

COUNSELLING & CLIENT WORK COURSES

LEADING PSYCHOSOCIAL SKILLS TRAINING GROUPS

Course overview

This training program will improve participants' knowledge, skills and confidence to effectively lead psychosocial skills training groups in a range of diverse contexts.

Who will benefit from this course?

Anyone working with client groups including: counsellors, case managers, social workers, psychologists, peer support workers, youth workers and other support staff.

DURATION: 1 Day

FEE: Varies depending on venue, sector, numbers & service provided

IN-HOUSE TRAINING: By arrangement with your organisation

CUSTOMISED TRAINING: To meet the specific requirements of your service and sector

VENUE: Available **Australia-wide including remote & regional areas**

Discounts for NGOs

Course content

- Psychosocial educational group purpose, process, approach and how this differs from other types of client groups.
- Planning psycho-educational groups including: selection criteria, pre-group assessments, group goals and pre-group interviews.
- Developing a session format, aims and objectives, overview, process and content – including activities and interventions appropriate for each group stage.
- Facilitating a group, the impact of group leadership style and the competencies required to effectively facilitate group processes.
- Leadership tasks to effectively manage group dynamics and stages of the group process.
- Integrating group therapy with educational group processes: skills required, pitfalls to be aware of and traps to avoid.
- Managing and responding appropriately to group process issues, conflict and challenging group dynamics.
- Managing ground rules, confidentiality, boundaries and interpersonal issues.
- Responding to group members' personal styles, eg people who are silent, don't participate, give advice or don't stop talking.
- Self-awareness of your leadership style, the impact on the group and the responses of participants.
- Evaluating group outcomes.
- Practice skills and receive coaching and feedback in a small highly interactive training group.

Contact us for an obligation free quote!

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