



# WORKING WITH GROUPS

Saturday 8<sup>th</sup> September 2018 10.00am – 4.00pm

Swan Hill Therapy Hub, Shrewsbury SY1 1NP

Concepts covered will include:

- Group dynamics: the individual and the group
- Setting up a group: composition-tasks-boundaries
- Role of the facilitator
- Stages of group development
- Challenging situations: high anxiety-scapegoating-conflict

For more information or to book a place contact Debra:

07786 546197

[debranash7@gmail.com](mailto:debranash7@gmail.com)

Or download a booking form from [www.debranash.com](http://www.debranash.com)

This workshop will be of interest to anyone involved in facilitating groups in a variety of settings: mental health, reflective practice, social care, education, voluntary groups.

The aim is to help you to think about the forces at work when a group of people get together. Group dynamics are powerful but with some knowledge and understanding you can harness them to your advantage.

Participants will have the opportunity to discover more about how groups can be most effectively facilitated and how to avoid common pitfalls. Group dynamics, or 'what lies beneath the surface' of a group, will be explored through a combination of discussion, tasks, some theoretical input, and reflection upon being a member of the workshop group for the day.

Cost of workshop, including lunch: £55 (£50 early bird rate if booked before 31<sup>st</sup> July)

Buffet lunch included

The workshop will be led by Debra Nash. Debra is a Group Analyst and Psychotherapist with many years' experience of facilitating groups (therapy, personal development, supervision, reflective practice, experiential, psycho-educational) in a variety of settings including the NHS, private practice, education and the voluntary sector.