

Group Leadership Course - 5-days

Summary

Leading a group requires not only skills and techniques but also the close monitoring of 'self' in relationship to the individual and to the group as an entity in its own right. Whether you are a coach, therapist, workplace trainer questions such as to what degree, can you as a leader be free to be yourself, when can you be honest and revealing of your 'self' and how will the membership respond to your expression of freedom are posed for consideration.

This 5-day Group Leadership Course will provide participants with the opportunity to explore the qualities and attitude of the group leader. Specifically, the style, role, focus and priorities for the group leader will be explored while the inter-relational realm of being human will provide a backdrop to explore the existential themes of being a group leader.

The reference text underpinning the theoretical component of the course is Yalom's *Theory and Practice of Group Psychotherapy*. Reference will be made to Yalom's Interpersonal Model in detail with existential themes and philosophy being interwoven to challenge the positional stance of the leaders personal and professional power while group process and dynamics will be encouraged. There will be a focus on experiential activities, group discussion and practice and you will have the opportunity to lead a group while feedback will be encouraged to assist you in your learning.

Group Supervision will be offered to those group leaders seeking to enhance their learning, skill and practice on completion of the course.

Who Will Benefit

This course is designed for:

- Practising counsellors and psychotherapists who wish to extend their knowledge and understanding of therapy groups
- Trainee counsellors and psychotherapists who wish to include the knowledge and practice of group in their learning
- Practitioners in the 'helping' profession who wish to develop or extend their skills in group work and apply these skills to their specific client group
- Organisational professionals, who facilitate group discussions

Learning outcomes

- Demonstrate an understanding of Yalom's Interpersonal model of group therapy
- Identify leadership style and personal qualities in being a group leader
- Demonstrate group leadership skills when leading a group
- Identify the link between personal and professional power in the role of group leader
- Develop personal awareness of existential themes within the group context

- To understand the importance of 'self' in relationship to the group context
- Understand and apply theoretical concepts of group leadership from an ethical framework
- Understand and learn to work with group dynamics and process

Content areas

- Yalom's Interpersonal Model
- Phenomenological enquiry
- Existential philosophy
- Leadership styles and approaches
- Group dynamics and process
- Power relations
- Use of self and transparency
- Yalom's existential givens
- Therapeutic factors
- Ethical issues