



Tips for Navigating Challenges in Group

Group member being difficult and/or confrontational:

Gently interrupt, connect with the member who is being difficult, attempt to co-regulate and if applicable, let the group member know you'd like to address their challenge privately. Try to avoid getting pulled into the dys-regulation.

Group member giving harsh feedback or criticism to a member of the group or about someone else in the program:

Gently interrupt the group member criticizing. Attempt to normalize the criticism. Make sure you name the possible set-up. Create a neuroception of safety by reminding group members that home group and the exercises are times to support each other.

Group member not participating and/or staying fairly quiet:

When appropriate, invite the quieter participants to engage. Possibly use the Chat application to connect with the quieter members throughout the day. If it feels appropriate, you go pick the student who will share.

Group member dominating the conversation:

Acknowledge the dominating group member's passion for the material being discussed and pick another person to continue the conversation.