

Safety Planning in Group Supervision: How to Guide



TIP: Use a timer to keep the session focused!

A. Decide the Case Holder, Facilitator and Advisor(s):

1. Case Holder introduces themselves and gives the **case 'headline'** **1 min**
2. Genogram: who's who in the family, **focus on identifying current family support** **2 mins**
3. Case Holder describes **case issues**, explaining **what work has been completed** **4 mins**

B. Creating the Danger/Worry Statement:

4. *Individually*, **write a priority Danger/Worry Statement** about what you have heard **3 mins**
5. Read your Statement out to the group; the **Case Holder chooses one to use** **4 mins**
6. *Individually* **write a Safety/Wellbeing/Success Goal** for *the chosen* Statement: **2 mins**
7. Read your Goal out to the group; the **Case Holder chooses which to use:** **4 mins**

C. Judgement:

8. Using the chosen Statement and Goal, work as a group to **create a scaling question:** **2 mins**
9. Using the group scale, each write a number to **reflect your view of the situation:** **30 secs**
10. Each read out your chosen number and **say why you chose it:** **2 mins**

D. Preparing for the Network Meeting:

11. *Individually*, draw the table overleaf. From the initial number *you* decided, consider **what you need to see happen** (*expected outcome*) to move one point up the scale. Put this in the first column. **1 min**
12. Repeat step 11 until you have a list of what you need to see against each number all the way to 10. **4 mins**
13. Compare your first column (*expected outcomes*) with other members of the group – **discuss the similarities and differences** in order to **agree what we expect from the family.** **7 mins**

E. The Network Meeting:

14. The case holder **takes the table to the next network meeting**, and using questions, gets the network's best ideas on what they can do make this happen (second column). This is your plan!

TIPS for in the Network Meeting:

- Remember to ask the network if there is anything that **might get in the way** of this working, and help them think about **what needs to happen if these things don't happen** – e.g. who will do what then. You can suggest the use of **Safety Journals** and **Safety Objects**.
- It's good to get the network members to **write down what they will do and sign their names** against it.

What do we need to see?

Who needs to do what to make this happen?