

## QC27 Group Facilitation in Therapeutic Contexts

**Facilitation skills are essential to the effective delivery of groups in therapeutic contexts. This course focuses on the knowledge and skills required to deliver safe group-based therapeutic interventions, consolidating the theory provided via pre-requisite eLearning.**

It aims to increase knowledge and enhance reflective practice around four key areas: safe group facilitation principles, management of group process issues, structure of group sessions, and the role of the facilitator.

### Topics covered include:

- foundation knowledge - safe group facilitation principles (ethics, risk mitigation, working with diversity, trauma sensitive approach)
- developmental stages and processes of therapeutic groups
- structure of sessions (including evaluation and reflective framework)
- group roles dynamics, and management of group dynamics and facilitation challenges
- the role of the facilitator, including skill set and attitudes (style, self-awareness and self-management practices).

This course is suitable for new and experienced group facilitators and is aimed at those working in a variety of settings and intervention types. Applicable for most levels of acuity in both inpatient and community settings, therapeutic practice can be applied to both brief and serial groups.

*Note: Completion of QC44 An Introduction to Group Facilitation (eLearning) is a pre-requisite before enrolment in this workshop is possible.*

### Anticipated learning outcomes:

- identify principles of safe group facilitation in therapeutic contexts
- recall the key elements of session structure that can be applied to group-based interventions
- apply skills and processes to build therapeutic alliance in groups
- identify the interpersonal skill set required as a facilitator, and reflect on personal and professional practice issues that may impact group outcomes
- describe how group dynamics and the roles of individual members influence the group process and facilitation
- apply strategies to work with group facilitation challenges in therapeutic contexts
- identify methods for evaluation of therapeutic group sessions and programs.

### When to attend training

- **New clinicians:** As soon as practical when commencing clinical practice.
- **Experienced clinicians:** Every two years as a refresher to ensure currency with practices, policies and procedures.

#### Cost: \$250

Queensland Health/QAS - Nil (internally funded)

#### Mode: Face-to-face only

**Duration:** 1 day = 7 hours active learning for CPD

**Pre-requisites:** Completion of QC44 An Introduction to Group Facilitation eLearning.

This course assumes basic knowledge across core clinical competencies; it is also recommended to complete QC48 and QC54 eLearning to support learning process (pre or post where required).

#### Aligned to:

- *Mental Health Act 2016*
- *Guardianship and Administration Act 2000.*