

Preparation

- Is there something I would like to think about with the group?
- What are my recent hits or misses?
- Is there a family that has been on my mind a lot? Is there a family I have strong feelings towards (positive or negative)?

Reconnecting

- 10 min. group check-in
- How are things going for group members?
- Transition from outside concerns to focus on supporting group members

Finding the agenda

- Who has an experience or family they would like to explore with the group? Can be positive or challenging.
- What led group member to choose to share with group? What does the group member need?

Telling the story

- Group member provides background information to group
- Facilitator and members support sharer by asking questions and providing reflections to support member's process
- All members check-in regularly with their physical and mental states as a way to promote presence/regulation and to filter and consider personal needs vs. needs of presenter

Exploring Perspectives & Hypotheses

- What's the worker's experience of the situation? What's the family's? Whose perspective is part of the conversation? Whose isn't?
- What contributed to the experience? What led to the outcome?
- What is done/undone? What is said/unsaid?
- Where is the worker experiencing affect? Where is the family? Is it the same?

Considering next steps

- How might the approach change/be different?
- What would the worker like to "take away," remember, or focus on in moving forward?
- What would help the worker in preparing for next interaction with family?

Closing

- Wrap up, check-in with worker on how time was
- Confirm next meeting

Reflection

- How did I contribute to the group and to the sharer's process?
- How does this time with the group inform my own work?