

Group Assessment

Information			
Name	Firstname Lastname	Age	Age (years)
Record ID		D.O.B	DD/MM/YYYY
Address			
Telephone		Postcode	
Email			
Preferred site / location		Virtual support preference	<Has access to confidential space for phone sessions?>

Contact preferences	Phone <remind that service number will appear	Email <Does anyone else have access?>	Post <Who do they live with?>
Preferred method of contact	Please select	Please select	Please select

Emergency Contact Details			
Name		Relationship	
Phone			

Abuse type – tick all that apply	
Timing of abuse	☐ Childhood ☐ Adult ☐ Recent (last 12 months) ☐ Non-recent
Type of abuse	☐ Rape ☐ CSA ☐ CSE ☐ Other ☐ Sexual Assault ☐ Sibling sexual abuse ☐ Online
Other risk factors	☐ Trafficking ☐ DV ☐ Multiple perpetrators

Criminal Justice – tick all that apply	
Has the abuse been reported to the police?	☐ Told police ☐ Planning to tell police ☐ Has an ISVA?
What stage is the investigation?	☐ Referred to CPS ☐ Trial awaited ☐ Trial complete ☐ Under investigation

Prompt: Introduce the concept of potential defence challenges if case information is shared in a group and explain that they will not be able to share detailed case information in the group sessions. If anyone starts to share detailed case information the facilitator will be required to interrupt them, to prevent any risk of breach of information.

Health assessment – are there any health reasons that would impact on attendance at a group?

Physical Health:

Examples: Eating disorder, Epilepsy, Asthma, accessibility needs

Medication?

Mental Health:

Prompt: Discuss suicide ideation (safety plan if necessary) and how are they coping? *Include symptoms such as: Flashbacks, Nightmares, Dissociation

Medication?

Risks – are there any risks that would impact on attendance at a group? Safety risks:

Prompt: Are they still in contact with alleged perpetrator? Are there any domestic abuse risks? How are they keeping safe? (Self/others) *make safety plan if necessary*

Risks to others / staff:

Prompt: History of violence +/- or aggression?

Contextual risks:

Prompt: Do they need any support with any of the following outside of the group before they can fully engage? Housing, substance misuse, isolation, faith, language barriers, local community. Is anyone already supporting them with this already? Is that working for them?

Additional information

Current relationships	Prompt: Who are the important people in their lives? Partner? Friends? Family?
Pregnancy and children	Prompt: Currently Pregnant? Caring for children up to 6 months old? *include age of children and whether living at home
Employment/School	
Any other trauma experiences	Any ongoing support needs not covered above

Previous counselling

Prompt: What did you find useful when you previously accessed counselling? *detail any previous counselling? Including any currently accessed

Hopes for the group

Prompt: What are your hopes for this group?

Concerns or anticipated challenges about coming to a group

Prompt: Where do you see yourself having the most difficulty as we begin to talk about abuse and trauma? How might you manage this?

For assessors – consider, do these concerns seem typical to most group members' concerns?

Assessing Readiness

Prompt: Have you been in group(s) before and how did you find it? How comfortable are you with sharing feelings or experiences in a group?

For assessors – any concerns around self-disclosure or talking in a group expressed/noticed?

Managing group dynamics

Prompt: Are there ways you feel you could be supported to contribute in group discussions – what would help you? How would you manage if you wanted to challenge or question something raised in the group? Or if you felt challenged?

For assessors – Discuss role of facilitators in supporting group dynamics and discussion

Parenting

Prompt: Acknowledge the value of hearing a range of ways of coping and responding in the group which creates balance and difference. Are they open to sharing ideas and hearing alternative ways to responding to their child OR would this feel like a criticism/like something else to worry about if already overwhelmed?

Trauma response

Prompt: Find out what stage they are at dealing with and responding to their child's trauma. Numb/shock, in denial, angry, helpless, etc. Are they able to acknowledge their child's abuse to themselves and others?

Parental abuse

Prompt: Does the parent have their own sexual abuse/trauma history they want us to be aware of? Where do they feel they are in their own journey with this?

Availability and commitment

Prompt: Introduce the importance of commitment and stability in the group. Ask if they can commit to attend regularly?

Support

Prompt: How would you managed if you were upset by something in the group or felt challenged? What support would they need in place to enable attendance? E.g. transport, a supporter

Availability	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Date	DD/MM/YYYY
Assessor	Firstname Lastname
Staff involved in case discussion	