

Ubuntu: community care with choice | Facilitate

Facilitator Notes: Ubuntu Without Obligation

Mental health professionals and group facilitators | 10 to 20 minutes | Session guide

Introduce a relational practice while protecting cultural humility, consent, and access.

This guide supports an optional discussion or activity inspired by Ubuntu. It does not authorize speaking for African cultures, promise community healing, or turn a philosophical tradition into a standardized clinical intervention.

How to use this page

Review the framework with participants before choosing an activity. The time estimate covers preparation; an actual group needs its own consent, safeguarding, and facilitation plan.

Name the lens and invite alternatives

Acknowledge Southern African roots and diverse interpretations. Explain the specific connection to More Than Therapy's ethos without presenting a single universal definition. Ask whether participants want to use this lens, another relational tradition, or ordinary language about support. Do not appoint a participant as a cultural representative.

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Make participation genuinely optional

Offer listening, writing, fictional examples, and passing. Explain what privacy can and cannot be expected in the setting. Avoid public need inventories, compulsory gratitude, forgiveness exercises, or assignments to reconnect with unsafe people. Receiving support must not depend on contribution.

Share responsibility for access

Ask about conditions that make participation possible, including language, cost, sensory needs, transport, and physical access. Do not make individuals solve every barrier themselves. At review, ask whose voice was missing and what the group or organization can change. Keep commitments limited, specific, and consensual.

1. One change to the invitation, participation options, or access arrangements**Facilitator notes and adaptation**

Consult appropriate community partners where needed and acknowledge their work. These pages are educational drafts; clinical use requires judgment and independent review.

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AI-assisted original draft for More Than Therapy. Version 1.0. Source and editorial checks: 27 October 2026. Independent clinical review pending; no human clinical reviewer is recorded. The references below inform concepts and do not validate or endorse this original page.

Conceptual references

PB08 | Desmond Tutu; foreword published by Amnesty International USA | Archbishop Desmond Tutu on Dignity

<https://www.amnestyusa.org/blog/archbishop-desmond-tutu-on-dignity/>

PB09 | World Health Organization | Guidance on Community Mental Health Services: Promoting Person-Centred and Rights-Based Approaches

<https://www.who.int/publications/i/item/9789240025707>