

# HOW TO RUN A GROUP

## A SHORT COURSE ON GROUPWORK SKILLS

Groups can be scary places for group facilitators as well as group members. Learning about the basics can offer confidence and new skills. The course is designed as an introduction to groupwork skills – focusing on particular areas that are designed to give you the knowledge, understanding and practical skills necessary to go about setting up and facilitating an effective group. It offers a supportive environment and an opportunity to learn about the fundamental skills required in facilitating effective groups.

### Overview of the Course:

- Basic introduction to group theory. Understanding why some groups flourish and others flounder.
- What a group facilitator's role is.
- Understanding boundaries, creating and maintaining them.
- Managing conflict.
- How groups affect the facilitator emotionally.
- How to manage how members relate to each other, and you, within the group, so that these help rather than hinder the group task.
- Managing endings in groups.

**Who is the course for:** The Course is designed for those working with groups in a variety of settings, including mental health and other health related services, drugs and alcohol recovery services, therapy, counselling, probation and prison services, social care, children and young people's services and education providers. It will also be of benefit to those who wish to develop a greater understanding of team and organisational dynamics.

**Venue:** Newlands Medical Centre, Bolton

**Course Fee:** £295.00 for self funding and £360.00 for organisations

**Course Dates:** February 28th, March 7, 14, 21, 28, April 4th 2019.

**Course time:** Thursdays from 4.00 p.m.—7.30 p.m.

**For more information or an application form please contact:**

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Or visit our web-site: [www.groupanalysisnorth.com](http://www.groupanalysisnorth.com)



**Group Analysis North**

### QUOTES FROM 2017 COURSE PARTICIPANTS:

"The course has opened my eyes to the subconscious life of group work."

"Do it! Its really helpful and a good opportunity to think about groups and groupwork."