



Important Documents and Links

This document provides quick access to the key documents and forms needed to **start, run, list, and update** a Tribe of the Restored Warriors / PTG peer group.

Questions or Need Group Support?

For general questions about PTG Groups, please contact:

- **Travis Gribble, National PTG Group Coordinator**
travis.gribble@bouldercrest.org
- **Dr. Benjamin Iobst, National PTG Group Advisor**
biobst@bticonsultingservice.com

For questions about a specific group, please use the direct contact listed in the PTG Group Directory.

Key Documents and Forms

1. PTG Group Meeting Manual

Core guidance for starting and running a PTG group, including structure, format, facilitation, and group expectations.

Link:

<https://bticonsultingservice.com/torw>

2. PTG Group Reference Sheets

Support materials for facilitators to guide discussion and reinforce PTG principles.

Link:

<https://bticonsultingservice.com/torw>

3. PTG Group Directory

A listing of active PTG groups for veterans, first responders, families, and supporters.

Link:

<https://bticonsultingservice.com/ptg-group-listing>

4. Submit a Meeting

Submit a new PTG group for review and possible directory listing.

Link:

<https://bticonsultingservice.com/ptg-group-listing>

5. Submit Quarterly Update

Update group status, attendance, topics covered, and any support needs.

Link:

<https://bticonsultingservice.com/ptg-group-listing>

Recommended Use

Review the **Meeting Manual** and **Reference Sheets** before starting or facilitating a group. Once active, submit the group to the directory and complete quarterly updates to keep information current.

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POSTTRAUMATIC GROWTH (PTG) GROUP Start-Up Guide (Fillable)

PTG Groups exist to give Veterans and First Responders a place to continue growing together in community. This start-up guide is a supplemental aid for creating a sustainable, peer-led PTG Group in alignment with the full PTG Group Meeting Guide and Facilitator Manual.

HOW TO CREATE A GROUP

1. Gather Committed Core Members

- ☐ Identify 3–5 committed Veterans or First Responders

Core Member 1 Name:

Core Member 2 Name:

Core Member 3 Name:

Core Member 4 Name (if applicable):

Core Member 5 Name (if applicable):

- ☐ Ensure all core members understand that the purpose of the group is Posttraumatic growth — not therapy
- ☐ Confirm commitment to confidentiality
- ☐ Establish agreement on growth-centered dialogue
- ☐ Clarify that meetings are always free and volunteer-led

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2. Review the Meeting Guide

- ☐ Review the complete PTG Meeting Guide together
- ☐ Discuss the founding principles
- ☐ Discuss boundaries and non-negotiables
- ☐ Review higher-risk situation protocols
- ☐ Confirm understanding of crisis referral procedures

3. Secure a Donated Space

- ☐ Identify a free, consistent donated space

Secured Donated Space Location:

Address:

Primary Contact Person:

Contact Phone/Email:

- ☐ Ensure the space is private and quiet
- ☐ Arrange chairs in a circle or open arrangement to reinforce equal voice and shared ownership
- ☐ Confirm reliable week-to-week access

4. Set a Weekly Time

- ☐ Choose a consistent day and time

Weekly Meeting Day:

Weekly Meeting Time:

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- ☐ Maintain a regular weekly meeting cadence
 - ☐ Communicate clearly with members and maintain consistency whenever possible

5. Confirm Facilitator Readiness

- ☐ Veteran or First Responder
- ☐ Emotionally regulated
- ☐ Understands Posttraumatic growth principles
- ☐ Protects confidentiality
- ☐ Can redirect trauma loops toward meaning-making and growth

Primary Facilitator Name:

Backup/Co-Facilitator Name:

Start small. Build consistency first. Culture grows from commitment.



POSTTRAUMATIC GROWTH (PTG) GROUP Weekly Facilitation Guide (Fillable)

PTG GROUP FACILITATOR SHEET

Weekly Meeting Guide and Checklist

Duration: 60 to 90 minutes

Purpose: To provide Veterans and First Responders with a safe, supportive environment to explore Posttraumatic Growth (PTG). Adaptations are allowed as long as the group's founding principles are respected.

Note: Groups are volunteer-led, held in donated spaces, and always free of charge. No individual or organization owns the group; it belongs to the collective.

BEFORE THE MEETING

- ☐ Set up chairs in a circle or similar arrangement to promote connection
- ☐ Have the weekly reflection or reading ready
- ☐ Keep the Closing Statement and Tribe Pledge available to read
- ☐ Prepare any printed materials if needed
- ☐ Be ready to reinforce the mission: growth, not therapy

Selected Reading / Reflection Topic:

Domain Focus (if topic-based):

1. WELCOME THE GROUP (5 minutes)

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Facilitator Opening

Read:

“This is a closed Veterans and First Responders Posttraumatic Growth group. Attendance is limited to Military Veterans and First Responders, both current and former, as well as select supporters approved by the group.

The purpose of this group is to transform our struggles into strength and find purpose in our battles, sharing each other’s joys, perspectives, and triumphs in the aftermath of our struggles. Please keep shares focused on growth, not on being stuck in the past.

Please do not share who attends or what is discussed outside of this meeting. If you are struggling, please let us know so we can help.

Keep up the good fight!”

Welcome Checklist

- ☐ Welcome members
- ☐ Reinforce confidentiality
- ☐ Restate mission: growth-centered, not therapy
- ☐ Emphasize equal voice
- ☐ Remind members: advice only when invited

2. REVIEW GROUND RULES

Facilitator Review

- ☐ Avoid cross-talk or giving advice unless asked
- ☐ Share your own experiences; your story has value
- ☐ Keep shares to 3-5 minutes to allow everyone to share.
- ☐ Avoid political discussions
- ☐ Rank and roles are left at the door
- ☐ Harsh language is acceptable but never directed at one another
- ☐ Do not encourage self-destructive behaviors
- ☐ Arrive on time when possible

You can summarize this as:

“Please share from your own experience. Avoid cross-talk or giving advice unless asked. Avoid political discussions. Rank and roles are left at the door. Harsh language may occur, but never directed at one another. Keep the conversation growth-centered. What is said here stays here.”

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3. INTRODUCTIONS

- ☐ If no new members are present: skip
- ☐ If new members are present: complete introductions

Introduction Prompt

Veterans/First Responders:

State your name and how you served.

Supporters:

State your name and reason for attending.

- ☐ If a supporter's presence is not appropriate for the group, kindly ask them to leave

4. OPENING DISCUSSION

Facilitator Prompt

Ask:

“Does anyone have a growth challenge or reflection from this week they’d like to talk about today?”

Opening Discussion Checklist

- ☐ Allow space for brief check ins
- ☐ Members share by first giving their first name, then their thoughts
- ☐ Groups may incorporate a brief grounding practice, meditation practice or educational segment into opening discussion if they choose
- ☐ Keep shares focused on growth, meaning-making, lessons, and movement forward

5. MAIN MEETING FORMAT

Choose one type of meeting (rotate weekly, group vote, or facilitator's choice):

Option A: Weekly Reflection Meeting

- ☐ Use an official weekly reflection from the manual or a member's PTG-based reflection
- ☐ Keep shares focused on meaning-making and growth, not graphic detail or trauma processing
- ☐ Pick a reflection by week of the year or random number 1–52

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- ☐ Read it aloud
- ☐ Members share reflections
- ☐ Each member begins by stating their first name, then their thoughts

Facilitator Focus:

- ☐ Redirect if discussion becomes stuck in negativity
- ☐ Redirect if members drift into war stories or graphic trauma detail
- ☐ Re-center on meaning-making and growth

Option B: Reading Meeting

- ☐ Read a short excerpt from a PTG-focused book (e.g., *Struggle Well*, *Restoring the Warrior*, *Transformed by Trauma*).

- *Struggle Well*
- *Restoring the Warrior*
- *Transformed by Trauma*

- ☐ Members share their reflections
- ☐ Each member begins by stating their first name, then their thoughts

Facilitator Focus:

- ☐ Use gentle redirection if the discussion strays
- ☐ Bring discussion back to growth and application

Option C: Topic-Based Meeting

- ☐ Pick a topic that relates to PTG such as:

- Increased personal strength
- New possibilities
- Deeper relationships
- Appreciation for life
- Existential change

- ☐ Members share their thoughts and experiences around this topic
- ☐ Each member begins by stating their first name, then their thoughts

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Facilitator Focus:

- ☐ Redirect if discussion becomes stuck in negativity
- ☐ Redirect if it drifts into war stories
- ☐ Redirect if discussion loses focus
- ☐ Keep the group focused on growth, insight, and forward movement

Key Discussion Notes

6. REDIRECT COMMON CHALLENGES**Facilitator Checklist**

- ☐ Redirect trauma dumping / war stories toward growth and meaning
- ☐ Use structured rounds if one person dominates
- ☐ Interrupt political/ideological drift and re-center the mission
- ☐ Re-focus if conversation becomes advice-heavy without invitation
- ☐ Conduct personal outreach if attendance drops
- ☐ Revisit the 12 Guiding Principles if mission drift occurs

Helpful Redirection Language

- “Let’s bring this back to growth and what you’re learning from it.”
- “That sounds important. What has helped you move forward with that?”
- “Let’s make space so everyone has a chance to speak.”
- “Let’s steer away from politics or ideology and stay centered on the mission of the group.”
- “Would you like support or just space to be heard right now?”

7. HIGHER-RISK PROTOCOLS

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- ☐ Refer externally and ensure the member is connected to appropriate support when higher-risk issues arise
- ☐ Refer suicidal or homicidal ideation to immediate crisis support, including 988 when appropriate
- ☐ Encourage outside support for severe emotional dysregulation, crisis needs, active substance instability, or significant impairment
- ☐ Check in with anyone who appears overwhelmed before they leave
- ☐ Rotate leadership when possible to prevent facilitator burnout

Simple Response Guide

If someone becomes highly distressed:

1. Pause the discussion
2. Validate what you are seeing
3. Move toward safety and support
4. Do not try to act as a therapist
5. Connect them to immediate resources if needed

Sample Language

- “I’m glad you said something.”
- “You do not have to carry that alone.”
- “Let’s make sure you have support before you leave.”
- “If you’re having thoughts of harming yourself, we need to connect you to 988 right now.”

8. FOLLOW-UP NEEDED AFTER MEETING

- ☐ Check on anyone who appeared distressed
- ☐ Follow up with absent members if needed
- ☐ Reach out to anyone who may need additional support
- ☐ Note any leadership rotation or planning needs for next week

Follow-Up Notes:

9. CLOSING THE MEETING

Begin 10 to 15 minutes before the meeting ends

Part 1: Gratitude and Self-Care Round

Each member shares:

- ☐ One thing they are grateful for today and why
- ☐ One thing they will do for self care

Part 2: Facilitator Reads Closing Statement

“As we close today’s meeting, let us remember why we come together. This group is not meant to replace any other program or clinical approach. It is here to give us space to grow, to support one another, and to remain open to many different paths of healing and recovery. It is here to help us transform struggle into strength, together.

We carry forward the lessons of the Five Domains of Post Traumatic Growth:

- New Possibilities — The sense that new opportunities have emerged from the struggle, opening possibilities that were not present before.
- Deeper Relationships — Experiencing closer relationships with specific people and an increased sense of connection with others who suffer.
- Personal Strength — An increased sense of one’s own strength.
- Appreciation for Life — A sense of gratitude for the large and small things in life, especially the small things that make life unique and interesting.

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- **Spiritual and Existential Change** — A deepening of one’s spiritual life and an exploration of beliefs and notions previously unconsidered.

Before anyone leaves, please make sure no one is in distress. If you notice a brother or sister struggling, check in and remind them that they are not alone. Together we can guide and encourage one another as we grow side by side.

Finally, let the work of this group extend beyond these walls. Stay connected, encourage one another, and live out growth with resilience, courage, and hope.”

Part 3: Tribe of the Restored Warriors Pledge

Stand in a circle. Facilitator says, “Repeat after me.”

We are warriors; we are not meant to struggle alone.

I will face the past and the present with my Tribe.

Our mission is to transform struggle into strength with intent and purpose.

Not just to survive but to thrive.

WEEKLY CLOSING REMINDERS

- ☐ Gratitude round completed
- ☐ Self-care round completed
- ☐ Closing statement read
- ☐ Tribe pledge completed
- ☐ Confirm next meeting date/time
- ☐ Make sure no one leaves in distress

FACILITATOR REMINDER

Posttraumatic growth is a lifelong practice of transformation, connection, and meaning-making.

Weekly practice. Continued growth. Lifelong connection.