



# Certificate in Group Work

## BRIEF COURSE INFORMATION



**August 2024**

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## INTRODUCTION

Starting in **August 2024**, the Physis Scotland **Certificate in Group Work** course will be delivered online over 6 days of interactive and experiential training, over a 3-month period.

This certificate is designed for those interested in developing their understanding and skill in facilitating groups and training. It is of particular value for those in the helping professions including therapists, counsellors, coaches, mental health workers, social workers HR managers, service leads and teachers and all other caring professionals who facilitate or are interested in facilitating groups in a range of settings from organisations to different teams, to independent practice.

The 3 modules will integrate theory with experiential learning activities and group discussion and reflection plus opportunities to practice group facilitation.

The certificate is suitable for practitioners from any modality who are already in practice, from trainees in advanced training to seasoned practitioners.

The principles of we-ness, present-centred-relating and shared responsibility (Tudor and Summers, 2015) will underpin our work together as well as providing a lens through which to explore our own responses and process as group as we learn together about the development and dynamics of groups and think about how to lead them.

We will meet online over a 3-month period and there will be plenty of space for play, experiential learning and group process. There will be an emphasis on application to practice through skills work, observed practice and supervision, as well as an opportunity for integration with a broad range of theoretical concepts from a range of approaches and including thinking from authors including Eric Berne, Bill Cornell, Irvin Yalom, Keith Tudor, Graeme Summers, Trudi Newton, Rosemary Napper, Robin Shoher and more.

On completion of this Certificate course, you will have:

- Developed your capacity to understand and work with groups.
- Be able to apply different theories of groupwork to your particular setting/s.
- Be able to use a range of facilitation and leadership approaches in your groupwork.
- Learned about the norms and roles in groups and develop your way of working with these.
- Have a deeper understanding of unconscious group processes and how to work with them systemically.
- An understanding of the developmental process of the group, and the leadership tasks at each stage.
- Increased your knowledge of the 'I' in the 'we' and the 'we' in the 'I', that is, issues of individuation, autonomy, and interdependence to be managed in the group development process.
- Explored group dynamics and how these impact group process.
- Critically assessed different types of groups and the considerations and clinical implications for each.

- Identified the benefits and challenges of working with groups in-person and online.

## **COURSE DATES FOR 2024**

17<sup>th</sup>/18<sup>th</sup> August 2024

14<sup>th</sup>/15<sup>th</sup> September 2024

19<sup>th</sup>/20<sup>th</sup> October 2024

## **TRAINER**

Bev Gibbons TSTA-P

## **VENUE**

We are delighted to offer the Certificate in Group Work as an online experience. Course participants can join us from the comfort of your own home, from wherever you are located around the globe. We will be delivering the programme by Zoom technology, an excellent platform that will allow time for experiential work in break out rooms. Course participants can communicate with the trainer both by voice and text via the online chat box. A Zoom link will be provided in advance of each weekend.

**All training dates will start at 10am and finish at 5pm each day.**

## **COURSE STRUCTURE**

The Certificate consists of three taught modules over three weekends and one assessment.

### **Module One: A Secure Base: Forming, making contact and anchoring.**

- Overview of course and group contracting.
- Theories of group development.
- Different types of groups: considerations and contracts.
- The different landscapes of groupwork: exploring context and setting.
- Who are you, who am I, who are we? Norms and roles in groups.
- Facilitation and leadership approaches.

### **Module Two: Exploration, Negotiation, Participation: Testing boundaries and finding the edges.**

- The developmental process of the group, and the leadership behaviours at each stage.
- Group dynamics and group process 1.
- Benefits and challenges of online work and the different considerations to working in-person.
- Your developing identity as a group work leader or facilitator.
- Ethical thinking in groupwork
- Skills practice.

### **Module Three: Integration and Co-creation: Clarifying your own style and philosophy.**

- Group dynamics and group process 2.

- The 'I' in the 'we' and the 'we' in the 'I': Exploring and understanding issues of individuation, autonomy, and interdependence and their potential to destabilise and to strengthen the group development process.
- Skills practice.
- Crystallisation of approach: What's your style?
- Reflection, critique and anchoring of learning.
- Endings and closure.

### Central threads running throughout:

- Attention to and learning from our live group process.
- Ongoing Planning and management.
- Ethical thinking.
- Attention to diversity and inclusion.

### ASSESSMENT

You will be given written feedback based on the tutor's assessment of your skills practice in Module 3. Following attendance of all three modules and participation in experiential group therapy plus skills practice in Module 3, you will receive a Certificate in Group Work from Physis Scotland.

### FEEDBACK

Student feedback is collected informally throughout the course, and through a feedback form at the end of the final module. At any point students are invited to contact the course tutor if they are in need of academic or pastoral support.

Administrative queries should be directed to Olivia Burroughs, Physis Scotland Administrator on [enquiries@physisScotland.co.uk](mailto:enquiries@physisScotland.co.uk) or 07927 557217.

## TRAINER BIOGRAPHY

### Bev Gibbons TSTA (Psychotherapy)



Bev is a Teaching and Supervising Transactional Analyst in the field of psychotherapy. She has an MA In TA psychotherapy and BA Hons in integrative counselling. She works in North Yorkshire, in the UK, as a trainer, supervisor and psychotherapist in private practice. Bev works with individuals, groups, and organisations, and has many years' experience of leading teams, running TA and other training groups, process and therapy groups, and many supervision groups.

The Co-Creative TA principles of present-centred relating, commitment to being we (we-ness) and shared responsibility lie at the heart of Bev's work and way of being (Tudor & Summers, 2014). Bev is deeply interested in thinking about the individual in the system and the system in the individual; in working with an intersectional lens; in working intersubjectively in the 'space between' and in the role of the body in communication.

Bev is the current European Association for Transactional Analysis (EATA) delegate for the UK and the CTA local oral exam site supervisor for UK exams, and a member of the UK Association for Transactional Analysis (UKATA) Training and Accreditation Standards Committee.



## FEES

Certificate fee: £655 (Inc. VAT) (3 taught modules over 3 weekends). £175 non-refundable deposit plus 3 x £160 if self-funding. If you are being sponsored through your organisation, the fee is £1015 (Inc. VAT). £175 non-refundable deposit plus the remaining balance before the commencement of the course. Please note, if your sponsoring organisation is a charity, the course fee is £655 (Inc. VAT).

A deposit as indicated above is required to secure your place. The balance may be paid in full 1 week before the start of the course, or spread over 3 instalments if self-funding, paid in August, September, and October. Please complete the appropriate section of the registration form to take up the instalment payments option.

## HOW TO APPLY FOR THE CERTIFICATE IN GROUP WORK

To apply for the Certificate in Working with and Facilitating Groups, you need to complete and return an application form, along with transferring your deposit in order to secure your place.

If you would like to apply for the course and have not received an application form with this booklet, please contact [enquiries@physisscotland.co.uk](mailto:enquiries@physisscotland.co.uk) or 07927 557217 to request your application form. Please also contact us if you have any other questions about the course. The deadline for applications for the Certificate is **12<sup>th</sup> July 2024**.

## CONTACT US

Physis Scotland

22 Drumsheugh Gardens, Edinburgh, EH3 7RN

T: 07927 557217

E: [enquiries@physiscotland.co.uk](mailto:enquiries@physiscotland.co.uk)

W: [www.physiscotland.co.uk](http://www.physiscotland.co.uk)

[www.facebook.com/physiscotland](https://www.facebook.com/physiscotland)

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## PHYSIS SCOTLAND

