IMR Group: Medication Benefits and Concerns - Cooperative Planning Workshop

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

Prepare a benefits, side effects, access, and follow-up discussion sheet for a prescriber.

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 to discuss daytime tiredness before making any change. Ask what is known, what is assumed, and what the person in the case wants.

Practice: Planning workshop - 26 minutes

Prepare a benefits, side effects, access, and follow-up discussion sheet for a prescriber. In pairs or small groups, create two possible plans for the fictional case. Compare access, effort, likely tradeoffs, and consent. Choose one reversible trial with a backup and a review point; allow an observing role.

Reflect and compare - 4 minutes

What information will help the prescriber understand your experience? 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 feasible plan with a support, a backup, and a review question.

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/GRP1074