

CAT 8

Follow up

Peer Consultation: What has become of our plans?

Guidelines

Aim of this unit: Joint reflections on the implementation steps and, if necessary, get support and ideas from the group for specific concerns or stressful situations.

Sequencing of session

Connecting round:

What has happened to you and your project since the end of the training (successes, difficulties, unforeseen events)? How do you feel about it right now? Do you have a concern or a question regarding your project that you would like to discuss with the group?

In the case of the latter, you, as the moderator, should note down the concerns or questions mentioned. Also make sure there is only a *brief* description of the concern.

Collegial advice:

After the connecting round, you can go directly to step 1 of the collegial advice (see worksheet) and work through the seven steps in about 45 minutes. It should be clear to everyone involved that the time available is only sufficient for *one* consultation.

Conclusion:

After you have completed the feedback round (step 7 in the collegial consultation), you as a moderator can ask the group whether you want to arrange another follow-up appointment or whether you want to end the CAT group. If you have made another appointment, all you need is a short farewell greeting. If it was the last joint meeting, you could finally ask the question again: With what thoughts and feelings do I now end our joint CAT process?