

Resilience Based Clinical Supervision

Focus Group – suggested format

Introduction

Hello and welcome to the meeting. First, we would like to thank you for coming and taking part in this focus group and we look forward to hearing your views.

I am... (introduce facilitators and their role).

The aim of this focus group is to discuss the influence of

RBCS, compassion in care and what your thoughts and experience of this have been.

Ground rules

Before we begin, I would like to establish some ground rules:

1. Feel free to speak what you think; it does not matter if your thoughts differ from others'
2. Anything said in this room should be kept confidential
3. Don't speak over each other
4. Please turn off your phones

Can everyone introduce themselves and their current role?

- First, we would like you to think about a situation that you may have found emotionally challenging. Can we go around and have each person can briefly describe this situation
- How did your experiences of RBCS affect your ability to manage the situation you have described?

Prompt group to consider the following:

- The support of the group itself
 - Mindfulness/grounding skills
 - Reflection using the emotional regulation systems
 - Positive reframing/challenging the self-critic
 - Self-compassion/compassionate flow
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- What aspects of RBCS did you find most beneficial?
 - What aspects of RBCS did you find most challenging?
 - How did your facilitator influence these benefits and challenges?
 - What do you view as the key challenges in sustaining compassion to self and others?
 - How do you feel RBCS may influence this in the future?
 - What are your plans for accessing support for your professional practice in the future?
 - Do you have any final comments or thoughts you would like to share before we finish?
 - *Many thanks for your time and sharing your experience*



This can be facilitated face to face or virtually. You may wish to consider recording (with consent) the session and should discuss this within the ground rules.