Shared Strengths without Ranking - Cooperative Planning Workshop

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

Create a collective resource map without comparing whose strengths matter most.

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

Members contribute different kinds of knowledge and practical support. Ask what is known, what is assumed, and what the person in the case wants.

Practice: Planning workshop - 26 minutes

Create a collective resource map without comparing whose strengths matter most. 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 resource is easy to overlook? 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.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background references: GP01, GP02. Full source links: library.morethantherapy.org/group-activities/GRP1164