Learning Centre
Queensland Centre for **Mental Health Learning**

QC27 Group Facilitation in Therapeutic Contexts

Facilitation skills are vital to the effective delivery of groups in therapeutic contexts. This course focuses on building the skills and knowledge required to deliver safe group-based therapeutic interventions, consolidating theory via experiential practice.

If you are a worker who currently facilitates therapeutic groups or wish to do so in the near future, this course is for you. Through experiential, practical activities and use of simulation, the workshop provides essential skills in group preparation and facilitation which can be adapted for work across different groups and service contexts.

Topics covered include:

- the stages of group development
- establishing the bond and the group process
- group member roles
- developing group cohesion
- techniques for managing group dynamics.

Anticipated learning outcomes:

- develop group safety, cohesion and productive group functioning across the developmental life span of the therapeutic group
- use 'bridging' to support the development of interpersonal relationships and skills among group members
- apply strategies and approaches to adapt and respond to challenges that emerge through the group process.

When to attend training

When you are facilitating or planning to work with therapeutic groups, at any time in your career.

Scope of practice:

The knowledge and skills acquired during the workshop may be applied in a range of therapeutic group contexts. However, completion of this workshop does not provide accreditation for the delivery of specific therapeutic or manualised group programs. You will need to check with your service or line manager if they require you to undergo any other specific training.

Cost: $250
Queensland Health/QAS - Nil (internally funded)

Mode: Face-to-face only

Duration: 1 day = 7 hours active learning for CPD

Aligned to:

- *Better Care Together (2022)*

More options: QC44 An Introduction to Group Facilitation eLearning may serve as complementary learning and may be completed before or after attending the workshop if you are interested in enhancing your knowledge further.

Queensland Centre for Mental Health Learning
Cnr Ellerton Dr & Court Rd Wacol 4076
ph: (07) 3542 2111 email: qcmhltraining@health.qld.gov.au

West Moreton Health
Queensland Government