

# Guidelines for Connection Groups

## Confidentiality

- What happens at ATMA self care seminars stays at ATMA self care seminars

## No Judgement

- Create a sense of safety for group members, keep a non judgmental attitude

## Right to Pass

- Never feel obligated to speak to any specific questions: passing is always an option

## Remember the Goal

- Connecting with peers in a safe, authentic way

# Guidelines

## Appoint a Group Rep

- A volunteer is needed from each group to serve as the group rep
- Group rep will report the **top 1 or 2** key takeaways from the group discussion
- The group rep will help keep group discussions on track and on time

## Allow Sharing From All

- Encourage everyone in the group to share their thoughts and experience
- Ensure no one group member(s) dominate the discussion

## Stay Engaged

- Please limit distractions, such as cell phone usage during discussions
- Remain an engaged presence for your peers to feel seen and heard
- Camera on, active listening

# Suggested Discussion Questions (get creative!)

## Professional Challenges

- What do you find most challenging about being a helper/therapist?
- Do you struggle with imposter syndrome?
- How are you at managing clients? (emails, booking, boundaries)
- How do you do with managing the financial aspects of your practice?

## Personal Challenges

- How is your work/life balance?
- In what ways do you engage in self care?
- Are your loved ones supportive of your profession?
- How do your loved ones support your personal needs and self care efforts? If not, how can you express your needs?

## Connection Challenges

- Do you feel helpers should engage in their own therapy?
- Do you connect with peers in personal or professional capacities?
- If not, how can you create peer engagement? How would you suggest your clients engage in connection if they need more in their life?