



GROUP WORK TRAINING

(2 day course)

Trainer: Andy Perkins, Director of Training & Development

Max. participants: 16

Suitable for: The module has been designed to meet the needs of a wide range of practitioners who work with clients with drug and/or alcohol problems. The trainer will tailor the day to suit all needs within the multi-disciplinary group setting.

Course Content

This course aims to provide a practical and theoretical basis for facilitators who are new to group work. The course will concentrate on the skills aspect of group work – and will cover how to run effective groups, the facilitation of groups, group dynamics and assertiveness skills. It will also cover a selection of the types of groups commonly used in substance misuse treatment as well as the criteria for placement of clients in groups.

Learning Objectives

By the time the course has finished participants will be able to:

- Define what constitutes a group;
- Identify the developmental stages in groups;
- Clarify their role in facilitating groups;
- List common roles people play in groups;
- Identify common issues in facilitating groups;
- Draw up a group contract to ensure practical levels of group safety;
- Apply Tuckman's model of how groups develop to ones they run;
- Establish a basis for a safe and protective group;
- Diagnose when problems arise in a group;
- Intervene appropriately to help resolve group issues;
- Monitor a group to ensure it is making progress towards its goals.