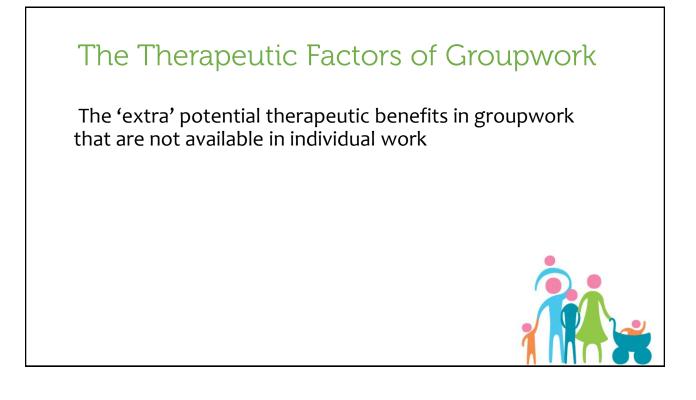


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Five Group Therapeutic Factors

- 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 selfdetermination
- 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. Encouage constructive group process (e.g.
 - * Modelling this in group,
 - * Agreeing group rules,
 - * Background Supervising or 'Mingling'

Workshops

Colour	Торіс	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 <u>briefly</u> 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

Workshops

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