rest and peace
e. Termination of this life, but the survival of the spirit
f. Don't know
g. Other (specify)_____
7. What aspect of your own death is the most distasteful to you?
a. I could no longer have any experiences
b. I am afraid of what might happen to my body after death
c. I am uncertain as to what might happen to me if there is life after death
d. I could no longer provide to my relatives and friends
e. It would cause grief to my family and friends
f. All my plans and projects would come to an end
g. The process of dying might be painful
h. Other (specify)_____
8. In your opinion, at what age are people most afraid of death?
a. Up to 12
b. 13-19
c. 20-29
d. 30-39
e. 40-49
f. 50-59
g. 60-69
h. 70 or older
9. What is your belief about the causes of most deaths?
a. Most deaths result directly from the conscious efforts by the person who

died

- b. Most deaths have strong components of conscious and unconscious participation by the person who died (in their habits and use, misuse, nonuse, or abuse of drugs, alcohol, medicine, etc.)
- c. Most deaths just happen - they are caused by events individuals have no control over
- d. Other (specify)_____

3. 以下哪种描述最符合童年时你对死亡的理解？

- a) 天堂和地狱的概念
- b) 来世
- c) 死亡就如睡觉
- d) 停止所有身心的活动
- e) 神秘并未知
- f) 与以上描述不同
- g) 没有概念
- h) 记不住

4. 你想到自己死亡的频率？

- a) 非常频繁（至少一天一次）
- b) 较频繁
- c) 有时候
- d) 很少（一年最多一次）
- e) 极少或者没有

5. 你生命中是否曾经有过想死的念头？

- a) 是的，主要是因为身体巨大的疼痛
- b) 是的，主要是因为情感巨大的伤痛
- c) 是的，主要是想逃离一种无法忍受的社交和人际关系
- d) 是的，主要是因为巨大的羞辱
- e) 是的，因为一个其他原因
- f) 从来没有

6. 死亡对你意味着什么？

结束——人生的最后一步

- a) 死后是另外一生的开始
- b) 与宇宙精神意识的结合
- c) 一种无止尽的睡眠——休息和安息
- d) 此生的终结，但是灵魂会存活
- e) 不知道
- f) 其他（请阐述） _____

7. 你自己死亡的哪一个层面是你最厌恶的？

- a) 我不能再有任何经历
- b) 我担心死亡后身体会发生什么变化
- c) 如果死后有来世，我不确定什么会发生在我身上
- d) 我不能再赡养我的家人亲戚和朋友
- e) 会让我的家人和朋友悲痛
- f) 我所有的计划和项目都将停止
- g) 死亡的过程也许会痛苦
- h) 其他（请阐述） _____

8. 你认为，人们在哪个年龄段最害怕死亡？

- a) 12 岁和以前
- b) 13-19
- c) 20-29
- d) 30-39
- e) 40-49
- f) 50-59

g) 60-69

h) 70 岁或者大于 70 岁

9. 你认为造成大多数死亡的原因？

a) 大多数死亡是因为死者有意识的行为导致

b) 大多数死亡由死者强烈的有意识和无意识的行为导致（他们的习惯、使用/错用/不用/滥用药品、酒精、药物等）

c) 大多数死亡就这么发生了——他们是由个人无法控制的事件造成的

d) 其他（请阐述）_____

10. When you think of your own death (or when circumstances make you realize your own mortality), how do you feel?

a. Fearful

b. Discouraged

c. Depressed

d. Purposeless

e. Resolved, in relation to life

f. Pleasure, in being alive

g. Other (specify)_____

11. How often have you been in a situation in which you seriously thought you might die?

a. Many times

b. Several times

c. Once or twice

d. Never

12. For what or whom might you be willing to sacrifice your life?

a. For a loved one

b. For an idea or moral principle

c. In combat or grave emergency where a life could be saved

d. Not for any reason

13. If you had a choice, what kind of death would you prefer?

a. Tragic, violent death

b. Sudden, but not violent death

- c. Quiet, dignified death
- d. Death in the line of duty
- e. Death after a great achievement
- f. Suicide
- g. Homicide victim
- h. There is no "appropriate" kind of death
- i. _____ Other
(specify)

14. If it were possible, would you want to know the exact date on which you are going to die?

- a. Yes
- b. No

15. If your physician knew that you had a teternal disease and a limited time to live, would you want him/her to tell you?

- a. Yes
- b. No

c. Depends on the circumstances

10. 当你想到死亡时（或者当环境让你意识到自己的死亡时），你的感受如何？

- a) 害怕
- b) 失去勇气
- c) 抑郁
- d) 无意义
- e) 对生命下定决心
- f) 开心，自己还活着
- g) 其他（请阐述） _____

11. 你多久会很认真地想到自己可能会死？

- a) 很多次
- b) 有几次
- c) 一或二次
- d) 从不

12. 为了谁或者什么事你愿意牺牲自己的生命？

- a) 为了一个爱人
- b) 为了一个理念或者道德准则
- c) 在可以拯救生命的战斗中或紧急情况下
- d) 不为任何原因

13. 如果你有选择，哪种死亡方式是你所希望的？

- a) 悲剧的，暴力死亡
- b) 突然的，但非暴力死亡
- c) 安静的，庄严的死亡
- d) 为了职责而献身
- e) 在完成某一壮举之后死亡
- f) 自杀
- g) 凶杀
- h) 没有一种“合适的”死亡方法
- i) 其他（请阐述）_____

14. 如果有可能，你会想知道自己死亡的具体时间吗？

- a) 是
- b) 否

15. 如果你的医生诊断出你得了绝症，只有有限的生命时间，你会希望他/她告诉你吗？

- a) 是
- b) 否
- c) 依情况而定

16. If you were told that you had a terminal disease and a limited time to live, how would you want to spend your time until you died?

- a. I would make a marked change in my lifestyle; satisfy hedonistic needs such as travel, sex, drugs, other experiences
- b. I would become more withdrawn and spend more time reading, contemplating or praying
- c. I would shift from my own needs to a concern for others (family and friends)
- d. I would attempt to complete projects and tie up loose ends

- e. I would make little or no change to my lifestyle
- f. I would try to do one very important thing
- g. I might consider committing suicide

17. To what extent do you believe that suicide should be prevented?

- a. In every case
- b. In all but a few cases
- c. In some cases, yes; in others, no
- d. In no case - if a person wants to, society has no right to stop him/her

18. How important do you believe mourning and grief rituals (such as wakes or funerals) are for the survivors?

- a. Extremely important
- b. Somewhat important
- c. Undecided/don't know
- d. Not very important
- e. Not important at all

16. 如果你被诊断出绝症，只有有限的生命时间，你会选择如何度过剩下的时间？

- a) 我会极大地转变我的生活方式；满足我的享乐需求比如旅游、性爱、麻醉药品和其他体验
- b) 我会更沉默寡言，花更多的时间看书，冥想或者祷告
- c) 我会从我自己的需求转到关注他人（亲朋好友）
- d) 我会努力完成项目，做完扫尾工作
- e) 很小或者没有任何生活方式的改变
- f) 我会做一件很重要的事
- g) 我可能会选择自杀

17. 在何种情况下，你认为自杀应该被阻止？

- a) 在任何情况下
- b) 在大部分情况下除非特殊原因
- c) 在一些情况下可以，一些情况下不可以
- d) 都不允许——如果一个人想要自杀，整个社会没有权利阻止他/她

18. 你认为对于生还者来说，丧祭和悼念仪式（比如守夜或者葬礼）有多重要？

- a) 非常重要
- b) 有一些重要
- c) 没有做出决定/不知道
- d) 不是很重要
- e) 一点也不重要

Planning My Funeral

计划我的葬礼

The two events that all of us will experience in our lifetimes, without exception, are birth and death. The following questions are listed to assist you in planning, or at least beginning to think about planning, your funeral.

每个人毫无例外在人生中会经历两件事，出生和死亡。以下问题会帮助你计划，或是至少开始思考去计划自己的葬礼。

1. Would you prefer to be buried or cremated? If cremated, how should your family/friends dispose of your ashes?
2. If you are buried in a casket, what will it be made of? How do you want to be dressed?
3. Who will be your pall bearers?
4. Where will the funeral or memorial service be held?
5. What kind of flowers do you want? Balloons?
6. Are there any particular religious practices to be followed?
7. Who will speak at your funeral/memorial? Do you have anything you would like for them to say?
8. Do you have any favorite music you want played?
9. Do you have any favorite poems or prose you want read?
10. What do you want inscribed on your tombstone?
11. Do you have any memorials to bestow, or any charities you would like donations to be sent to?
12. Write your obituary. Write it any way you want and say whatever you wish to be said about you (one or two paragraphs).

1.你宁愿土葬还是火葬？如果是火葬，你的家人/朋友应该如何处理你的骨灰？

2.如果你被装在棺材里，你希望棺材的材质是什么？你希望如何被打扮好？

3.谁是你的抬棺人？

4. 葬礼或者悼念仪式在哪里举行？
5. 你希望摆放哪种花？气球呢？
6. 有什么特殊宗教仪式需要遵循吗？
7. 谁会在你的葬礼/悼念仪式上发言？你想要他们说什么吗？
8. 你想要播放什么特别喜爱的音乐吗？
9. 你想要什么特别喜爱的诗或者散文被诵读吗？
10. 你希望墓碑上刻什么？
11. 你想要赠与仪式，或者想要捐赠给某慈善组织吗？
12. 写下你的讣告，以你任何想写的方式，说出任何你希望被他人记住的内容（一或两段）。

Recommended reading:

Living with Death and Dying by Elizabeth Kubler-Ross

A Gradual Awakening by Stephen Levine

Who Dies? by Stephen Levine

A Manual of Death Education and Simple Burial by Ernest Morgan 推荐阅读：

《与死亡共处和濒临死亡》 伊丽莎白·库布勒-露丝

《逐渐觉醒》 史蒂芬·拉维

《谁死了？》 史蒂芬·拉维

《关于死亡教育与简单葬礼的指南》 欧内斯特·摩根

备注页