

Parents Plus



Innovations in Working with Families

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Kindly sponsored by **safefood.**

Parents Plus



‘Strength in Numbers’

Five principles to create collaborative and strengths-based
groups

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Coming to the Parents Plus Conference.....

Q: What is main benefit for you of attending conference like this?

Q: What do you most enjoy/ get out of coming?



The Therapeutic Factors of Groupwork

The 'extra' potential therapeutic benefits in groupwork that are not available in individual work



Five Group Therapeutic Factors

1. Group Support
2. Group Learning
3. Group Optimism
4. Opportunity to Help Others
5. Group Empowerment



Activating the Group Therapeutic Factors

1. Group Support – *'I am not alone'*
2. Group Learning – *'Together we learn more'*
3. Group Optimism – *'We can feel more hopeful with support of peers'*
4. Opportunity to Help Others – *'In helping others we are helped also'*
5. Group Empowerment – *'Together we can take on the world'*



How do you ensure Group Therapeutic factors are active?

- Group Facilitator is crucial in activating group therapeutic factors
- Skilled facilitation is crucial to ensure group remains supportive and on focused on positive learning, instilling hope in its members.



Five practical principles

1. Ensure constructive group discussion
2. Share group leadership
3. Balance Whole Group Sharing with Small Group Work
4. Encourage 'homework'/ Taking group ideas home
5. Gain feedback – Evaluate and adapt



Small Group Work - Benefits

1. Encourages self-organisation and self-determination
2. Enhances group support and group learning
3. Helpful for quieter and dominant people



Small Group Work - Risks

1. Can lack focus if task is not clear
2. Can lack leadership if roles not clear
3. Can reproduce negative group process (e.g. dominant person or not everyone getting chance to contribute)








Small Group Work – Set Up

1. Give Clear Goals and Task
2. Assign Leadership Roles
3. Encourage constructive group process (e.g.
 - * Modelling this in group,
 - * Agreeing group rules,
 - * Background Supervising or ‘Mingling’



Workshops

Colour	Topic	Tables
	Supporting Families whose Children Have a Disability or Special Needs	1 – 10
	Delivering the Parents Plus Programme in Creative Ways	11 - 20
	Engaging Hard-To-Reach Parents (e.g. From Marginalised Communities, or Within Child Protections Services or With Mental Health Problems etc.)	21 - 30
	Dealing with the Challenges of Technology and Screens in Family Life	31 - 40
	Engaging Both Fathers and Mothers in Groups Especially When Separated	41 - 50

Workshops – Set up!

- Self-directed workshop of up to eight participants
- Your first job is to elect a facilitator and a minute taker!

Role of Facilitator

- Ensure each group member contributes and that there is equality of time
- Cover the agenda below within tight time 45 minutes
- Ensure conversation is interactive and balanced

Workshops – Set up!






Agenda to be covered by facilitator

- Ask participants to briefly introduce themselves and to say what drew them to select this working group theme
- Set the context of the theme to be addressed by the group Ask group to share
 - *What are peoples experience of this topic/ theme?
 - *What are challenges?
 - *What are soluitons?

Role of minute taker

- The minute taker will write down the best ideas and suggestions from the group on the flip chart page
- Some of ideas will be displayed at end of conference and all will be collated and emailed
- A Parents Plus team member will be 'floating' to assist you if you need any help

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