



## Change idea:

## Getting to knowing each other

### Predictions

Wanting to get to know our service users in more than clinical terms. Creating a safe place to share reflections and awareness on our own moods and well-being and how this informs trusting, therapeutic relationships.

### Plan

The group being a 'round the table' format suggesting equality. Held over three sessions across three weeks, this enabled enhancement of therapeutic relationships over a focussed time frame.

### Do

Staff enabled to safely share things about their own lives to make them more relatable. Personal detail coming to light which otherwise might not be shared.

### Study

Making use of emoji cards and activity or action photos as a means to encourage all participants to describe and reflect on their identity and how they regard and esteem themselves. Each participant in the group given the chance to reflect positively and comment on the person sat next to them, or to any one else in the group. Encouraging empathy between staff and service users.

### Act

The group being a 'round the table' format suggesting equality. Held over three sessions across three weeks, this enabled enhancement of therapeutic relationships over a focussed time frame.

