

**CHPC TRAINING LTD**  
**CERTIFICATE IN GROUPWORK SKILLS**

**ADDITIONAL INFORMATION**

**Membership**

This introductory four weekend course will be limited to 12 participants to further the aims of increasing skills and awareness about being in and working with small groups.

**Teaching Style**

Theoretical input that will include theories from Gestalt, psychodynamic, and other humanistic models. The tutors will aim to facilitate experiential learning by focusing on the current experiences within the group and relating these to the theoretical models.

Students will also be encouraged to develop their own integration of their experiential learning with the theoretical maps that they find most useful and applicable to their work setting.

They will be expected to commit themselves to engage in the creation, development and maintenance of the learning community that will be a key factor in supporting each member to meet the requirements of the course.

Thus the group members will form an experiential laboratory for learning about group processes. This will include noticing the impact on themselves and others as they change roles from member to facilitator and back again.

**Structure**

Each weekend will include experiential group sessions followed by discussion about the group process and application of theories.

All weekends, except the first one, will include sessions facilitated by group members.

**Learning outcomes**

On successful completion of the course students will have demonstrated their beginning ability to:

- Show a range of skills in facilitating a group individually or with a co-leader
- Intervene effectively at intrapersonal, interpersonal and group levels
- Support their work by applying Gestalt and other theories about groups
- Set and maintain boundaries around safety, purpose etc whilst showing appropriate flexibility in managing task and process
- Recognise their own predominate leadership style and how they may impact others as member/facilitator
- Give and receive feedback constructively

**Methods of assessment**

- Ongoing feedback from peers and tutors
- Facilitation of a group for 1hour
- Written assignment (for those wishing to complete the Certificate qualification.)

**Theoretical applications will include**

- Selecting group members and other preparations for setting up groups
- Establishing common purpose and individual goals
- Power, control, conflict and competition
- Intimacy and affection
- Inclusion/exclusion. Contact and withdrawal
- Creating and breaking group norms
- Working with shame

**Practice issues which may be considered**

- Leader self disclosure
- Chaos and creativity
- Unfinished business
- Silent/monopolising members
- Balancing task and process
- Endings

**Tutors**

David and Jenny will co-lead the first and last weekends and individually facilitate the 2<sup>nd</sup> and 3<sup>rd</sup> weekends