

# Open Awards

## Quality Endorsed Unit



### 1 Unit Details

|                        |                         |
|------------------------|-------------------------|
| Unit Title:            | Facilitating Group Work |
| Unit Reference Number: | GB7/4/WR/002            |
| Level:                 | 4                       |
| Credit Value:          | 4                       |
| GLH:                   | 30                      |

### 2 Learning Outcomes and Criteria

| Learning Outcome (The Learner will):                                     | Assessment Criterion (The Learner can):   |
|--|---|
| 1. Know about different approaches to group work                         | 1.1 Describe the characteristics of: <ul style="list-style-type: none"> <li>a) Support Groups / Mutual Aid</li> <li>b) Communal and Culturally Specific Groups</li> <li>c) Skills Development Groups</li> <li>d) Psycho-educational Groups</li> <li>e) Expressive (Encounter) Groups</li> <li>f) Groups Focused on Specific Problems</li> <li>g) Cognitive–Behavioural Groups</li> <li>h) Specialised Groups in Substance Misuse and Mental Health</li> </ul> |
|  | 1.2 Identify key factors for effective groupwork.   |
| 2. Understand key facilitation styles for effective group facilitation   | 2.1 Describe the advantages and disadvantages of the following group facilitator styles: <ul style="list-style-type: none"> <li>a) Autocratic (Authoritarian)</li> <li>b) Democratic</li> <li>c) Consultative</li> <li>d) 'Genuine' Laissez Faire</li> <li>e) Laissez Faire</li> </ul>  |
|  | 2.2 Reflect on your own facilitator style(s) and skills with reference to effective group facilitation  |
| 3. Be able to demonstrate effective group planning and promotion methods | 3.1 Demonstrate: <ul style="list-style-type: none"> <li>a) Identifying the needs / benefits for a group</li> </ul>  |

|  |   |
|--|---|
|  | <ul style="list-style-type: none"> <li>b) Developing objectives (and individual expectations) for the group</li> <li>c) Considering frequency, timings and environment (Therapeutic Frame) for running a group</li> <li>d) Identifying resources to run a group</li> <li>e) Selecting an appropriate group size dependent on the type of group and group objectives</li> <li>f) Promoting, recruiting and selecting group members</li> <li>g) Identifying the need for, and putting any 'Safety Net' arrangements in place as necessary</li> <li>h) Keeping records as appropriate</li> </ul>   |
| 4. Understand the recognised stages of group development               | <p>4.1 Identify various stages of group development and consider the role of the group facilitator at each stage:</p> <ul style="list-style-type: none"> <li>a) Forming</li> <li>b) Storming</li> <li>c) Norming</li> <li>d) Performing</li> <li>e) Mourning</li> </ul> <hr/> <p>4.2 Assess how the following can influence and impact on group dynamics</p> <ul style="list-style-type: none"> <li>a) Individual Factors</li> <li>b) Group Norms</li> <li>c) Group Cohesiveness</li> </ul> <hr/> <p>4.3 Identify why groups 'may go wrong' and plan appropriate and applicable responses in relation to:</p> <ul style="list-style-type: none"> <li>a) Group member problems</li> <li>b) Facilitator problems</li> <li>c) Organisational problems</li> </ul> |
| 5. Be able to demonstrate the implementation and management of a group | <p>5.1 Demonstrate facilitating the implementation and management of a group:</p> <ul style="list-style-type: none"> <li>a) Produce overarching group rules for a range of groups (as appropriate)</li> <li>b) Set out the parameters on Self-Disclosure, Confidentiality &amp; Information Sharing in a group setting</li> <li>c) Describe how you would promote participation by inviting members to contribute without 'putting people on the spot', adopting an encouraging and supportive approach</li> <li>d) Describe how you would offer opportunities for group members to experiment</li> <li>e) Describe how you would observe and monitor group behaviour</li> <li>f) Describe how you would facilitate/manage</li> </ul>                         |

emotional expression

- g) Discuss the range of strategies you could adopt and implement to manage challenging situations within groups
- h) Describe how you would close a group appropriately

6. Be able to summarise the key factors in the group process.

6.1 Describe how you would promote, apply and enhance:

- a) Optimism
- b) Inclusion
- c) Group learning
- d) Shifting self-focus
- e) Group cohesiveness
- f) Emotional processing in group setting
- g) Learning about unhelpful patterns of behaviour