

Group work

Plan Participation in One Group Activity

Clinicians and group facilitators | 10 to 15 minutes

Choose one planned group activity and the people it is intended to serve. Consider what members need to understand before participating and how the format could create pressure or exclusion. An invitation should make the purpose clear while allowing a person to pass or use another response format where feasible.

Review the activity's purpose, member fit, privacy limits, and alternatives before using it with the group.

Make expectations explicit

Explain the activity, time, roles, and how sharing works. Discuss group confidentiality expectations and their limits; a facilitator cannot guarantee what another member will repeat. Avoid activities that require public disclosure of trauma, diagnosis, or personal identity.

Plan access and response

Offer writing, speaking, drawing, or observing when suitable. Consider language, sensory needs, power differences, and how to respond if someone becomes distressed or a boundary is crossed. Plan a check-out that does not require everyone to report improvement.

1. What purpose does this activity serve for these members?**2. What choices, access supports, and privacy limits need explaining?****3. How will I respond to distress, exclusion, or a boundary concern?****4. What feedback will tell me whether to adapt or stop the activity?****Clinical use and adaptation**

Use appropriate group competence, member screening, consent, and setting procedures. Do not promise confidentiality beyond your control or use public participation as proof of engagement. Urgent risk and safeguarding needs require established responses. The worksheet does not establish suitability for a particular group or treatment.