

The Right Kind of Support:

Practical Tips & Tools for Walking
Alongside Those in Need



A few reminders:

- 1 Submit your questions through the chat pod.
- 2 Feel free to turn your comments off if you prefer not to be interrupted throughout the webinar.
- 3 Check your email later today for a copy of these slides and a replay of this webinar.



Meet your experts



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Onsite Clinical Director



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Two Very Different Definitions of Support:

“a source of comfort
or encouragement”

vs.

“bearing the weight of”



4 Pitfalls of Offering Advice and Being a Fixer

1 Minimizing Feelings

2 Sacrificing Yourself

3 Disempowering Others

4 Creating a Rift in a Relationship

#1 Most Important Thing You Can
Do For Others: *Take care of yourself.*

4 Reminders:

1 You can't give what you don't have.

2 Boundaries may hurt but they don't harm.

3 Supporting someone is empowering; doing it for them is disempowering.

4 Take care of yourself.



6 Ways to Support Your Friends and Family Members:

1. See Them
2. Hear Them
3. Value Them
4. Empathize with Them
5. Validate Them
6. Get Clarity on What They Want/Need from You

Questions to Ask to Gain Clarity:

“Are you looking for advice or just space to process?”

“Are you open to feedback?”

“What would make you feel supported?”

“What options are you contemplating to move through this?”



Helpful Phrases that Show Support:

“Thank you for sharing. I can understand...”

“Tell me more about that.”

“I can imagine that feels _____.”

* Helpful Phrases
that Reinforce
Your Boundaries:


“I would love to talk more about this with you. Can you speak at _____time tonight?”

“I hear you asking for _____ and I’m not in a place to give you that right now.”

“I believe in your ability to find a solution.”

“I care about you and am here for you, but I think this problem might be out of my depth.”

Signs Someone Might Need Professional Help:



They are a danger to themselves or others.



Their physical, mental, or emotional health is deteriorating.



They are asking you to step into a role that is outside the scope of your expertise, capacity or comfort.



They are finding themselves in cyclical patterns.

* Helpful Phrases
that Suggest
Additional Help:



“This sounds particularly challenging. In my life, it has been beneficial to talk to someone with experience with these situations.”

“I love you and am here for you, but I don’t have the expertise to help you navigate this. Would you consider talking to a professional?”

“Are you open to a suggestion? Have you considered getting outside support from a counselor, coach, or therapist?”

“I’d love for you to get the support you need. Can I make some calls with you?”



Milestones is a one-of-a-kind holistic and specialized residential experience on our campus in Cumberland Furnace, Tennessee.

Our innovative and integrative program offers you variable lengths of stay from 30 to 90 days based on your needs. If you are suffering from trauma and its effects, **Milestones is a sanctuary of hope and healing.**

✦ **Living Centered Program** covers the fundamentals that keep so many of us stuck. Whether you are actively struggling, looking to expand self-awareness, or hoping to catalyze growth this program helps identify what might be getting in the way.

✦ **Healthy Love & Relationships** helps address the core wounds that drive self-sabotaging behaviors and the need for approval that continues to disrupt relationships.

✦ **Healing Trauma Program** provides the tools to reconnect with the body, regulate the nervous system, and reclaim agency over your life after trauma.





* Questions for the experts

Submit your questions through the chat pod.



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