

THE PRACTICE PACKS / PK09

Ubuntu: community care with choice

Belonging includes you, too.

Explore support, contribution, and belonging through an optional Ubuntu-inspired lens. Map a community connection, practice asking and offering, and plan a small act of care that respects consent and capacity.

Adults | 7 original resources

A sequence you can adapt

Explore an explanation or fictional example. Choose an activity, rehearse, try an optional practice, and review what helped. Use the facilitator guide to adapt the sequence; every page is optional.

Choose with care

Introduce Ubuntu with respect for its Southern African roots and diverse interpretations. Ask whether this relational lens fits; do not ask one participant to represent a whole culture. Participation, disclosure, giving, and receiving are optional, and community obligations must not override safety or personal limits.

Large print fillable edition

Type into response areas and save a separate copy in a PDF reader that supports forms.

Inside this pack

1. Shared Humanity, Room for Choice

Consider an optional relational lens for belonging without giving up personal limits.

2. The Welcome Table: A Community Example

See a fictional group adapt an invitation so that participation remains voluntary.

3. My Map of Connection and Support

Identify one current or possible connection and the conditions that would make it useful.

4. Ask, Offer, and Leave Room for No

Practice a mutual-care conversation in which both people can set limits.

5. One Sustainable Act of Community Care

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7. Facilitator Notes: Ubuntu Without Obligation

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

Ubuntu: community care with choice | Understand

Shared Humanity, Room for Choice

Adults | 5 to 8 minutes | Handout

Consider an optional relational lens for belonging without giving up personal limits.

More Than Therapy uses "I am because we are" as an invitation to consider connection. Ubuntu has Southern African roots and diverse interpretations; this pack draws on Desmond Tutu's reflection on interdependence and dignity.

How to use this page

Choose whether this lens fits your own values and experience. You can use different words, discuss another tradition, or skip the framework and focus on one practical support need.

Connection can take different forms

Community might include chosen family, neighbors, a cultural group, a peer network, a faith community, or people who share an interest. It can also include spaces you are still looking for. You do not have to describe every relationship as supportive or feel grateful for harm.

Care includes receiving

You can ask for help without first earning it through giving. Contribution can be small, irregular, or unavailable during a hard period. A community connection should leave room for rest, privacy, access needs, and changing capacity.

PK09-01 | continued

Choice remains part of belonging

An invitation allows a no. You are not required to disclose, forgive, reconcile, volunteer, or return to an unsafe relationship. Use this pack to explore a connection that respects your dignity and the dignity of others, rather than to meet a standard of being a good community member.

1. A form of connection I value, or a condition I need to feel welcome

Facilitator notes and adaptation

This is an original educational application, not a definitive account of Ubuntu or a validated therapy. Avoid romanticizing community or overlooking exclusion and discrimination.

About this resource

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/>

PK09-01 | continued

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>

Ubuntu: community care with choice | Example

The Welcome Table: A Community Example

Adults | 5 to 8 minutes | Handout

See a fictional group adapt an invitation so that participation remains voluntary.

This fictional example follows a neighborhood group planning a shared meal. It is not a client story or a claim that every community should organize in this way.

How to use this page

Read what the group changed. Notice whose needs were initially missed and how asking was different from assuming.

An invitation with hidden demands

The group first asked everyone to bring food and tell a personal story. Leila wanted to attend but had little money and did not want to discuss her recent move. Another neighbor could not use the stairs at the proposed venue. Neither had been asked what would make participation possible.

PK09-02 | continued

Listening changed the plan

The organizer privately invited suggestions without requiring explanations. The group found a step-free room, made bringing food optional, and offered a simple greeting instead of personal storytelling. People could listen, leave early, or choose a quieter seat. The group checked access details with the venue rather than promising them.

A smaller, honest commitment

Leila attended for half an hour and chose not to speak. Later she offered to help design the next invitation, with a clear time limit. The group still had work to do on cost and transport. Its next review would ask what made joining easier and what remained difficult.

1. Which change made the invitation more respectful, and what else would you ask?**Facilitator notes and adaptation**

Do not treat attendance or disclosure as proof of belonging. Community activities need their own consent, accessibility, safeguarding, and privacy arrangements.

PK09-02 | continued**About this resource**

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Ubuntu: community care with choice | Explore

My Map of Connection and Support

Adults | 8 to 10 minutes | Worksheet

Identify one current or possible connection and the conditions that would make it useful.

You can map people, places, services, or groups without writing names. Use general labels if the page might be seen by others. A small map is enough.

How to use this page

Write, draw, or talk through the three areas. Include support you receive, support you might request, and spaces you want to approach cautiously or not at all.

Start with what is already present

Think of a place where you feel somewhat at ease or a person who has respected a choice. Connection may be occasional: a library group, a neighbor's greeting, or a professional who follows through. You do not need to invent a close network if one is not available.

Name the kind of support

Distinguish companionship, practical help, cultural connection, advocacy, and professional care. One relationship may offer one kind and not another. Notice what is missing without treating that gap as a personal failure.

PK09-03 | continued

Identify a welcoming condition

Consider cost, transport, language, timing, physical access, sensory needs, privacy, or freedom to leave. Choose one question that could clarify whether a possible connection fits. You can decide against joining after learning more; an invitation does not create a debt.

1. Connections that currently offer something useful, or spaces I might explore**2. The kind of support or belonging I would like more of****3. One access or consent condition, and a question I could ask**

PK09-03 | continued**Facilitator notes and adaptation**

Validate isolation caused by exclusion, racism, poverty, disability, or unsafe relationships. Do not prescribe family reconnection or unpaid contribution as the solution.

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Ubuntu: community care with choice | Rehearse

Ask, Offer, and Leave Room for No

Adults | 8 to 15 minutes | Clinician script

Practice a mutual-care conversation in which both people can set limits.

Use an imaginary situation or work with a willing partner. The aim is to make an invitation clear enough that the other person can choose. No one needs to reveal a personal hardship.

How to use this page

Choose a practical example such as sharing information, checking in, or helping with a small task. Agree that passing is a complete response.

Practice an ask

The requester names one need and a timeframe: "Would you have ten minutes to help me find the bus route this week?" The responder can agree, decline, or offer a different time. The requester thanks them for a clear answer and may seek another option.

Practice an offer

The giver asks permission before taking over: "Would help with the form be useful? I can stay for fifteen minutes." The receiver decides whether that help fits. A well-meant offer can still be declined, and the giver does not need a private explanation.

PK09-04 | continued

Check what each person understood

Before ending, restate the actual agreement and its limits. Avoid promises of constant availability or confidentiality that the setting cannot guarantee. In a group, discuss the wording using the fictional situation; do not turn the exercise into a public list of personal needs.

1. An ask or offer I could use, including its limit and a way to decline

Facilitator notes and adaptation

Watch for power differences and pressure to reciprocate. Do not allow role-play to create binding promises, volunteer assignments, or disclosures participants did not choose.

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Ubuntu: community care with choice | Practice

One Sustainable Act of Community Care

Adults | 5 to 10 minutes | Worksheet

Plan an optional act of giving, receiving, or making a space easier to join.

Community care can include asking for help or changing an invitation. It does not have to be a large project. Choose one small action that respects your capacity and the choices of other people.

How to use this page

Use the three areas to plan an action you may try before the next check-in. You may instead observe what would make a future step possible.

Choose a contribution or request

You might ask a group about access, offer to share public information, invite someone to an activity, or accept a specific offer of help. Ask permission before sharing another person's story, contact details, photograph, or needs.

Set a real limit

Name the time, money, energy, or skill you can offer. A five-minute task can be complete. If receiving help, clarify what is being offered and whether there are conditions. You may decline an offer that creates pressure or does not fit.

PK09-05 | continued

Protect the review

Decide when to reflect on how the action felt. Did it respect choice and make connection more possible? If it was too much, revise or stop. You do not need to make it a recurring responsibility because one attempt was helpful.

1. My optional act of giving, receiving, or improving access**2. Permission, practical needs, and limits to clarify first****3. When I will review the action, or what I will observe if I do not try it**

PK09-05 | continued**Facilitator notes and adaptation**

Avoid turning therapeutic work into unpaid service requirements. Address safeguarding, organizational rules, and accessibility when an action involves a group or vulnerable people.

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Ubuntu: community care with choice | Review

Did This Connection Make Room for Me?

Adults | 5 to 10 minutes | Worksheet

Reflect on the quality of an invitation or interaction without measuring belonging by attendance.

Choose one community interaction, invitation, or decision not to participate. Your response can be mixed. Feeling connected in one moment does not require feeling comfortable with every part of a group.

How to use this page

Review choice, access, and capacity. You can answer privately or use a fictional situation with a group. Leave out identifying details.

Notice choice

Were you able to ask questions, pass, leave, receive help, or decline an offer? Did you feel pushed to disclose or repay support? Name one moment that helps you understand the difference. An uncomfortable experience can reveal a condition that needs to change.

Notice access and effort

Consider what made joining possible and what remained difficult. Cost, transport, language, sensory demands, and other barriers are part of the experience. If you did not attend, the barrier itself can be the focus of the review.

PK09-06 | continued

Choose your relationship to the space

You may return, ask for a change, try another setting, take a break, or seek support elsewhere. If giving more would exhaust you, that matters. A useful next step should make room for your dignity and needs, not only the group's wishes.

1. A moment that showed whether my choices were respected

2. What helped or blocked access, including the effort involved

3. What I want to keep, change, ask for, or step away from

PK09-06 | continued**Facilitator notes and adaptation**

Do not infer attachment, motivation, or social skills from attendance. Validate experiences of exclusion and support the person's preferred level of involvement.

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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.

PK09-07 | continued

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.

PK09-07 | continued**About this resource**

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