

GROUP WORK SKILLS IN THE MENTAL HEALTH SETTING

This two-day course increases participants' knowledge and skills, enabling them to use group work as an effective tool for working together with service users with mental health needs.

The course is designed for staff working in any mental health service in any setting: fieldwork, community, residential or day care services.

This course will cover the following areas:

- why group work can be an effective method of working with service users
- the skills required for group work and looking at transferable skills
- group work theory, the stages of group work and working with group dynamics
- the importance of effective planning of group work
- styles of leadership, ongoing evaluation and review of group work

This course can take place either as 2 consecutive days or in two stages, with 2 weeks in-between days one and two.

The two stage course gives participants the opportunity to carry out a group work task agreed upon on day one of the course.

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