

## **Flexibility:**

**Support groups and service groups have the freedom and responsibility to create and shape their healing environments as they wish, so long as they align with the Healing and Community Principles of Vital Cycles.**

Vital Cycles promotes the freedom of choice of format and content so long as the activities remain consistent with Vital Cycles Healing and Community Principles. That freedom also indicates the responsibility to shape the development of a healing environment that remains vibrant, growing and active. The flexibility to experiment with new ideas and approaches allows each group to develop new best practices!

Individual Vital Cycles groups can develop their own group format. This may define a “no crosstalk/sharing” format, or may include a variety of formats. (“No crosstalk” means that, as an individual shares during the group meeting, other participants refrain from commenting or giving advice to the individual.) Some groups have found that their healing process is enhanced by “art night”, “play night” or “psychodrama night”. Some groups may choose to sponsor other activities, such as social events, retreats, workshops or other activities.

Service groups may form in response to the desire of individuals and/or groups to undertake activities and events. This may include a website, newsletter, telephone information line, email information chain, workshops, or retreats. These service groups respond to the needs of their members, and do not represent the individual groups as an aggregate entity with the Vital Cycles Board

In all of these matters, Vital Cycles encourages you to bring all of your creativity, skills, passion and talent as you sponsor Vital Cycles healing activities.

**Example 1:** After three years, there were three very active Vital Cycle groups meeting in central New York. After some discussion, Joey began to organize a local service group that had participants and individuals from each group. This service group created a mission of taking on healing activities that could best be sustained with collective resources, including workshops, an annual social night and an annual retreat. The quarterly meetings also became a resource for sharing group “best practices”. Over time, this group’s treasury allowed it to sponsor rent for new Vital Cycles groups until they could accumulate sufficient membership to pay their own way. In addition, the service group was able, via fundraising activities, to sponsor several “scholarships” to a nearby Vital Cycles retreat.

**Example 2:** After returning from a weekend healing retreat, Jill spoke to her Friday night group about the success of psychodrama, bringing with her the worksheet that had been used. The group decided to dedicate the “fifth Friday” to psychodrama instead of having an open format discussion.