

On-line  
Training in  
Groupwork  
Skills



# HOW TO RUN A GROUP

## ONLINE GROUPWORK SKILLS COURSE



**Course Fee:**

**£400—organisational**

or

**£320.00—self funding**

(£107 x 3 monthly payments)

An eight session introductory training course in groupwork skills

**Course Dates:**

Thursdays 4.00 p.m.—7.00 p.m.

21st October 2021 - 9th December 2021

**FOR FURTHER DETAILS OR TO APPLY, CONTACT:**

Mandy Wildman, Development Officer

Group Analysis North

Email: [mndywldmn@aol.com](mailto:mndywldmn@aol.com)

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Telephone: 07749 024406

## **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.

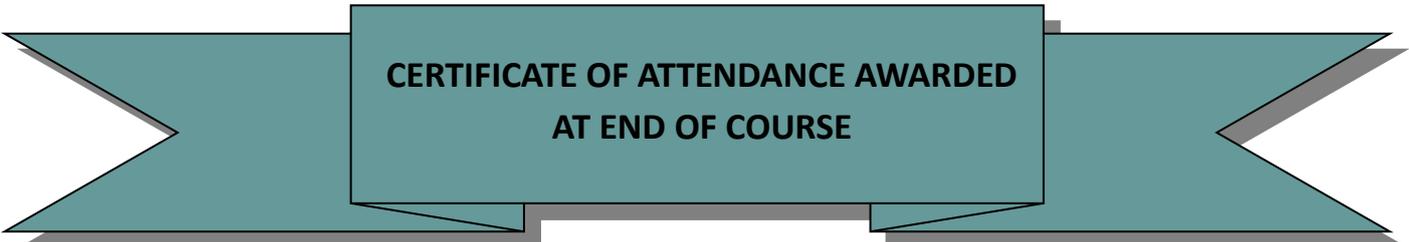
## **COURSE OBJECTIVES**

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.
- What to consider in working with groups online.
- An understanding of the endings in groups and how to facilitate these positively.

## **COURSE STRUCTURE**

Each of the 8 sessions includes a 60 minute seminar and a 90 minute work reflection group (the work reflection group is an opportunity to look at ongoing groupwork and organisational issues that participants will bring to work with). There will be a half hour break between the two sessions.



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

## COURSE DATES

The Course runs on 8 consecutive Thursdays from 4.00 p.m. — 7.00 p.m. 2021 dates are:

**Thursday 21st October 2021—Thursday 9th December 2021**

## Online Platform/arrangements

The course will be run via Zoom meeting rooms. A Zoom invitation will be emailed to the course participants—they do not have to have a zoom account.

## COURSE SEMINAR 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** Facilitating Online Groups
- Session 5** Why mentalising matters in groups
- Session 6** Managing conflict and difficult situations in groups.
- Session 7** Developing an understanding of how group members may relate to and think about one another.
- Session 8** 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 GAN Advanced Course in Groupwork. Alongside clinical practice her areas of interest include developing effective team working within an appreciative leadership framework. Mandy will also lead the seminars 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.**

### Work Reflection Group Supervisor – Dr Chris MacGregor

Chris worked in Scotland as consultant psychiatrist and psychotherapist for many years. She trained in DBT, dynamic psychotherapy, group analysis and Gestalt therapy. Chris has a background and qualifications in law, ethics and philosophy. She is now living in Inverness and working in private practice there and in other parts of the UK. Chris is a seminar leader and training supervisor on the IGA Qualifying Course in Group Analysis (Manchester).



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](mailto:mndywldmn@aol.com)

Alternatively, contact our administrator Bethan Marreiros, [bethan@groupanalysisnorth.com](mailto:bethan@groupanalysisnorth.com)

Telephone: 07792775301

Details are also on the GAN website: [www.groupanalysisnorth.com](http://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.
- 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](http://www.groupanalysisnorth.com)

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

