

# On-line Training in Groupwork Skills



## HOW TO RUN A GROUP

### ONLINE GROUPWORK SKILLS COURSE



#### Course Fee:

£520 for places paid for by  
employers or

£408.00 for those self-  
funding

(£136 x 3 monthly payments)

### An eight session introductory training course in groupwork skills

#### Course Dates:

Thursdays 4.00 p.m.—7.00 p.m.

1st February 2024—21st March 2024

**Group Interview on Thursday 25th January 2024, 4.30 p.m.—5.30 p.m.**

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

Mandy Wildman, Development Officer, Group Analysis North

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

**Telephone:** 07749 024406

**or contact:** [administrator@groupanalysisnorth.com](mailto:administrator@groupanalysisnorth.com)

**Telephone:** 07792 775301

## **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.
- Awareness of difference and otherness in relation to groups.
- An understanding of the endings in groups and how to facilitate these positively.

## **COURSE STRUCTURE**

Each of the 8 online 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:

4.00 p.m.—5.30 p.m. Work Reflection Group

5.30 p.m.—6.00 p.m. Break

6.00 p.m.—7.00 p.m. Seminar



**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.

Spring 2024 dates are: Thursday 1st February 2024—Thursday 21st March 2024.

Online Group interview session: Thursday 25th January 2024, 4.30 p.m.—5.30 p.m.

## Online Platform arrangements

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

## COURSE SEMINAR PROGRAMME

There will be recommended reading for each seminar and participants will be expected to read these before each session, so that they can contribute to the dialogue within the seminars (references will be made available online for all course participants). Seminar themes:

- Session 1**      What helps groups work well – an introduction to group theory and group processes.
- Session 2**      Thinking about the group matrix.
- Session 3**      What a group facilitator’s role is.
- Session 4**      Group boundaries: Creating, managing and maintaining.
- Session 5**      Managing difficult situations in groups.
- Session 6**      Working with transference and countertransference in the group (developing and understanding of how and why group members may relate to one another).
- Session 7**      Thinking about difference and otherness in relation to groups.
- 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 Mandy 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 – Chrysi Kariotoglou

Chrysi was born in Athens-Greece and is a qualified Group Analyst, member of IGA and UKCP. She has been working in the mental health field since 2001 and in the NHS between 2013 and 2021. She has studied Psychology and Psychodynamic Counselling at the University of Athens, the University of Oxford and the University of Basse Normandie. Chrysi has been trained in Mentalisation Based Treatment and is a qualified Dynamic Interpersonal Therapy practitioner (Anna Freud Centre). She has a great experience of working with patients who have a diagnosis of Personality Disorder. Chrysi has also been working as an Experiential Group Conductor for the Oxford and Manchester IGA foundation courses and has been offering supervision for group work in private practice.



## **PRIOR KNOWLEDGE**

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

## **IN-HOUSE TRAINING**

This short course can also be offered as an in-house CPD session over 1 or 2 days, 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 GAN'S administrator Bethan Marreiros, [administrator@groupanalysisnorth.com](mailto:administrator@groupanalysisnorth.com)  
Telephone: 07792 77 5301

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. GAN also offers support to voluntary organisations by providing fee-assisted places on its courses. Contact the GAN administrator or Mandy for more details.

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

- IGA Foundation Course in Groupwork \* — 1-year course providing an introduction to understanding group processes and skills in developing, leading and facilitating groups. Course offered online and in-person.
- IGA Diploma in Groupwork Practice— 1-year course which supports the development of specialist skills and competencies in group therapy.
- IGA Qualifying Course Group Analysis— 3 to 4-year course providing 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—online.
- Friday Seminars—focussing on 'applied' Group Analysis.

Details of all Group Analysis North's activities and events can be found on its website:  
[www.groupanalysisnorth.com](http://www.groupanalysisnorth.com)

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

