



AWAKENING TOGETHER

ANONYMOUS PARANORMAL RECOVERY SUPPORT GROUP

The Six Pillars

- 1. We covenant to keep this group free of political and religious motivations to maintain a nonjudgemental space, where all are free to share their personal experiences of paranormal events in anonymity should they choose.**
- 2. We openly admit that we have had an experience that reality as we know it cannot explain.**
- 3. We hold true that our experience has permanently changed our view of reality as we know it.**
- 4. We believe that sharing our experiences, and hearing the experiences of others can help us better understand and process our unique experience.**
- 5. We have come to understand that our experience has given us a greater understanding of our place in the Universe.**
- 6. We have come to accept our experience as our catalyst to change, even if data otherwise explains our experience.**



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Group Guidelines

Purpose of the Group

This support group is a confidential, non-judgmental space for individuals who have experienced trauma related to paranormal, anomalous, or unexplained events. These may include—but are not limited to—UFO/UAP encounters, alien abductions, ghost sightings, near-death experiences, cryptid sightings, shadow people, time anomalies, or demonic experiences. Our goal is to provide community, understanding, and healing.

1. Confidentiality is Paramount

Everything shared in this group stays in the group. Do not discuss or repeat other members' stories or identities outside the group, even anonymously. Do not record sessions in any format unless all members have agreed in writing and the facilitator has approved it.

2. Non-Judgmental Listening

All experiences are valid and worthy of respect. Avoid statements that question, challenge, or minimize another person's story. It is okay to express disbelief internally, but verbal responses must always remain supportive.

3. Equal Opportunity to Speak

Allow everyone an opportunity to share! The facilitator will ensure balanced participation. Use "I" statements and speak from your own experience. Do not interrupt. Active listening is encouraged while others are speaking.

4. Respect Boundaries

No one is required to share more than they are comfortable with. Avoid pressuring others for details or pushing for explanations. If someone becomes visibly distressed, the facilitator may pause the discussion and offer grounding or support.

5. No Advice-Giving Without Consent

Instead of giving advice, share your own similar experiences or coping tools. Ask permission before offering suggestions.



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6. Avoid Religious or Spiritual Imposition

While spiritual beliefs are welcome, do not attempt to convert, preach, or claim your interpretation is the only valid one. We honor diverse worldviews—including atheistic, scientific, and spiritual perspectives.

7. No Diagnosing or Debunking

This is not a space for psychological evaluation, labeling, or analysis. Similarly, avoid trying to scientifically explain or dismiss others' experiences unless they have asked for that type of input.

8. Language Matters

Use inclusive, respectful, and non-triggering language. Avoid graphic detail if it may be disturbing to others—describe trauma in general terms unless the group has consented to deeper disclosures.

9. Respect the Facilitator's Role

The facilitator is here to maintain emotional safety and group structure. If conflict arises, the facilitator may redirect or mediate discussion to preserve the supportive tone of the group.

10. Community and Compassion

Offer encouragement and validation. Celebrate small wins—better sleep, feeling less isolated, reclaiming power, or simply showing up. Remember: you are not alone. This space is here for mutual healing and understanding.

Optional Agreements for Online Groups

- Keep your microphone muted unless speaking.
- Find a quiet, private location when attending.
- Use first names only unless otherwise agreed.

Consequences for Violations

- A gentle reminder will be issued if a guideline is unintentionally broken.
- Repeated or intentional violations may result in temporary or permanent removal from the group at the facilitator's discretion to protect group safety.



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Group Therapy Protocols

Program Overview

This therapy group is a closed, trauma-informed support and processing group designed for individuals who have experienced paranormal phenomena, including but not limited to UFO sightings, alien abductions, cryptid encounters, hauntings, or spiritual/paranormal communications. The group aims to provide emotional support, promote psychological integration, reduce isolation, and facilitate meaning-making without imposing belief systems.

1. Group Format

- Type: Closed group (same members for duration of cycle)
- Length: 10–12 weekly sessions
- Duration: 90 minutes per session
- Group Size: 6–10 participants
- Facilitator(s): Licensed therapist(s) with training in trauma, non-ordinary experiences, and cultural sensitivity
- Setting: Private, secure space (in-person or encrypted virtual platform)

2. Inclusion Criteria

- Individuals aged 18 and older
- Experiencers of one or more paranormal, anomalous, or high-strangeness events
- Willingness to participate in a supportive, non-judgmental group
- Ability to maintain confidentiality and respect for others' experiences
- Screening via intake interview to assess readiness and psychological stability

3. Group Agreements

All participants must agree to:

- Confidentiality: What's shared in the group stays in the group.
- Respect: All experiences are valid. No debating the “reality” of others' stories.
- Boundaries: No interrupting, advising, or rescuing unless consent is given.
- Punctuality: Respect others' time by arriving on time and staying through the session.
- Participation: While sharing is optional, active listening and presence are expected.



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4. Optional Tools and Modalities

- Journaling prompts between sessions
- Creative expression (art, music, writing) for processing
- Psychoeducational handouts on dissociation, trauma, sleep disturbances, etc.
- Guest speakers (e.g., licensed therapists, spiritual advisors, researchers)
- Digital field logs or apps for tracking synchronicities, dreams, or symptoms

5. Ethical Considerations

- Avoid pathologizing anomalous experiences unless they are clearly part of a broader mental health condition
- Uphold cultural humility and respect diverse cosmologies
- Do not enforce metaphysical or religious frameworks on participants
- Refer out for individual therapy if symptoms exceed the scope of group processing

6. Session Structure

Session 1: Orientation and Group Agreements

Introductions and purpose of the group...

Creation of a safe container...

Overview of common reactions...

Establish group norms...

Session 2: Storytelling and Validation

Each member is invited to share...

Emphasis on listening without judgment...

Facilitator provides psychoeducation...

Session 3: Emotional Processing

Guided discussion on emotions...

Introduction to grounding techniques...

Journal prompts...



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Session 4: Coping and Daily Functioning

Explore how the experience has impacted...
Group discussion of coping strategies...
Resource sharing...

Session 5: Trauma and Integration

Address PTSD-like symptoms...
Introduction to trauma processing tools...
Normalize reactions...

Session 6: Belief Systems and Worldview Shift

Discussion of spiritual, metaphysical, and existential questions...
Emphasis on individual meaning-making...
Exercises to map changes...

Session 7: Stigma, Secrecy, and Isolation

Explore societal stigma and fear of disclosure...
Role-playing...
Creation of personal “disclosure boundaries”...

Session 8: Embodiment and Somatic Safety

Body-based practices...
Discussion of physical sensations...
Encouragement of somatic awareness...

Session 9: Legacy and Empowerment

Reframing the experiencer’s journey...
Explore how the experience can inform personal growth...
Group ritual...

Session 10: Closure and Future Resources

Review of progress, changes...
Farewell circle...

Provide referrals...
Optional alumni support group...