

Training in Groupwork Skills



HOW TO RUN A GROUP

GROUPWORK SKILLS COURSE



Group Analysis North

Course Fee:

**£360—
organisational**

or

**£295.00—self
funding**

A six session introductory training course in groupwork skills

Course Dates:

Thursdays 4.00 p.m.—7.30 p.m.

28th February 2019—6th April 2019

FOR FURTHER DETAILS OR TO APPLY, CONTACT:

Mandy Wildman, Development Officer

Group Analysis North, Newlands Medical Centre

315 Chorley New Road, Bolton, BL1 5BP

Email: mndywldmn@aol.com or enquiries@groupanalysisnorth.com

Telephone: 01204 84 0909

INTRODUCTION

This Introduction to Group Work Skills Course will be of interest to you if you are involved in developing and/or facilitating groups. This may be in your workplace, or you may be involved in groups of a voluntary nature. The Course is designed for those working with groups in a variety of settings, i.e. mental health and other health related services, criminal justice system, recovery services, therapy, counselling, social care, children's 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.

The course is designed to be accessible, supportive and encouraging and it offers practical knowledge and skills that are directly transferable into our everyday work and lives. Group analytic theory provides the framework for the course, which is designed to introduce you to the factors that underlie group dynamics.

COURSE OBJECTIVES

To provide:

- A practical and theoretical understanding of how to set up a group well.
- A basic understanding of group processes and how these can help or hinder the group outcomes.
- A better understanding of the role of the Group Facilitator, and how to look after yourself in this role.
- Awareness of the different roles that people take in groups and how to recognise and work effectively with these.
- Awareness of why boundaries are important in groups, how to establish them and work with them effectively.
- An understanding of the endings in groups and how to facilitate these positively.

COURSE STRUCTURE

Each of the 6 sessions includes a 90 minute seminar and a 90 minute Work Reflection Group (the work reflection group is an opportunity to look at ongoing work related and organisational issues that participants will bring to work with).



**CERTIFICATE OF ATTENDANCE
AWARDED AT END OF COURSE**

COURSE DATES

The Course runs on 6 consecutive Thursdays from 4.00 p.m. — 7.30 p.m. Dates are:

Thursday 28th February 2019, Thursday 7th March 2019, Thursday 14th March 2019, Thursday 21st March 2019, Thursday 28th March 2019, Thursday 4th April 2019.

COURSE VENUE

Newlands Medical Centre, 315 Chorley New Road, Bolton, BL1 5BP.

COURSE PROGRAMME

- Session 1** What helps groups work well – an introduction to group theory and group processes.
- Session 2** What a group facilitator's role is.
- Session 3** Understanding group boundaries and how to create and maintain them.
- Session 4** Managing conflict and difficult situations in groups.
- Session 5** Developing an understanding of how group members may relate to and think about one another.
- Session 6** Managing endings in groups.

COURSE FACILITATORS

The course is convened by **Mandy Wildman**, who works with GAN as its Development Officer. Whilst beginning her career in social work she began working in the NHS in 2000, working in both community and inpatient services as a clinician and manager. After working for 13 years in Secure Forensic Mental Health Services she took early retirement and now works in private practice. Her psychotherapy trainings include group, cognitive analytic and mentalization based therapy. She studied on the Advanced Course in Groupwork at the Red House, Manchester. Alongside clinical practice her areas of interest include developing effective team working within an appreciative leadership framework. Mandy will lead the seminar on the course.

Mandy will also be available in-between sessions should participants wish to discuss any aspect of the course or any issues/concerns they may have.

Martyn Smithers will lead the work reflection groups. Martyn is a Group Analyst and for several years was employed as a Principal Adult Psychotherapist and also had a spell in private practice. He then worked as the Mentalization lead in a specialist personality disorder team in the NHS. Martyn is now retired from full time work, but is now designing and developing ways of supporting staff through reflective practice.

PRIOR KNOWLEDGE

Prior knowledge of group work theory and skills is not required for the course.



This short course can also be offered as an in-house CPD session if required. Please contact the Group Analysis North Development Officer, Mandy Wildman, to discuss your Service or Departmental needs, e mail: mndywldmn@aol.com

Alternatively, contact our administrator Bethan Marreiros, administrator@groupanalysisnorth.com

Telephone: 01204 84 0909

Details are also on the GAN website: www.groupanalysisnorth.com

Group Analysis North is a small charity based in the North of England. Its remit is to provide training, support and knowledge of group analysis.

On behalf of the **Institute of Group Analysis** (London), Group Analysis North runs the following block weekend trainings:

- IGA Foundation Course in Groupwork * —An introduction to understanding group processes and skills in developing, leading and facilitating groups.
- IGA Diploma in Groupwork Practice—supports the development of specialist skills and competencies in group therapy.
- IGA Qualifying Course Group Analysis—Provides specialist training in the practice of group analysis, leading to full membership of the IGA and UKCP registration.

Group Analysis North also provides:

- Group supervision—telephone and face to face in a small group.
- Work reflection groups—monthly sessions on a Friday evening.
- Cafe Psychologique - group meets monthly in a bar to discuss everyday topics from a psychological perspective.
- Friday Seminars—focussing on ‘applied’ Group Analysis.

Details of all Group Analysis North’s activities and events can be found on the website:

www.groupanalysisnorth.com

*** Groupwork skills course participants are eligible to 10% discount off the Manchester Foundation Course fees.**