

Foundations: Pre-group interview

Name:	Date:			
Address:	Phone:			
Interviewer:	Decision:	Yes	No	Maybe

The pre-group interview provides an opportunity for both facilitators and potential participants to discuss individual and group goals, and to determine whether this group would be appropriate for this participant. Ideally, it will be conducted in person. Important topics to cover include: information about the *Foundations* group and host service, additional support options, who the facilitators will be, group location, access/parking, group commencement date and duration, and content structure and processes. It is important to address questions related to disclosure, confidentiality, safety, and perpetration.

Basic group information:

- Foundations is an 8 session/week group counselling program designed for men who have experienced childhood sexual abuse. Its purpose is to support men in addressing the impacts of sexual abuse on their lives, and in enhancing their overall personal and relational well-being.
- The group is semi-structured, and covers different topics each week, including:

Well being & self-care	Expressing emotions
Understanding trauma and effects	Relationships & trust
Masculinity, and ideas about being a man	Intimacy & sexuality
Disclosure	Justice, revenge, & getting on
Silence & secrecy	Valued living, SMART goals
Shame & guilt	

- Detail dates, time, place, facilities, breaks, introduce facilitators...

Note: *The pre-group interview is an adjunct to established organisational intake, assessment, and support processes designed to meet professional standards and legal requirements.*

The pre-group interview will typically take between 45-60 minutes. It is an opportunity for facilitators to personally reach out and engage potential participants, and to confirm they have access to appropriate support.

Engagement and motivation:

Thank you for expressing an interest in the *Foundations* group. We are interested to hear:

1. How did you find out about the *Foundations* group?

2. What are your hopes and aspirations in attending the *Foundations* group?

Prompting question:
Do you have some personal goals you wish to achieve?

3. What makes now the right time for you to attend a group?

Prompting question:
Have you been encouraged by someone to attend Foundations?

4. Are there any topics that you identify would be particularly helpful/important to cover? (Refer to session list).

5. Are there any topics that might be sensitive or particularly difficult for you to discuss?

Clarification

The group is for men who were sexually abused in childhood that have some memories of the abuse, however fragmented these might be. Does this fit with your experience?

Yes No

6. There is no expectation that participants will tell their story of abuse, but parts of people's experiences are often shared in discussions. Is this something you wish to discuss?

Note:

It is important to clarify that in order to ensure safety for all participants, discussions of the specific details of sexual abuse will be contained (limiting excessive information and descriptions of the physical acts).

7. This group is not designed for men who have perpetrated sexual abuse. It is important for all participants to feel comfortable and safe. Is this something you wish to discuss?

Note:

It is important to differentiate between sexualised behaviour that occurred at the time of sexual abuse—or soon after, when the person was a child—and sexual offences committed as an adult.

Support

8. Have you attended any counselling or support groups in the past?

Prompting questions (if yes):

- a. *What type of group, and what did you find helpful?*
- b. *What did you find unhelpful?*

9. Are you currently accessing individual counselling or specialist support services?

Prompting questions:

- a. Does the counsellor or service support your participation in this group?*
- b. Will you be accessing individual counselling while this group is in progress? (Details of counsellor).*

10. Are there any current mental health difficulties or life circumstances that may impact on your participation?

Screen for:

- a. Mental health diagnoses in terms of current well-being.*
- b. Suicidal ideation.*
- c. Current medication.*
- d. Access to stable accommodation and transport.*
- e. Special needs (hearing, physical, or intellectual disability, etc.)*

11. It is useful for facilitators to be aware of strategies that you find useful in managing stressful situations and prioritising your well-being:

Prompting questions:

- a. What strategies have helped you get through difficult times in the past?*
- b. How do you manage particularly strong emotions?*

12. We recognise that drugs and alcohol can become a part of life for some group participants. We ask for a commitment that you do not use alcohol or drugs prior to group sessions. Do you want to discuss this?

13. Do you have any major life changes pending?

14. To ensure that all participants are able to support each other and get as much out of the group as possible, we ask for a commitment to attend all the group sessions. However, we do understand that work/family commitments and unexpected events can sometimes interrupt plans. Do you anticipate any difficulties attending for the duration of the group?

15. We provide light refreshment as part of the group. Do you have any special dietary requirements?

Thank you for participating in the pre-group interview. Do you have any additional questions or concerns about the group that you would like to discuss?

Interviewer/facilitator to discuss the process from here on in relation to further contact, additional information/support available, confirming acceptance/participation in the group, and anticipated start date, time, location (when decided).

Additional information or support identified?

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