International OCD Foundation

# BDD Support Group Planning Sheet

Consider using this form as you begin to plan your BDD support group. To learn more about starting your own support group, please visit **iocdf.org/get-involved/start-a-support-group**. Additional suggestions for group structure and possible topics for group discussion can also be found in the G.O.A.L. Group Handbook here: **iocdf.org/GOAL**.

## HOW WILL YOUR GROUP BE RUN?

- ☐ I want this to be a peer-led group (i.e., someone affected by the disorder)
- ☐ I want this to be a professionally-led group
- ☐ I would like this to be a mix of both
- ☐ I would like the leadership of this group to rotate amongst different people

## WILL THERE BE A COST TO ATTEND?

- ☐ There will be a minimal fee for people to attend
- ☐ This will be a free support group

## WHEN AND HOW OFTEN WILL YOUR GROUP MEET?

- ☐ This support group will meet:
  - ○ Once a week on: _____ (Mondays, etc.)
  - ○ Every other week on: _____ (Tuesdays, etc.)
  - ○ Once a month on: _____ (1st Thursdays, etc.)
  - ○ Other: _____
- ☐ From: _____ to: _____

## WHERE WILL YOUR GROUP BE HELD?

- ☐ Outpatient Clinic / Hospital
- ☐ Local religious establishment (e.g., church, temple)
- ☐ Private room at a public space (e.g. coffee shop)
- ☐ Meeting Address: _____
  _____
- ☐ Building Name/ Room Number: _____
- ☐ Special entry instructions? (reception desk, door buzzer, etc.) _____

## OTHER ISSUES TO CONSIDER

- ☐ Will you have an attendance policy?
- ☐ Will you have a group confidentiality policy?
- ☐ Will you have an expectation that members should also be involved in treatment?
- ☐ Will you have an expectation that members have to be active in the group?
- ☐ Should there be a "check-in"/introduction component to the group where all group members have an opportunity to briefly:
  - ○ Share how they are working on their BDD symptoms.
  - ○ Talk about non-BDD related updates.
  - ○ Talk about a certain theme.
  - ○ A combination of the above.
- ☐ Will there be an educational component to the group meetings? For example:
  - ○ Having a guest speaker or someone in the group designated to educate the rest of the group on an agreed-upon topic before or after the group.
  - ○ Discussion of a book related to treatment or a personal memoir about BDD.
- ☐ Will there be an open-ended conversation or Q&A component to the group?
- ☐ Will there be a pre-determined topic chosen by the group or leaders to discuss during the meeting (for example: obstacles to treatment)?
- ☐ Will there be time for informal socializing?
- ☐ Will you make announcements during the group (for example: "Due to the holiday next week the group won't be meeting")? What strategies will you use to advertise your group and find members?

## ADDITIONAL QUESTIONS TO CONSIDER:

- What are some of the most important ground rules of your group?
- What strategies will you use to advertise your group and find members?
- How will you respond if a group member expresses feelings of depression, discloses a suicide attempt, or appears to be at risk of harming themselves?