



The Skills Development Service Ltd presents  
a one day training course:

# Effective Group Work



A practical one day seminar for the development of effective group work skills with a range of client groups

## What will the delegates take away from the course?



- Increase your creativity, motivation and effectiveness in running groups
- Identify different group types and learn how to select the right techniques for each
- Evidence based
- Learn how to work through group conflicts and misunderstandings
- Strategies for neutralising group sabotage
- Use group room layout to your advantage
- Recognise the most common mistakes made by group leaders – before they happen
- Decide which group recording method is right for you
- Invaluable in a range of health and social care environments across the age span



- **How would you deal with the following ?**
- A group for survivors of abuse has started to develop an unhealthy trend for “competitive acting out behaviour”. How should you respond to it ?
- You run an anxiety management group on a ward with a nurse you hardly know. Plus you never know who on the ward will be sent to your group What are you going to do?
- A self esteem building group is being dominated by one particular member who likes to share her life history with a degree of detail others find shocking and disturbing. What should you do?

**This day will give you ideas on how to approach these and many other difficult situations in new and constructive ways**



- **FREE CD-ROM** included containing presentation, guided reading list, evidence-based reference list, further resources and **COPIABLE WORKSHEETS**, checklists and forms to use immediately with your clients.
- Certificate of Attendance. Suitable for CPD and PREP.
- Video demonstrations of techniques
- Lots of opportunities for raising questions and discussion with tutor and colleagues
- Post-seminar case support and consultancy available



**Available for In-house Training**  
**Book now and take advantage of our unique SPECIAL OFFER**  
see overleaf for details



# Effective Group Work

## Course Outline:

**09.30 Registration** (All times may vary depending on arrangements of your organisation)

### **10.00 The Where and When Of Group work**

The evidence base (and otherwise) for group work. Different group types and their implications for how to run them. The limitations of traditional models of group work and their failure to accommodate certain types of groups. The practical implications of this and how to use it to make your groups more effective

### **10.30 Getting It Right Before You Start**

Why preparation is the single most important element of your group. A 17 point checklist and how to use it to ensure maximise group success. How to anticipate potential key weak points in your group and how to manage them.

### **11.15 Refreshments Break**

### **11.30 Personal group leadership behaviour**

Co-leaders, roles and relationships. Techniques for developing your working relationship with your co-leader. How to handle issues of differing styles and power issues. Personal behaviour in groups. How to lead in a way that makes group members feel comfortable and secure whilst also willing to engage constructively.

### **12.30 Record keeping and supervision**

Options for record keeping of group sessions including sample protocols.

### **13.00 Lunch Break**

### **14.00 Common problems in groups and how to manage them (1)**

Individual issues. From individual "annoying habits" through to individual disruption. Spotting subtle sabotaging strategies and how to neutralise them. Using the group room to manage difficult group behaviour. attending to individual needs that divert attention from the group.

### **15.15 Refreshments Break**

### **15.30 Common problems in groups and how to manage them (2)**

Whole group issues. Split groups, negative immobile groups, antagonistic groups. issues of poor attention span and poor engagement. Chaotic groups and how to use their energy to the groups advantage. Dealing with repeated ground rule breaking and declining or variable group attendance.

### **16.30 Finish**

## SDS In-House Training

## How to Book



- Call us on 0870 241 7294 or e-mail us on [info@skillsdevelopment.co.uk](mailto:info@skillsdevelopment.co.uk) briefly outlining your needs and providing us with your full address and contact telephone number.
- A written quotation, booking conditions and an outline of the proposed training will be sent to you within 48 hrs.
- If the topic you are interested in is not on our list, one of our training consultants will get back to you within the next two or three days to discuss your requirements.
- Please recognise that because of high demand, forward planning of between three and twelve months is often required. So please book your in-house training in advance and we will do everything possible to accommodate your needs.

## Special Offer only for In-House Customers

- With every in-house day you have with us – we will issue a voucher enabling one person from your organization to attend one of our seminars completely **FREE**.
- You receive this voucher immediately after your in-house training day will have taken place.
- This is a unique opportunity for your staff to try our new topics totally free and for your organization to get "first hands" feedback on our new courses.



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