

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.

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.

Utilising a blended approach, the program comprises of two components:

- **part one:** the course begins with an eLearning module to introduce theoretical aspects and core practice skills (this is a pre-requisite for part two)
- **part two:** follows with a full day face-to-face workshop to enable experiential application of learning, consolidating theory and process through activities and exploration.

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: The eLearning component must be completed to enable enrolment in a session.

Anticipated learning outcomes:

Online module:

- an overview of facilitator skills, knowledge, attitudes and qualities for engaging in safe therapeutic group process
- structure of therapeutic groups accounting for developmental stages; single session format and individual need of member, experiential learning cycle
- consideration of group dynamics in therapeutic group process
- role of evaluation in therapeutic group process.

Face-to-face workshop:

- 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: Blended (eLearning + face-to-face)

Duration: 1.5 hours eLearning + 1 day = 7.5 hours active learning for CPD

Pre-requisites: Completion of 1.5 hour pre-enrolment 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.*