Many ACAP students are in placements where they will be facilitating or co-facilitating psychoeducational groups. Please read the following information carefully and watch each video so you are ready to apply these skills when co-facilitating your group.

When a new group leader gets handed a manual and is asked to ‘teach’ its content to a group of clients, the first step is to become familiar with the material and learn how to present it. This is an essential phase of development; however it can easily lead to the group being run purely as an educational programme rather than a therapeutic experience.

For ACAP students on placement, it is not enough to just present the material, as your primary task is to further your counselling skills. You need always to look out for opportunities to deepen the conversation with the group into a therapeutic experience for the individual group member and the group as a whole.

For example, where it says: ‘Discussion’ in the manual/workbook, rather than leading a discussion, please facilitate a therapeutic conversation that allows the individual group member and the group to go deeper, to explore further and to have the opportunity to learn from each other - one of the most therapeutic aspects of a group experience.

Please review the therapeutic factors mentioned by Irvin Yalom in the first reading of your Groupwork Unit. To link the personal shares to the theory, draw on the previous and current content in a way that helps people make meaning of their thoughts and feelings. This is how the theory becomes useful in service of the therapeutic.

Here is a series of Group Counselling videos that will be helpful in developing your skills as a group leader.

While each video focusses on a particular modality it is not the modality that matters, but the work of the group leader with the group.

**Video 1:** Shows a group leader facilitating a discussion with the help of a whiteboard. As she talks and writes she teaches certain concepts, challenges people’s thinking, asks for the members experiences as a way to illustrate her point. The leader also moves from working with the individual to working with the group and vice-versa.
The second group leader later in this video demonstrates how to facilitate a group discussion very well.

**Video 2:** Shows how you can facilitate a brainstorm with the use of the whiteboard around a particular issue. Observe how the leader speaks to everyone, builds knowledge and understanding together with the group and helps people utilise a concept for their personal insight and growth.

https://www.youtube.com/watch?v=cV3IzZDDuAQ

**Video 3:**

In this video, the leader demonstrates how to involve all the members and also how to work with a reluctant member. There are a number of good facilitation skills that the leader uses. Note how she uses the group process as a way of teaching. The second part shows how the leader works with one member on an emotional issue then involves other people in the group to help the member ease their emotional pain.

https://www.youtube.com/watch?v=EYHthbg1nmY

**Video 4:**

This video demonstrates the closing of a group and the various issues that can come up.

https://www.youtube.com/watch?v=2Om3oRZM1X0