



## What Should You Consider Before Starting the SOOTHE Group?

### Checklist & Preparation

#### YOUR THERAPY SPACE

- Do you have a private and comfortable space?
- Do you know where that safe space is? (e.g., home, relative's home)
- Do you need to use headphones to increase your privacy?
- Do you need to put a sign on your door so no one enters?
- Did your facilitator tell you they will be in a private space, away from other people?

#### TECHNOLOGY USE

- Do you have access to a device with sound and video? (e.g., computer, iPad)
- Do you have access to a stable internet connection?
- Do you agree to keep your camera on during the live group sessions unless discussed otherwise?
- Being online, there may be technical issues during group sessions. If so, could you try reconnecting or using a different device? Otherwise, could you email your facilitator for help?
- If you become distressed, could you choose to take a less active role (just listen and observe)?