

# Group Facilitation Skills

## COURSE AIMS

This course develops the skills, knowledge and attitudes necessary for effectively facilitating psycho-education groups in the broad field of family, relationship and personal development education. The course focusses on the development of *facilitation skills* which are transferable into many fields. This course **does not** equip participants to deliver therapeutic groups, however many aspects of the learning is relevant and helps participants to deliver group work in the therapeutic arena, as well as in the community education, vocational and industry training sectors. The training is highly practical and requires participants to deliver a number of short sessions.

The types of groups that students will be trained to facilitate could include, but are not limited to, communication skills, self-worth, anger management and conflict resolution courses; parenting programs; personal and relationship enrichment courses; health related education sessions and working with a range of participants. The course is ideal for those who wish to work with groups where there is an educative element as well as some emphasis on the development of self-awareness, self-discovery, and the changing of attitudes and behavior.

## GROUP FACILITATION SKILLS - COURSE OUTLINE

Participants will develop understanding and skills in relation to:

- Planning, structuring, writing and delivering a facilitation session (s)
- Group development, process and dynamics: forming a group – ending a group
- Learning principles and learning styles; development of learning resources; delivery methods
- Self-disclosure; questioning techniques and handling feedback
- Setting and maintaining boundaries
- Key differences between working with individuals and couples
- Dealing with difficult behaviours, balancing individual group needs: co-facilitation skills
- Self-care and safety issues
- Course evaluation

### 6 Day Course

Wednesday 2 March - 9.30am to 4.30pm

Thursday 3 March - 9.30am to 4.30pm

Thursday 10 March - 9.30am to 4.30pm

Thursday 17 March - 9.30am to 4.30pm

Thursday 24 March - 9.30am to 4.30pm

Thursday 31 March - 9.30am to 4.30pm

Cost: \$770

For more information please contact: Marion Dunn 08 6164 0212

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For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)