

Quality Endorsed Unit

This unit does not form part of a regulated qualification.

Unit Title: Understand How to Set up and Facilitate Self-Help Groups

Unit Reference Number: GC4/3/WR/001

Level: 3

Credit Value: 3

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the purpose of group rules/working agreements and know how to formulate them	1.1 Explain the purpose of group rules/working agreements
	1.2 Formulate group rules/working agreements
	1.3 Reflect on the skills and practices in agreeing group rules/working agreements
2. Understand the difference between self-help group and 1-to-1 working	2.1 Describe the advantages and disadvantages of self-help groups
	2.2 Compare the advantages and disadvantages of 1-to-1 working
	2.3 Evaluate both approaches and recommend scenarios where a self-help group would be effective and where a 1-to-1 approach would be effective
3. Understand the stages of group formation and the facilitation styles required at each stage	3.1 Explain the stages of group development
	3.2 Describe the facilitation style appropriate to each stage of group development
	3.3 Reflect on your own facilitation skills for a particular stage of group development
4. Understand the challenges self-help groups present and how to respond appropriately	4.1 Explain the behavioural challenges self-help groups may present
	4.2 Describe techniques to bring about a

	resolution
	4.3 Create a strategy for identifying and responding to group challenging behaviours
5. Be able to plan and implement self-help groups	5.1 Create a plan for a self-help group
	5.2 Explain therapeutic factors that help promote change in Self-Help groups including: <ul style="list-style-type: none"> • Optimism • Inclusion • Group learning
	5.3 Reflect on own facilitation skills highlighting areas of strengths and for improvement