

Ways to Check-in for Choosing Interventions

By facilitating a verbal check-in with mood report and one or two other questions, the therapist can extrapolate common themes that emerge and offer interventions to explore those themes.

You are all invited to share your name, pronouns, what kind of music you like, how you're feeling right now and:

1. What is important to you right now.
2. What you need from the group today.
3. Something good and something challenging that happened this week.
4. Something you like about your self or one of your strengths.
5. Something good about this group of people as a whole.
6. Something you admire about someone else in this group.
7. Something you are working on or want to work on in group today.
8. A source of support.
9. A coping skill.
10. Response to a song or reading shared before the check-in (if rapport is already established/safety can be assessed.)
11. Something you wish people knew about you.
12. Something you wish people understood about [what they are being treated for]. ("People" could be the group, staff, family, friends, the community, etc.)
13. Something that inspires you or gives you hope.
14. Something you have overcome.
15. How you feel about an event happening in the hospital, community, etc. (like a fight on the unit, new rules, a quarantine, civil uprising, etc.)
16. Advice you would give someone in your situation.
17. A long term or short term goal.
18. Something you're looking forward to post discharge.
19. A time you felt strong or powerful.
20. A change you would like to make.
21. Something you believe that is important to you.
22. A piece of wisdom.