

# Effective Group Supervision

## A 4-day Course for Facilitators

- Does your service/team need to develop a more structured model of supervision to support reflective practice?
- Are you wanting to sustain robust supervision/reflective practice forums locally but not sure how to do this?
- Have you ever wondered why it is so difficult to facilitate a group of peers?
- Are you finding it difficult to separate your role of manager from that of facilitator/supervisor?

. . . then this 4-day course is for you!

### AIMS OF THE WORKSHOP

- To gain knowledge of a model of effective reflective practice
- To develop and consolidate skills in facilitating reflective practice in others
- To develop and consolidate skills in managing and structuring supervision groups
- To practise effective interventions to facilitate effective reflective practice
- To gain insight into personal skills and development needs in relation to the role of facilitator

### LEARNING OUTCOMES: By the end of the 2-day course, participants will have:

By the end the 4-day course, participants will have **knowledge** of:

- how learning occurs through reflection
- the aims of supervision
- the role of a facilitator
- ways of creating a safe environment for reflective practice
- how groups function and grow
- theories of adult learning

and **developing competencies** in:

- establishing the group
- managing the group process
- supporting effective relationships
- communicating effectively
- facilitating reflection and learning

**WORKSHOP OUTLINE:** The workshop consists of **two 2-day modules (4 days in total)** and is highly individualised and experiential with the opportunity to apply the concepts taught and to practise skills. Each module includes a **pre-course pack** (involving approximately 90 minutes of preparation). It also involves a strong element of self and peer assessment of participants' skills against a **set of core competencies**. The benefits of this include:

- enabling participants to be observed and experience the supervision model in action
- supporting a more dynamic and flexible response to individual participant's learning needs
- exposing participants to contrasting facilitation styles.

### Broad areas covered include:

- Reflective Practice
- Skills in Managing Groups
- Contracting for effective reflection
- Self and Peer Assessment against core competencies



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### THE WORKSHOP IS SUITABLE FOR:

- Clinicians/professionals/managers in the NHS and other public sector organisations who are responsible for supervising clinical and management practice;
- Professionals currently facilitating supervision for clinicians and/or managers;
- Any professional wishing to gain more skills in managing groups and adult learning

### PRE-COURSE REFLECTION:

Applicants will be asked to complete 90 minutes of pre-course reading and to complete and return a pre-course reflection form prior to each Module. **This is a pre-requisite for attendance.**

### POST COURSE SUPPORT:

To ensure that their competencies are maintained by the trained facilitators, it is strongly recommended that a facility for supporting facilitators to reflect on their facilitation practice is made available either in-house or externally.

**FACILITIES:** These will be provided by the service/organisation commissioning the workshop and should include:

- a large room with sufficient space for small break-out groups
- a powerpoint projector and a flipchart
- a video recorder and TV monitor
- refreshments, as appropriate
- photocopying of handouts.

**COST:** (Fee covers 4 day's tuition and all course materials)

- **For up to 6 participants – single-handed**  
£4,800+ £720 VAT= **£5,520** plus travel and accommodation for one facilitator at cost + VAT
- **For up to 12 participants (optimum) – double-handed**  
£7,200+ £1,080 = **£8,280** plus travel & accommodation for two facilitators at cost+VAT

*We advise against more than 12 participants, to ensure best learning outcomes- any additional participants will be charged at £188 (incl. VAT) per day per participant to an absolute maximum of 15.*

### COURSE DEVELOPERS AND FACILITATORS:

**Kate Malcomess, Pauline Beirne and Janet Wilson.**

**A FACILITATOR/FACILITATORS WILL BE ALLOCATED TO YOUR COURSE ACCORDING TO THE DATES AGREED.**

**COURSES can be arranged by contacting Kate Malcomess on 0207 498 4701 or KateMalcomess@aol.com**

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