

Social Support Systems for Survivors

“Lack of support can be perpetuated by lack of communication”
- Melinda Krynen Hill

In this seminar Melida goes over:

- The experience of support for the injured person
- The experience of the support person
- How withdrawal can affect someone
- Validate your experiences
- How to improve my social supports, including a practical perception check
- Take time to understand my own needs, and how they change and evolve
- As a support person, how they can help offer support

In the conversation after there were some good discussions on forgiveness, grief, and acceptance.

Social Support System Negative Feedback Loop

