

Heal For Life Qualitative Research Report

Introduction

Heal For Life (Mayumarri) is undertaking a series of research projects to evaluate the parenting programme and parenting elements of the Healing week. As part of the broader research, this report concerns a qualitative study conducted by Judi White Research Pty Ltd. The research objectives were to understand and assess the value parents feel they have gotten from Healing Week in terms of their parenting and to evaluate the perceived effects of the Parenting Week and how it might build on the Healing week experience.

Specifically the research aimed to find out:

- What participants feel they have gained from Healing Week
- Whether they feel they have benefited as parents and in what ways
- What specific areas of the Healing Week are seen to achieve most for them as parents
- Whether they have considered going to Parenting Week and reasons why or why not, including expectations of Parenting Week
- Among those who have been to Parenting Week, what were their expectations and how would they describe the experience and the effect on their parenting.
- If they have experienced other Parenting programmes how does Mayumarri compare

In order to fulfil these objectives two focus groups were conducted at Mayumarri.

The groups were structured as follows....

Group One: Males and Females who were parents and had experienced Healing Week but had not experienced the Mayumarri Parenting Week.

Group Two: Males and Females who were parents and had experienced Healing Week and Parenting Week and some of whom had also been to Training Week.

Conclusions

1. Parents participating in the focus groups believed that the process of healing themselves was a major key to being able to successfully parent their children. They positioned healing as providing an emotional framework of self acceptance, responsibility and ownership of feelings within which parenting skills could be developed and utilised, and they regarded the inner child technique and the environment of safety and non judgement as the major components of the healing process.
2. Healing was seen as a gradual unfolding and realisation requiring reinforcement over time. Though participants described an apparent flow over of benefits in their attitudes and relationships with their children the most difficult part was returning from a Healing Week to daily life where triggers and pressures took their toll on the healing process.

3. Those who had not been to a Parenting Week were often too focused on their own pressing need to heal to consider other options. Many believed there was no point in going until they were further down the healing path when the parenting issues would either be largely resolved or solutions and strategies more easily taken on board.
4. Though some were keen to learn parenting techniques and skills that they might use in the process of healing, a major barrier to attending a Parenting Week was the involvement of other family members. There was fear and uncertainty surrounding how, when and what to tell their children and how their children might react (or what they might reveal) within the Mayumarri environment.
5. Some who had attended Parenting Week did so out of interest after being to several Healing Weeks and some of these had subsequently gone back to both. Despite uncertainty about the involvement of their children, some had gone with the hope of moving their families forward while they healed or to gain some support and understanding at home. Whatever the case, most expected to get strategies they could use for more effective parenting, even if these were of a practical short-term nature to be used as their healing progressed.
6. Having been to several Healing and Parenting Weeks, respondents found it somewhat difficult to clearly differentiate the specific benefits of each. However they believed that without Healing, Parenting Week did not offer long lasting or real benefits
7. The primary differences were that Healing Week was about the emotional self and parenting the inner child, while Parenting week was about parenting others and external consequences. There is no doubt that participants had found value in Parenting Week in the reinforcement of Healing Week and in

skills regarding conflict resolution and the recognition of how their behaviour effected those around them, but nonetheless that without healing the benefits were probably transient.

8. Those who had attended other parenting courses/days or programmes felt that these too were more valuable the more their healing progressed, and though providing helpful hints and strategies for parenting were more stop gap strategies on a surface level. It was the healing that allowed the real parenting benefits to emerge.

9. There were some suggestions about the content of parenting week

- Follow up day sessions to reinforce parenting week
- **A parenting manual to refer to at home to help in specific situations or simply to give confidence**
- Age related parenting strategies
- Importantly, advice on how when and what to tell children

10. To sum up, the research indicates that healing weeks provide the basis for long term parenting benefits which develop as the healing progresses. The benefits are primarily in providing a framework to allow parenting strategies to develop and grow. The Parenting Week helps to reinforce this and can provide short term rational strategy while healing continues.

Findings

1. The Group Participants

The group participants had come to Mayumarri out of varying levels of need, some with excessively high levels of emotional overload, feeling unable to cope and/or suffering extreme depressive bouts /long term depression. A number had undergone treatment/therapy for much of their lives and some continue to have ongoing therapy.

The people in the groups had been to Healing Week between once and up to 6+ times and a few had been for the first time as recently as two weeks prior to the focus groups.

Given this mix and the other variables of personality and situation, the group participants represented varying stages of healing, some regarding themselves as only just aware that healing might be a possibility, others describing themselves as well down the track to being healed. As intended, one group had been to Healing Week only, the other group had also been to Parenting Week and some also Training. In discussing the perceived benefits and outcomes of each it was sometimes a complex task for them to clearly separate the Healing and Parenting Week experiences as these were seen as closely interwoven.

2. The Healing Week Experience

a) Safe Environment

In discussing the Healing Week experience participants tended to emphasise the Mayumarri environment as a major factor of differentiation contrasting with other therapeutic environments they had experienced. The major differential was the fact that all at Mayumarri were survivors of child abuse where other environments involved the presence of psychologists/councillors or medical/welfare/church professionals. While several still attended other therapy and some inferred they trusted and valued their therapist, the one clear characteristic emerging as an overwhelming positive in contributing to their healing at Mayumarri was a feeling of safety and encouragement that emerged without fear of being judged or misinterpreted.

*“Just to come to Mayumarri on the first day, I sat on the chair and I looked at everyone ..I’d never met another person who’d been abused before... I looked at the faces and it was like ‘oh my goodness, you **know**, you **know**!’ and people understood” “When you are with people who’ve been through the same thing you’re on the same journey, you know you won’t get that kind of acceptance elsewhere, you risk being vulnerable to others who don’t know and that’s terrifying to an abused person” ... “You’re in a group of people all from the same boat, a safe place to start because no-one wants to rock the boat for anyone else” ... “It’s not till you come here you feel safe enough to let it all out” ... “I started in therapy, I trusted him, but I didn’t feel safe enough to deal with it till I came here- I felt hugely safe, now I can take it back to therapy and back there it hasn’t changed but the healing week gave me the security” .. “It’s safe to look at your stuff here”*

In such an environment, several described feeling free to release their emotions/feelings/pain/anger more readily, some for the first time in their lives.

*“You’re holding back all your life, you come here and you’re allowed to feel” ...
“I think for me it was having space to be allowed to feel, to cry and let stuff out
that in normal life you just put away, space , love and acceptance ”..”I sat near a
statue in the garden, I interpreted it as a child cowering down and that just
triggered all this emotion and I sat there blubbing and felt like an idiot and Liz
happened to walk past and she said ‘its OK to cry dear, let it out’ and it was like
ooh.. unbelievable”*

b) The Healing Process

The process of healing was described by group members as a journey which some were just beginning, some in the middle and others feeling closer to completing. The heart of the process was portrayed as tapping into inner feelings through the technique of the inner child which was seen as a valuable and meaningful tool. A few, particularly some males in the groups, described how they had taken some time to get in touch with their inner feelings because they had spent so much energy suppressing them. The healing week experience had given them the ability to unleash feelings some were unaware they had.

“It’s the release by allowing yourself to feel – the inner child does that” ... “It was great unleashing this kid I didn’t know ””I thought it was a bunch of bananas at first, then I started to feel and learned how to be a child, that was a key”

The healing process was viewed as a continuing one which needed to be built on and reinforced. While respondents used descriptors such as “overwhelming” and “life changing” and “empowering” or “an absolute revelation” when talking about their experiences, they nonetheless recognised the need to reinforce the process by repeating it. Some had found the experience of returning to their families and daily lives somewhat difficult in the sense that they had been through a “huge” experience while their families had not.

“ They know you as one person then you come back different in some ways and its hard to explain however understanding they are,.. its enormous”

c) Healing Week Outcomes

The outcomes of the Healing Week experience were depicted primarily in terms of the **self – self awareness, self confidence, self esteem, self validation** and the concept of accepting responsibility and ownership of decisions, actions and feelings. Group members described a realisation and a sense of ‘falling into place’ leading to spiritual and emotional release.

“ You realise you are worth something apart from a reflection of what other people think” ... “It changed me in knowing I’m a worthwhile person, not just because I’m a mother or a wife” .. “Validation of yourself as an individual, feeling good about yourself” .. “The most important thing about healing week was to accept myself for who I am rather than hate myself for what I’ve been to other people” ... “I was running, running from me and not relating to other people” .. “Validation, it’s not my fault but It’ll take a long time to work through, its been a long time in the building” .. “I learned we are all important and adequate, its about myself” .. “I’ve got more self worth and that, I’ve been depressed all my life, its all about getting a feeling for myself”

For those who had come to Mayumarri in a distressed state, the experience of the healing week had been highly impactful, building a framework within which they felt they could continue to heal

“ There’s that protection you live so long with pain inside and you just obliterate it. I attempted suicide and it was a relief to find others felt that bad, you think you

should know better, you can outwardly function and you're inwardly a mess. Here you let out all the stuff you put away, ..you claim back your life and get a tool to work through" .. "Mayumarri gave me purpose to keep living, I was prepared to do myself in if this didn't work, it was the last straw, it gave me purpose and direction, a purpose to my life, ... you can't be free if you don't have a person inside, I've got to get ..love from me" .. "the whole thing has turned my life around, I was sick and I had to get into what was happening emotionally and spiritually, let it out then my physical body started to get better"

d) The Effect of Healing Week on Parenting

All participants in these discussions were parents and most had seen their own problems and inability to cope as the major reason to go to Mayumarri, and the main benefits of the week in terms of their 'self'. However some implied that being parents had magnified their inability to cope and had been an incentive to heal. Many recognised that in order for them to become good/better parents and, specifically, not to repeat their own parents' mistakes, it was essential for them to face their own problems and heal as individuals. The healing week was seen as providing a valuable framework for all relationships and as having a strong flow over effect on parenting, the premise being that the start point was themselves. Some had experienced difficulty in parenting or relating to their children while others feared that they may repeat their own abuse on their children, recognising the potential for this to happen and seeing the healing week as a step towards preventing this.

"I was aware that I didn't want to parent my child the way I was so I went on the healing journey' ... "It's always part of you and you're aware that what is inside here effects your children, that was one of my reasons, I didn't want my child to go through the same trauma" ... "Before I came here I wasn't coping with life let alone being a parent, if you're not coping with life then you're not coping with being a parent" ... "Their security will come from having a more secure

Mum”... ”I was committed to healing for the benefit of my family, for the people I love”

Participants described their parenting problems and issues in various terms. In some cases it was demonstrated in their general frustration with their children and tendency to shout or lash out, and in their unwillingness to allow their children to let their own feelings out, in other cases they described a distancing from their children, either deliberate withdrawal or simply lack of ability to relate well.

“I was this horrible angry yelling mother to my kids all the time and not coping, couldn’t go anywhere even shopping” ... “I was getting flashbacks, the kids would whinge or cry and that’s like what’s in your head, you’re just not saying it out loud’ .. “I used to lapse into the authoritarian role” .. “Didn’t know what to do with my emotions, I’d regress and yell if she got upset” ... “I’d snap then they couldn’t talk to me” “I couldn’t relate to them so I backed off and left it all to their mother” ... “When you’re thrown in there as a parent the tape’s already wired, it’s like in the heat of the moment you will yell and scream and call them whatever, just like you were called.. it’s like trying to re programme them tapes”... “ I realise how much of my personality they see and pick up how much I’m putting stuff onto them hadn’t realised how far it had gone, I need to address that first”

Going to healing week had resulted in resolving or at least addressing and being aware of the causes of some of these issues. As such it had formed a strong platform from which their parenting skills could develop. The parents in these groups recognised their own healing and its relationship to their attitudes to parenting. They described the experience of getting in touch with their inner child, of taking responsibility for their feelings and of self validation as freeing them from much of the frustration, anger and pain that threatened their relationships with their children. In identifying their own changes they described how their parenting approach had begun to change or in some cases had changed

considerably, how they recognised and reacted to triggers and how their inner understanding had led to benefits for those closest to them.

“Once I came here I was transformed-not so angry- they’re not afraid to approach me now” ... “Mayumarri allowed me to value me, to fix that little girl, so I could parent my own children” ... “Now I’m easier I have more patience, I let them let out their anger and I know it’s not against me” ... “I’ve been hospitalised, I’ve been on a long journey of counselling yet you soldier on trying to key into the parenting more; when you come here it’s the self worth thing, you learn to talk” ... “Mayumarri taught me self respect and that made me respect others including my kids” ... “It’s hard because spread over my kids ages is when my abuse occurred and its hard to get in touch with normal feelings of that age group - things I felt at those ages weren’t validated for me, they were wrong, now I speak to them better not at them” ... “when I first came back home the kids said we’ve never seen you so calm”.. “You have the power to stop before you react, and think”

2. Parenting Week

a) Reasons for Not Attending Parenting Week

Reasons for not having been to a Parenting Week were varied, though clearly some had not made up their minds while others were fairly definitive.

- Personal healing was viewed as a necessary pre-requisite to, **and a major element of parenting**. For those who had only recently attended Healing Week or who saw themselves on a fairly long and difficult road to healing, there was a clear feeling that they needed to attend to their own healing before being able to even consider a parenting course. For these people the process of healing and the emphasis on the self was still paramount.

“I’ve got to look after me first, I’m not ready yet – I don’t want to overwhelm myself, I need to do as much as I can to work on myself... for her” ... “I’m just starting on my own and I want to get a bit further down the track before I go on to a parenting course”

- Further to the above some were convinced that there was no point in their learning about parenting before they were healed and that the process of healing would largely take care of the parenting issues as was evidenced by their own experience up to now.

“It’s no point me going to a parent course until I’m healed myself” .. “I’ve already become a better more balanced parent by going to the healing weeks you realise so much about yourself as a parent”

- Some felt they had done all they could to become good parents in the past from reading all the literature to attending classes and courses. They had all the information, the rules and ‘do’s and don’ts’ in their heads and indeed some stated how they had religiously stuck to these even to the point of overdoing it. They argued that this did not help them become any more than robotic carers while they were not healed themselves. They felt that healing would allow them to relate to and know how to love their children so that the parenting strategies could be carried out in that context.

“I’ve done parenting stuff and read books and been this conscientious mother, you know, baby can’t be fed on it’s own, I’ve got to nurse it and all this stuff, I was doing it all but I was emotionally detached because I hadn’t dealt with my own pain, we need to deal with us to make (the parenting) work” ... “If you reclaim your sense of being able to direct your own life then you get to claim it back and have a tool to work through it because you’re unaware you’re dumping it on your children, if you work through it you’re kids won’t cop it” ... “Did all the right things that the parenting people tell you... but it was very plastic and

very forced I need to learn to love me and nurture me.. and then it can flow over”

- One group participant had been to a parenting course after Healing Week (but before Mayumarri had begun a specific parenting programme) and felt she had gained a few useful strategies. She did not want to confuse herself or her husband/children by attending another parenting programme and had made the decision not to go to the Mayumarri Parenting Week. She felt that the Healing Week had laid a good foundation for carrying out the parenting strategies from the (ST John of God) parenting programme and was satisfied that these were useful and workable as long as her healing continued.
- One of the major issues in the decision about attending a parenting week and a barrier to some considering it, was related to the understanding of what it involved and the implications of this. Several made the assumption that a parenting week would involve their children and this in itself caused some consternation (and indeed fear). Some had not told their children about their own abuse or the reasons they had been to Healing Week, or had only conveyed a very diluted version of their situation. In part this was to save their children from suffering and in part it was simply seen as inappropriate (or sometimes dependant on the ages of the children). They had yet to decide whether telling their children was the right path to take or not, were unsure how to go about it and were weighing up the pros and cons.
Among those who had told their children on some level, there was a concern that the children themselves may talk or taunt each other or give misinformation and they were not yet ready to handle this. In their efforts to save /protect their children from sharing their own pain and in their desire to protect themselves, they chose to keep them at a distance from Mayumarri.

Related to the above was the feeling that if they had not abused their own children they should not expose them to the whole experience nor to send them to a programme for abused children because it introduced an inappropriate stress on their lives. Clearly some had been abusive to their own children, or were aware their children had been abused (though the nature/extent of abuse was not discussed at length in the groups) and had some feelings of shame about it and did not want this to be revealed until they were ready, if at all.

“ My kids feel badly done by if they miss a video, I don’t want to burden them with all this” ... “They don’t know why I’m here, I wouldn’t like them involved, some would know and some wouldn’t, for me it’s a bit of a cauldron, kids who are innocent and kids like to pick on others – it’s an unknown quantity.” ... “My kids have a vague idea of what mum’s been through I guess if I came to Parenting Week I’d like them to be there and deal with it, I just have to judge when we’re all ready” ... “I want in a way, I want to keep it nice and I want to keep my parents nice, their (the children’s) wellbeing is being able to be feeling normal growing into adults” ... “ Talking to kids is a hard issue, I feel scared of them being abused through exposure to stuff they don’t need to be it’s not right for me” ... “I think I’m a better parent now and we’ve talked about it at home and we have a healthier, well directed, less forceful relationship, so I don’t see the need to open it up” ... “ My kids haven’t been through any abuse, it’s me and the kids kamp is for abused kids or they might be there, so I don’t know” ... “I feel more balanced in my parenting now”

When participants were asked what they would like from a Parenting week responses were fairly varied and often a function of their stage of healing, the ages of their children and how they felt they were coping as parents. **Most believed that their own healing and their ability to parent were so closely linked that continuing going to Healing Week would provide them with**

the ability to parent successfully, or the ability to take on board and put into practice parenting strategies and ideas. However with regard to the content and purpose of parenting week some expected it might be an extension of nurturing their inner child and as such an extension of Healing Week, while others were more inclined to see it as a chance to get some practical advice on parenting strategies, or on strategies to deal with telling different child age groups about their healing. A few felt it was a chance to get their partner/family involved in their journey at least in terms of their parenting skills and for some it would be to get re assurance that they were *“doing a good job”*

“ To get the whole family moving forward not just me” ... “I’d expect skills on how to parent that I missed out on in childhood, how can I, what is it I have to do to be a parent, instead of fumbling in the dark.” ...

“After dealing with my stuff then I could cope with a parenting course and utilize the tools they give me” .. “Ideas on how to reverse what we’ve done”

There is some indication that some parents may view the involvement of family in the parenting week as a chance to get some understanding (sympathy?) for themselves from family members.

b) Reasons For Attending A Parenting Week

Within the group who had all been to at least one Parenting Week some were specific about their reasons for attending while others appeared to simply have thought it would be of interest after having been to several healing weeks. The most difficult part of the healing process was often the return to normal routine at home away from the safety and acceptance

of the Mayumarri environment, where all the triggers and pressures resume and where the other family members have not experienced the same journey. A few had seen Parenting Week with the involvement of other family members as a chance to allow the family to move forward while they continued their personal healing or to get their family members to understand more about their situation.

In some instances the Healing Week experience(s) had changed their attitude and approach to parenting and attending the Parenting Week was to get some reinforcement and support that they were doing the right thing.

Whatever the reason for deciding to attend most had gone with an expectation of getting some strategies for more effective parenting,

c) Responses to The Parenting Week

Those participants in the groups who had been to both Healing Week and Parenting Week were in a position to evaluate what they gained from each. Because the benefits were so closely linked, and because some had alternated between the two, it was often difficult for participants to separate and define the benefits specific to each. However what did emerge clearly was....

- That the benefits derived from Healing Week fed directly into Parenting Week and that Parenting Week did not necessarily stand alone in producing change or long term outcomes.
- This is not to suggest that there were no positive outcomes or benefits from Parenting Week, but indications are that healing was viewed as a necessary preliminary platform for Parenting Week or any parenting programme if they were to derive any real benefits.

- Moreover, it emerged that the Healing Week was of the highest priority and value in their being able to function as individuals and as parents, and the Parenting Week was in some sense a reinforcement/redirection of Healing Week
- That the fundamental distinction between the two ‘weeks’ was that the Healing Week focused on the self, dealt with the internal, the emotional and less tangible, while the Parenting Week dealt with external application, the more tangible/practical and the idea of consequence.

Thus where Healing Week allowed them to identify their feelings, Parenting Week showed them how they could express them to others without just getting angry; where Healing Week was about self acceptance, being responsible for feelings and coming to terms with the self, Parenting Week looked at acceptance of children, and responsibility for and consequences of behaviour; while Healing Week was about how to recognise and parent the inner child, Parenting Week was about how to parent others, and while Healing Week was about ‘me’, Parenting Week was about ‘me in the context of home and family’.

“By the time I did the healing I had an understanding of nurturing myself and the Parenting Week showed me how not to let anger get in the way of parenting” ... “Healing Week helped me identify my feelings, to accept yourself a bit more and by doing that you learn to accept others you can see how things are effecting them, and Parenting Week adds to this” ... “The further I go into healing the more I realise I have to be responsible for me and this has assisted me in being more responsible as a parent instead of shutting down, and understanding how to resolve conflict from Parenting Week” ... “The Healing Week showed me how absent I’d been as a parent and that you have a choice of behaviours through your inner child and the Parenting Week makes you more aware of how you are parenting externally through your own children” ... “Healing Week was about me, that I hadn’t been a parent to my inner child or my children, in Parenting Week I saw that my children were the mirror image of myself” ... “If you didn’t do Healing Week to parent your

inner child, we couldn't do Parenting Week to parent on the outside. I thought I was loving them before but I wasn't, now they know I'm there"

Some of these participants had attended several healing and parenting weeks describing the healing process as an ongoing one, an unfolding of their self awareness and acceptance of responsibility. Return visits to Parenting Week were sometimes explained in terms of helping them to further 'ingest' parenting strategies in the hope they would become part of their intrinsic parenting patterns.

"The information became an unconscious confidence instead of having to consciously search for it, it becomes second nature" ... "Its not learning by rote it's putting it in there in the subconscious mind" ... "The further I go the more I can own where I'm coming from and to own it is to put strategies in place and hopefully I can eventually integrate a reality instead of an enforced behaviour" ... " coming back (to healing and parenting) you get more each time, its like opening up and I can let people love me and I can love back"

In addition to this participants found that in Parenting Week where attendees would bounce off each other, they would gain something different from the varied issues and dynamics arising within each different group.

Participants also described how Parenting Week on top of Healing Week, had in some cases brought about changes in their relationship with their own parents often the perpetrators of their abuse. They described a changing of their cycle of behaviour and response that in turn allowed them to achieve a different outcome. They also described less anger and hatred, which was a releasing process.

"I showed my mother a miniscule amount of compassion and it came back tenfold and she is actually trying to nurture me , to be my mother for the first time in my bloody life and without the skills I learned in Parenting Week and Healing Week we'd be going round in circles" ... "Spoke to my real mother

for the third time in my life....wonderful to be able to acknowledge to her that I had now taken this journey of recovery ...and say I forgive herto have (daughter) speak to her grandmother for the first time.. She was dancing with joy and straight away I saw the generational abuse stop”.

The issue of including the family/children in the Parenting Week was as potent for some of this group as among those who had not been to a Parenting Week. While some had simply decided against it, others had included their children with some mixed feelings. A few described being worried about their children’s involvement and about what to tell them, when, and how to go about it and their concern that it was an indication or admission that their children had suffered abuse.

“I had concern, I hoped it wouldn’t be a heavy week, I told them mainly they might learn skills on anger management, talk about mummy being angry and how they might learn ways of dealing with it and with their own anger also. I might have mentioned you know, some children might talk a little bit about how they’ve had it even worse at home than you’ve got it, I didn’t mention sexual things” ... “My boys, they’ve known about my abuse but not specific things, they still see their grandmother under supervision, the oldest had huge problems with the thought of coming here, didn’t want to...said he’d be bored, we got into a hugely emotional discussion...he finally broke down and said ‘look at this (Mayumarri Brochure) its for abused kids ..we’ve talked about that, there’s no problem’, finally they went and said it was the best holiday they’ve had” ... “Did Parenting twice because it was an opportunity for the kids to learn how to deal with me as well”

In explaining the outcomes in terms of their daily lives and parenting, participants spoke about boundaries, realistic expectations, listening, communication and conflict resolution. They also referred to techniques as ‘the magic one, two three’, and the recognition of triggers and how to deal with them. As with all the

discussion surrounding the Parenting Weeks, the capacity to utilise these was drawn from the healing process.

“ I use the idea of boundaries to allow them to be boys and not have the expectation that they’re going to be perfect.. let them be kids” ... “I listen to them more”.. “ I can cuddle them and feel relaxed about it” ... We work on consistency, like using the one, two, three magic and it works”... “I have a better understanding of the way I interact with my children and the need for continuity”

The need to continue healing was a major factor for these participants and the need to continue to work their healing into their lives and families was a major element of this that they believed they might achieve through parenting week. Some suggested that they could benefit from a parenting programme that operated on different levels because each time you take a voyage and learn something new and different angles and perspectives emerge. One who had been to an outside parenting course indicated that there had been a follow up to the programme in which participants regrouped to go over their learnings and check on their progress. A few felt it would be helpful to have a manual to refer to at home with help regarding specific problems, and others felt they would benefit from strategic direction regarding age related issues..

