

Outline of 2018 Groupwork Solutions Workshops

For more information about hosting any of these workshops in your local area, please contact Andrew King at info@groupworksolutions.com.au or on 0437 546 560.

Outline of 2018 Groupwork Solutions Workshops	1
Groupwork training	1
Engaging young people in group work (2-day)	1
Working with men as fathers	2
Engaging men in family based programs (1-day)	2
Engaging fathers who have a child with special needs (1-day)	2
Working with separated fathers (1-day)	3
Working with men's responses to conflict and domestic violence (1-day)	3
Practice Workshops	4
The Power of Apology Workshop (2-days)	4
The Occasional Counsellor™ (1-day)	5
Essential Skills for Effective Workers (1-day)	5
Assessing for Parenting Capacity (1-day)	6
Core Value Therapy (CVT) (1-day)	6
Love Languages (1-day)	7
Information about the trainers	7

Groupwork training

Engaging young people in group work (2-day)

This workshop explores the skills, attitudes, ways of thinking and practical strategies needed to run/facilitate groups with teenagers who are being challenging and difficult. It can often be kind of tough facilitating groups that tackle awkward/sensitive topics in natural and inviting ways. So this workshop will explore and practice strategies and skills that are more likely to lead to respectful engagement and strong engagement with young people.

This is what is covered:

- Experience 20 + activities
- How to plan a group 'on the run' with very little time

- How to work with young people who may seemingly, be grumpy, scared, angry, bored, don't want to talk and/or just don't want to be there
- How to create strategies for the verbal and the not-so verbal, including drawing, theatre-based action-based, physical movement oh and yes...thinking and talking...
- Embedding 'learning' within activities
- Blending process and content
- Managing the 'difficult' stuff
- Rules without rules
- Being surprising and unexpected
- Groups not as rehearsal for change/growth, but as a real experience of change/growth/development.

Working with men as fathers

Engaging men in family based programs (1-day)

This workshop allows workers, organisations or networks of services to provide more effective programs to men and families. The workshop will explore the importance of the fathers' role in family services and how programs can engage and support this opportunity. This popular workshop allows participants to review strengths based ways to engage men using a child centred approach. It is full of practical tools, tips and links to resources that will significantly add to practice outcomes.

The workshop focuses on:

- understanding what men might want when accessing community services
- using strengths based approaches when working with men
- engaging men in child protection issues and family based programs
- exploring skills used to work with men in a non-threatening way and modelling effective, respectful and inclusive communication when working with men
- practicing a range of tools
- working with fathers to increase their engagement in their children's lives
- engaging fathers using the father inclusive practice and the generative framework
- effective ways for female workers to work with men.

Engaging fathers who have a child with special needs (1-day)

This workshop allows workers, organisations or networks of services to provide effective programs to fathers who have children with special needs. The workshop will explore the importance of the fathers' role in family services and how programs can engage and support this opportunity.

The workshop focuses on:

- understanding what fathers might want when accessing disability services
- how to support men in realigning their expectations for parenting when they have a child with special needs
- using strengths based approaches when working with fathers
- engaging fathers' in disability family based programs
- exploring skills used to work with men in a non-threatening way and modelling effective, respectful and inclusive communication when working with fathers
- working with fathers to increase their engagement in their children's lives
- engaging fathers using the father inclusive practice and the generative framework
- effective ways for female workers to work with men.

Working with separated fathers (1-day)

This workshop explores cooperative ways to engage and work with separated fathers and strengthen their family relationship connections. A child focused approach is used to work with men through various stages of their involvement when accessing community welfare/health services or Family Relationship Centres.

The stages men experience can include initial reactions that seem urgent, immediate, active, erratic, pushy, demanding, and power seeking. These behaviours can be channelled into either help seeking behaviour or power seeking behaviours. The workshop will emphasise respectful responses men can use when coping with new challenges and things they can do for themselves and their children. It will identify strategies for separated fathers to reach a new awareness of their true potential in supporting their children through challenging times.

The workshop will explore the shift that occurs for separated fathers, when they maintain their integrity through difficult times and their behaviours reflect their obligations, responsibility, integrity, pride, and adjustment to the changed situation.

Working with men's responses to conflict and domestic violence (1-day)

This workshop explores key skills for working effectively with men's responses to conflict situations using a child-centred approach. It explores practical ways workers can respond when working with men who experience high levels of conflict or use violence in family relationships. Responses are powerful and active ways to work with men and change. It focuses on early intervention work for engaging men in these discussions so that they may access other behaviour change resources in your community.

Resistance is often seen as a negative response of avoidance that occurs between workers and clients in individual counselling or group work situations. However, resistance can also provide another more valuable and affirming perspective when used within strength based approaches. Dignity is the capacity for someone to care adequately for others and resistance to high level conflict situations occur as people preserve their own or some other person's dignity.

This workshop explores skills and exercises used in conflict resolution that value resistance that maintains basic dignity and responses to conflict that build insight, responsibility and change. It builds upon the experience of participants and introduces a range of practical tools that can be used with clients in a variety of settings. It focuses on:

- the use of the domestic violence framework
- using the generative approach to working with men and conflict/ family violence issues
- using a child centred approach to support change
- ways to focus on respectful relationship skills
- differences between anger management and family violence work
- supporting men to access additional services
- using response based approaches to create insight, responsibility and greater safety
- tools and exercises to use when working with men to enable them to better regulate conflict issues.

Practice Workshops

The Power of Apology Workshop (2-days)

Relationship Education and Therapeutic Group Work frequently focuses on developing communication and conflict management skills. But as Group Facilitators, we have often had limited training to enable participants to experience healing in their ongoing relationships, when core attitudes and actions of their loved ones cut into their souls and deeply wound them. This workshop is a meaningful and personally enriching one, created for YOU, the Facilitator! Heather will guide you on your own personal exploratory journey so that by the end of the day you will be equipped to utilise these powerful exercises with your group work participants. Two concepts will be discussed to help us discover where our hurts may be coming from. "Soul Wounds" are a way to describe how situations hook into childhood scars or beliefs and we will look at these intense, often unexpected and idiosyncratic reactions in terms of "Emotional Allergies".

Forgiveness and making sincere apologies are an essential ingredient in intimate, casual and professional relationships. "Sorry" certainly DOES seem to be the hardest word! But often the "sorry" seems to inflame rather than resolve the issue. A major reason is that we are speaking an apology language that does not seem genuine or sufficient to the offended party. These five languages of Apology - Expressing Regret, Accepting Responsibility, Making Restitution, Genuine repentance and Requesting forgiveness will be explored and experimented with. Participants will have the opportunity to discover their Language of Apology and work out ways of calibrating their apology so that it is effectively received.

To fully experience the power of genuine apology and forgiveness, a plan and process of forgiveness will be presented to enable those hard, ongoing conflicts and deep hurts to be finally put to rest.

The Occasional Counsellor™ (1-day)

The Occasional Counsellor™ is for staff who are not employed in a counselling role but are called upon to give others emotional support, including receptionists, case managers and direct care staff. The focus of the workshop is teaching the participants strategies for assisting individuals who are sad, upset, bewildered, confused, angry or suicidal while clearly remaining within their role.

The workshop covers the following areas:

- the skills of the helper including the importance of empathy and when not to empathise
- understanding professional boundaries including understanding your role and the limits of your role
- the difference between emotional support and counselling
- simple, practical strategies for supporting individuals who may be acutely emotionally distressed while keeping yourself safe and remaining in your role
- self-care for the worker.

Essential Skills for Effective Workers (1-day)

This one day workshop will introduce the participants to a range of essential skills that are vital for working effectively in a helping role. The training will be full of simple tips, ideas and strategies for helping workers provide the best possible service to their clients while enhancing their own well-being. The workshop is seen as being useful for those who are new to a helping role as well as honing the skills of more experienced workers.

The workshop will cover:

- understanding your role and maintaining professional boundaries;
- different ways of promoting positive change in others and finding an approach that fits your role;
- working as efficiently as possible while providing the best possible service to the client;
- working well with others and managing conflict in the workplace;
- getting the most out of supervision;
- building on your own strengths and how to learn from the strengths of others;
- the importance of recording and how to record;
- participating well in meetings and running meetings successfully;
- understanding your own personal style and the vulnerabilities of that style and;
- self-care.

All participants will be provided with detailed notes which will include a list of useful resources in each of the areas covered.

Assessing for Parenting Capacity (1-day)

This new workshop is for anyone who works with children, young people and their families whose role it is to assess the capacity of the parent or parents to care for their child and use this assessment to plan an effective intervention, where needed, to improve the parenting that the child or young person receives.

The training will cover:

- the dimensions of parenting capacity;
- different sources of information that may be used to assess for parenting capacity and how to integrate that information into a well formulated plan;
- observation and interviewing skills in relation to assessing for parenting capacity;
- the dimensions of parent-child interaction;
- observation and interviewing skills in relation to assessing parent-child interaction and;
- an introduction to preparing reports on parenting capacity and parent-child interaction.

Core Value Therapy (CVT) (1-day)

Many people describe their experience with emotions like internal thoughts and emotions that often produces mental-ill health. These negative consequences are often blamed on others and are very rarely owned by clients. To encourage a deeper sense of self-discovery for clients the 'Core Value Therapy' CVT was developed.

CVT aims to discover what drives our clients and dominates their thinking/feelings/emotions and behaviours. Core values are often hidden and discovering the core value must be unique to each client. When this occurs real change and deeper understanding can begin to dramatically change a client's life.

Clients who have completed CVT improve their mental health, behaviour and their relationships. Cases will be presented at the workshop to demonstrate a wide variety of beneficial changes that include anger management, reduction in suicide idealisation, self-harm, drug and alcohol recovery, parenting, personal and workplace relationships. CVT is ideally suited for therapists, counsellors, psychologists and psychiatrists.

The workshop includes:

- How to help your clients unlock their core value using CVT model. This uses a strength base problem and solution focus approach and can dramatically improve mental health.
- Enable the practitioner to discover their core value as a self-reflection. This is a voluntary process and is highly recommend. This allows you to discover what drives your thinking, behaviour, emotions and feelings.

Love Languages (1-day)

Have you ever wondered how relationships REALLY work? How do people feel loved and express their love? How do relationships get into trouble? Love languages is a way to find your client's relationship DNA. The five Love Languages are a fantastic KEY in assisting couples to resolve conflict in their relationship and dramatically improve their relationship at the same time.

Most individuals live out of their Love Language, however, what if their partner's love language is different. When this discord occurs, people do not feel loved. When they feel the relationship is empty or the wrong Love Language is used, relationships start to fall apart.

Most couples do not understand what their partners Love Languages are. This is an opportunity to be trained in this relationship tool. This workshop is best suited to those involved in couple counselling. Within a few sessions focusing on Love Languages, it can turn a couple's relationship around. Working with Love Languages is solution focused and strength based. Problems are not the focus, however, they are reduced significantly in the process. Although love languages can stand alone as a therapeutic model it compliments other counselling practices such as motivational interviewing, Cognitive Behaviour Therapy, Core Value Therapy, Acceptance Commitment Therapy, and Mindfulness. For skilled therapists, Love Languages can be successfully used with clients who have or are experiencing domestic violence and relationship abuse.

The workshop will cover:

- What are the love languages?
- How to use the love language test
- How to interpret and explain the results for your clients
- Explanation of where the relationships need to adjust.

Information about the trainers

Peter Slattery has worked with individuals, families and communities for over 30 years. He lives in Sydney, but works throughout Australia as well as Asia, Europe and North America. He has written 'Youth works' and produced the training DVD 'Conversations with young people', and most recently the group work resource 'THOUGHTPICS'. He strives constantly to find or develop new, exciting and ever more useful ways of helping people explore what troubles or inspires them. In this quest, he calls on anything that might be helpful; physical movement, theatre, storytelling, drawing, what might be called 'humour' and really, anything at all that might add something to this process. Peter says "what a totally challenging joy all of this is"!

Heather McAlpine is a Trainer and Supervisor of Relationship Educators and Counsellors, and a Couples and Family Therapist in private practice, Kiama. She is also a Consultant in Team Building, Conflict and Stress Management and Personality style for Government, NGO's and private organisations. For 8 years, Heather worked as Clinical Coordinator for Relationships Australia, Illawarra where she led the Couples Therapy team, and Relationship Education team, and was involved with training, supervision, creative seminars and the media. In 2001, Heather was awarded a Winston Churchill Fellowship to study Marriage and Family Education in the UK and US. She is a public speaker and popular presenter on topics such as 'Hot Monogamy,' "Do You Wanna Make Up?" and 'Leaping Relationship Hurdles'. Together with her husband, John, she is the Chaircouple and Trainer Couple of Better Marriages Australia, and has been leading "Marriage Getaways" and Parenting Programs in Australia, Uganda, South Africa and India for over 27 years. In her 'spare' time Heather enjoys long distance cycling, sustained by dark chocolate!

David Nancarrow has worked for the last 15 years in a range of counselling and professional roles. David has had extensive experience working in the Education Department assisting in school social behaviours and anger management counselling. As a mediator in Family Law, David saw clients with high levels of conflict, domestic violence and relationship breakdowns. This led David to develop the 'Core Value' therapy for anger management, conflict and mental health issues. He has spoken at several Men's Health conferences around Australia about the success of this therapy. David is also passionate about delivering and training professionals in Father Inclusive Practice. As well as engaging dads in community and educational programs. David's work has also allowed him to develop programs for the Education and Youth Justice Department, titled 'My Path.'; a social behaviour program for teenage males who did not attend school. As a child consultant David specialized in symbol and sand tray therapy for children of separated families. David's Journey took him on to manage a Mental Health organisation which utilized the Boston Model of Recovery for mentally ill clients. Lastly David is the author of two books, 'What's for Tea Dad' which is a fun interactive cookbook for first time dads and 'Honey I am Pregnant'; a manual for first time dads. Both are available as free e-books. Currently David works delivering Mental Health and Wellbeing training for OzHelp Tasmania for organisation and the business sector. David's goal is to help equip people to be mentally and emotionally healthy to have successful and lasting relationships with themselves and others.

David Cherry is a Clinical and Forensic Psychologist who has been working for 34 years. He has run The Occasional Counsellor™ workshop all around Australia for staff in welfare, health, disability, education and aged care settings as well as for staff in local, state and commonwealth government departments. He has extensive experience in working with people who are upset, anxious, depressed or angry and in providing support for individuals who have been involved in a broad range of challenging situations.