**Group Dynamic Training.**

**Aims**

To understand the place of groups both in life and therapy delivery

To explore the benefits and challenges of delivering therapy in group format.

To increase confidence in managing the challenges through practical exercises.

**Learning outcomes**

**Didactic:**

Understanding about Humans and groups – group process.

Understanding the operation of groups and how this can both aid and complicate therapy delivery.

Universal therapeutic factors in groups (Yalom, Bloch & Crouch).

How these can be utilized to enhance therapeutic impact.

How they are used in different types of groups.

**Interactive**

Competencies and practicalities

Exploration of both the strengths of group delivery and the obstacles.

Opportunity to identify and work with particular examples of obstacles to group process

How to maximise the effectiveness of the group.

Reflection on learning.