



HOW TO RUN A GROUP

A SHORT ON-LINE COURSE ON GROUP ANALYTIC 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 group analytic 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. Group analytic skills are of value in all group contexts.

Overview of the Course

- Basic introduction to group analytic 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.

Online Course Structure: 1 seminar and 1 work reflection group each week - 8 weeks. Group analytic theory and principles provide the framework for the learning on this training.

Course Fee: £480 for self-funding (option of £160 x 3 monthly payments) and £605 for those funded by their employer/organisation. A £50 non-refundable deposit is required upon application.

Course Dates: Thursday 30 October 2025 - Thursday 18 December 2025

Course time: Thursdays from 4pm - 7pm

Course induction: Thursday 23 October 2025, 4.30pm - 5.30pm

For more information or an application form please contact:

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Quotes from Previous 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."

www.groupanalysisnorth.com

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