

ASCA-San Francisco Meeting Format – Rotation C script

March 2017

1 Co-Facilitator One

Good evening (morning or afternoon) and welcome to ASCA. My name is _____ and I will be the Co-Facilitator for this meeting along with _____.

As we begin our meeting let us pause for a moment of silence to reflect on what we are feeling and what we want to accomplish here today.

(Pause for about 30 seconds.)

The purpose of ASCA is to bring together within a nurturing and supportive community we who were abused as children either physically, sexually or emotionally. Our meetings empower us to transform our identities from victims to survivors to thrivers.

We will now pass around the Telephone Support Sign Up List. Signing the list is completely voluntary.

(If there are new people explain what the list is.)

2 Co-Facilitator Two

By participating in this meeting we all agree to honor and abide by the guidelines contained in the Welcome to ASCA Handout, the philosophy and spirit of ASCA as well as any interventions made by the Co-Facilitators. The Welcome to ASCA handout describes

important information concerning how to safely participate in our meeting and how to maximize your experience.

Also by participating in this meeting we all agree to refrain from cross-talk.

Cross-talk is defined as engaging in direct dialogue with someone or referencing someone else in the group--- whether during your own share or at any other time. It also includes referring to the content of another person's share. The only exception to this rule is the brief period following a presenter's share if the speaker chooses to receive supportive feedback from the group.

Who would like to volunteer to read the ASCA Meeting Guidelines?

(Pause to see if anyone volunteers. If no one volunteers Co-Facilitator will read the guidelines.)

ASCA Meeting Guidelines

Please remember that we all bear responsibility to keep this meeting helpful and safe.

Do:

Show respect for each other and for the group.

Stick only to the requested feedback categories.

Speak about your own feelings/experiences and use 'I' statements.

Stay focused on the step or topic.

When in doubt tone down your comments or ask for clarification from the Co-Facilitators.

Don't:

Don't shout or use excessive profanity in the group.

Don't use 'should' statements.

Don't criticize, belittle, attack or 'tease' anyone in the group.

Don't try to psychoanalyze or 'take another person's inventory'.

Don't interrupt another speaker or have side conversations.

In addition to our Do's and Don'ts we ask that you observe the same guidelines as all ASCA meetings.

- ◆ Please try to join on time and remain until the conclusion of the meeting. Leaving the meeting early is disruptive to follow participants.
- ◆ ASCA meetings are exclusively for adult survivors of physical, sexual or emotional childhood abuse and neglect.
- ◆ This is an anonymous meeting. Only first names are used.
- ◆ What you hear today is told in confidence and should not be repeated outside this meeting.
- ◆ We ask that no one attend our meeting under the influence of alcohol or drugs unless it is a physician-prescribed medication.
- ◆ ASCA meetings are not intended for survivors who are currently perpetrating abuse on others or pets. Talking about past or present perpetrator type behavior is not permissible.

- ♦ Language that is considered derogatory concerning race, gender, ethnicity, religion, sexual orientation or other minority status is unacceptable in the meeting.
- ♦ By participating in this meeting we all agree to abide by the spirit of ASCA, our guidelines and any interventions by the Co-Facilitators.

1 Co-Facilitator One

We, the Co-Facilitators, are responsible for maintaining safety and will intervene if the guidelines or meeting procedures are crossed. If you disagree with or have a question about an intervention by a Co-Facilitator please wait to discuss the matter with the Co-Facilitator after the meeting.

(Check the door for late comers.)

We will now read aloud our Statement of Philosophy. There are four paragraphs and we would like a reader to start with the first paragraph then pass the Statement to the next person. If you are handed the Statement but don't wish to read say 'Pass' and hand the Statement to the next person.

Volunteer Reader One---

Statement of Philosophy.

We are here today to face our past and reclaim our lives as survivors of childhood abuse. We know intuitively or objectively that we were physically, sexually or emotionally abused and neglected as children. We believe that our abuse has affected who we are as adults today. We are determined to remake our lives by taking back what was

taken from us--- our innocence, our power, our right to determine who we are and how we will live in the world.

Volunteer Reader Two

We hold our abusers responsible for the abuse whomever they may be for we, as children, wanted only their love. We hold that only we are responsible for our lives as adults. We accept that recovery involves discussing the memories of our abuse. We believe that there is power in remembering despite the pain that it will bring. We accept that we cannot do this alone. We need the help of others to transform the shame into self-compassion, self-empowerment and self-acceptance.

Volunteer Reader Three

We believe that everyone has their own unique story to tell. We pledge to listen to every member's efforts to remember, grieve and heal. We will offer respect, support and hope to help challenge the self-judgements, self-criticism and self-blaming that holds us hostage to our past. We will hold in confidence what we hear of others' most vulnerable secrets. We will allow everyone to take the lead in deciding what the past means for them.

Volunteer Reader Four

We are prepared to commit our hearts, our minds and our spirit to change our lives. We understand that we as children were victims. We believe that today, as adults, we are survivors. We trust that tomorrow with recovery we will live as thrivers. We pledge today to stand together united in our best efforts to heal from the past. We

make this pledge to ourselves in the company of our peers on this day forward.

(Check the door.)

2 Co-Facilitator Two

In Today's meeting we will concentrate on Topic _____. Would someone like to volunteer to read the section on this topic from the C Reader?

(If no one volunteers either of the Co-Facilitators reads the material.)

2 Co-Facilitator Two (continues)

Thank you for reading today's topic.

(If someone has volunteered to be the presenter)

(Name of volunteer)_____ has volunteered to be our presenter for this meeting and will have 15 minutes to share.

(Or)

Who would like to be our 15 minute presenter today?

(Wait to see if anyone volunteers. If not, move on to the tag shares portion of meeting. If someone DOES volunteer say)

Thank you for being our presenter today.

(If no one has already volunteered to be time keeper say)

Do we have a volunteer to be the time keeper today? (Pause.) If not I will be the time keeper.

(If someone volunteers or has already volunteered say)

(Name of time keeper)_____ has volunteered to be the time keeper and will let you know when you have one minute remaining in order to wrap up your share. Thank you for being our presenter today.

(Presenter shares up to 15 minutes.)

1 Co-Facilitator One

Thank you for your share _____. Do you want to receive some feedback from the group, and if so what type of feedback would you like? Remember we have two types of feedback: Supportive and Resources.

(If the presenter responds that s/he wants feedback from the group proceed accordingly. If not then skip to the tag shares part that begins with--- 'We will not have the tag share part---')

Since _____ has indicated that s/he would like some feedback from us, I want to remind everyone to stick only to the type of feedback our presenter requested.

Each person who wants to offer feedback will have a maximum of one minute. The time keeper will let you know when your time is up. The presenter_____ will choose from among those who raise their hands. Also, remember that the receiver of feedback may discontinue the feedback process at any time.

Remember that this is NOT a time to give a mini-share about yourself. It is also NOT a time to offer advice or psychoanalyze what the person said. It is an opportunity to say something supportive directly to the person who just shared. If you are new to our meeting please review the information in the Art of Supportive

Feedback found in your Welcome to ASCA Handout. Remember that our feedback is for _____'s benefit. Our feedback is most helpful when direct, clear and focused. Before proceeding does anyone have a question concerning what a supportive comment entails?

2 Co-Facilitator Two

One final thing about receiving feedback: It can be a pretty powerful experience. See if you can just listen and take it in without commenting back. This includes saying, "thank you". Once the feedback time is up the speaker will have an opportunity to comment on how you are feeling before we move on to the tag share part of the meeting.

Let us take a few moments to gather our thoughts and feelings before the feedback process begins. (Pause for 15 seconds.) Who would like to offer _____ some supportive feedback?

(After the feedback process is ended.)

1 Co-Facilitator One

Thank you everyone. That is all the time we have to offer feedback. You can offer additional supportive feedback after the meeting.

_____, would you like to take a few moments to share with us how you are feeling having just heard the feedback?

(Allow the presenter to share their feelings for about 1 -2 minutes. If presenter does not want to share say Thank you and go to tag shares. If presenter does share at the end say Thank you and go to tag share.)

(Check the door. This is the last door check and meeting signs posted on the outside of the door should now be taken down.)

2 Co-Facilitator Two

We will now have the tag share part of our meeting. This means that the first volunteer picks the second speaker from among the people who raise their hands. And the second speaker then picks the third speaker. And so on until our time is up. Remember there is no feedback for tag shares in Rotation B or C meetings. If you want to give someone feedback you can do so after the meeting.

For the tag share we ask that you limit your shares to ____ minutes or less so that as many people as possible can have an opportunity to speak. The timekeeper _____ will let you know when you have one minute remaining; you will then have one minute in order to wrap up your share.

1 Co-Facilitator One

There is no crosstalk allowed during the tag share part of our meeting. Crosstalk is defined as referring to another person in the group in any way or commenting on another person's share.

Again, if you want to respond directly to a speaker please wait to do so in a respectful manner after the meeting.

2 Co-Facilitator Two

In today's meeting we are concentrating on the topic _____. (Read the topic.) We encourage everyone to focus their shares on this topic but if you need to share something else that is OK as well.

1 Co-Facilitator One

Before starting our tag shares let us pause for a moment to gather our thoughts and feelings concerning what we want to share.

(Pause for a few moments.)

Do we have a volunteer to start the tag sharing?

(Co-Facilitator One selects a volunteer from among those who raise their hands to start the tag shares.)

(When tag share time is concluded Co-Facilitator Two picks up.)

2 Co-Facilitator Two

Thank You. That is all the time we have for now. We will pass around the Telephone Support List again. We are also going to pass the basket for contributions. The suggested donation of ten dollars is used for our room rent, our Meet Up subscription and other meeting costs. This amount is suggested and not required.

As we begin to close our meeting we want to give anyone who wishes to do so an opportunity to make a brief comment of 20 seconds or less on how they are feeling. Remember, just a few words on how you feel as we prepare to go out into the ordinary world. No mini shares or critiques of the meeting please. Just feelings. I will begin and we will go round the circle to my left. If you do not wish to speak just say pass.

(Co-Facilitator Two begins then gestures to the next person on the left. After feelings are shared Co-Facilitator Two continues.)

2 Co-Facilitator Two

Next week will be a Rotation A open topic meeting. It will be an all share meeting so we will not have a 15 minute presenter. Everyone who shares at the meeting may ask for supportive feedback if they want it.

Are there any ASCA announcements or other announcements?

(Here announcements can be made. Also this moment can be used for education. People can make suggestions about books, therapies etc. The moment can also be used to remind people about meeting guidelines if any were crossed.)

(Pass out copies of Closing Statement if not already in the Welcome to ASCA Handout.)

1 Co-Facilitator One

It is our tradition to recite our Closing Statement together.

We have come together to face our past, united in survival, determined to rebuild our lives by healing the pain and transforming our shame.

We will find comfort in our safe places wherever they may be. Feelings can be felt. Memories can be recalled and sensations can be soothed.

We close our meeting now with renewed faith in our power, armed with self-knowledge, fed by our strength drawn from survival, empowered by the challenge of change and graced with a sense of hope for what our future can be.

Please join us again next week. Thank you for your participation and support.

Remember that you may be feeling very tender and vulnerable after a meeting like this. So be very gentle in all your interactions--- especially with yourself.