

Worksheet 1.3 : Agreeing Group Ground Rules

For everyone to feel safe it is important to establish boundaries and ground rules for the group. Carers will feel that they have ownership of the group if they are involved in agreeing these. Ground rules aim to:

- Create a safe environment for everyone
- Facilitate smooth running of sessions
- Help everyone to feel supported, represented, comfortable
- Make everyone aware of what to expect; what is accepted, and what isn't.
- Keep in mind the need to look after ourselves and others

Workshops are not:

- Therapy
- General support and offloading
- Place to discuss or pass judgement on particular ED services, therapies or blame anyone
- Instructions on how to "fix" your child

Workshops are:

- Information on eating disorders
- Training in professional skills for managing and communicating with Ed
- Support to practise & learn skills in a safe space
- Support to make the most of the services you have and the skills you have

Three Essential Ground Rules

- Confidentiality
- Non Judgemental
- Pro Recovery

This is your group. What else would you like to add?