

DBT Graduate Peer Support Group

Group meetings can stimulate intense emotions and managing them can be challenging. The agreed protocol and code of conduct aims to help with this by clearly setting out what is expected of group members. The aim is to create a supportive environment which maximises the benefits of peer support.

Group Protocol

- Group members commit to completing their own safety plan before attending the peer support group, as well as to using it outside of the group meeting when needed.
- Group members are all expected to be committed to working towards giving up self-harming, suicidal and other impulsive behaviours that present a risk to self and/or others or get in the way of recovery.
- Group members commit to setting, and working toward achieving, long-term goals that make “life worth living”.
- Group members agree on the importance of continuing to practise and use DBT skills outside of the group time, and commit to using expertise from their own experience to help other group members, actively reinforcing skillful behaviour and building mastery.
- The content of group discussion and names of other members will remain confidential. However, if there are serious concerns about the safety of a group member or other people, then this will be disclosed to Mind BLMK staff and/or other relevant agencies (e.g. mental health team, social services, police, ambulance service).
- Group members agree that mobile phones will be turned off or placed on silent, and will not be used during the group meeting. The exception to this will be the use of phones for receiving calls in cases of emergency. If expecting an urgent/emergency call then it is the person’s responsibility to inform other group members at the beginning of the meeting, to place the phone on vibrate, and to take the call outside of the group meeting.

Expected Behaviour

- Making a clear effort to arrive on time.
- If you are not able to arrive on time, then wait until mindfulness practice is finished before entering the room.
- As we are all fallible, ensuring that any recent self-harm wounds are covered during attendance of the group meeting out of respect for other group members who are trying to give up this behaviour.
- Contributing to the smooth running of each group, and completing pre-arranged duties for the group (if volunteered).
- Recognising and respecting other people's boundaries.
- Respecting the role of the peer support workers and volunteers who are supporting the running of the group.
- Behaving in an honest, open way which encourages trust between members and a collective sense of responsibility.
- Allowing each other to talk, using mindfulness to listen and reduce judgements of ourselves and others.
- Completing feedback forms, outcome measures and interviews as required to help with the development of the peer support group.

Unacceptable behaviour

- Any aggressive or threatening behaviour towards others e.g. shouting, directed swearing at others, or other behaviour that leaves group members feeling unsafe or under threat.
- Any personal verbal attacks or offensive judgements towards other group members, e.g. using racist, sexist, homophobic or other discriminatory language or descriptions of others.
- Failing to be quiet after being asked to by group leaders.
- Arriving at the group under the influence of alcohol or illegal drugs.
- Openly discussing immediate or historic suicidal plans, self-harm or other impulsive behaviours with other group members.
- Forming cliques and excluding group members from discussion, or bringing personal conflicts between yourself and other members into the group meeting