IMR Group: Understanding My Experience - Supported Practice Lab

30 minutes | 3-12 people | Adults with trained group facilitation

Separate experiences you notice, explanations offered by providers, and questions you still want answered.

Open with choice - 3 minutes

Explain the purpose, privacy limits, and the option to observe, use fiction, adapt, or pass. Check access needs and group readiness; do not promise absolute confidentiality.

Meet the fictional case - 4 minutes

Casey wants clearer information about recurring concentration difficulties. Ask what is known, what is assumed, and what the person in the case wants.

Practice: Skills rehearsal - 16 minutes

Separate experiences you notice, explanations offered by providers, and questions you still want answered. Offer speaker, support-listener, and observer roles using the fictional case. Model a brief permission-based exchange, rehearse one small part of the task, and invite a role switch only by choice. Observers notice clarity and consent rather than rating people.

Reflect and compare - 4 minutes

What would you like explained in your own language? Ask what fits, what does not, and what external conditions or supports affect the options. No personal disclosure is required.

Close and integrate - 3 minutes

Invite an optional observation, support request, or small next step. Passing is welcome. Agree how to revisit questions and seek appropriate help outside the exercise.

Practice output

A brief practiced statement, question, or support request, plus one revision.

Scope and care

Use fictional or ordinary examples, consent, accessibility adaptations, and passing. Original educational group facilitation; not a complete treatment protocol. Do not interpret drawings or require personal disclosure. IMR-informed companion practice, not the official IMR manual or a fidelity-verified program. Use existing care plans and do not change medication independently.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background references: GP01, GP02, RF-IMR. Full source links: library.morethantherapy.org/group-activities/GRP1057