

THE GROUPWORK KITCHEN: A RECIPE FOR WORKING WITH FATHERS

Dr Andrew Frost

 Queensland Centre for
Domestic and Family
Violence Research



BE WHAT YOU WANT TO BE
cqu.edu.au



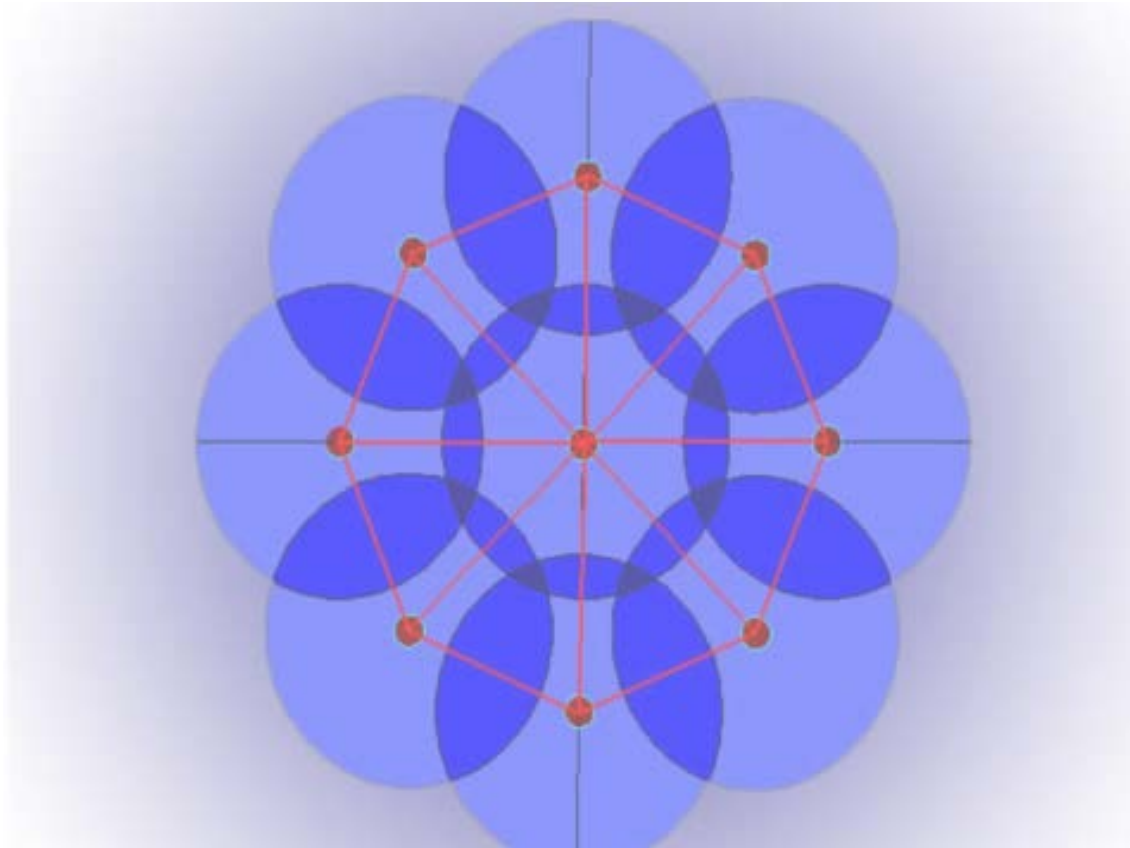
GROUP PROGRAMS FOR MEN (PIPs, BIPs, MBCPs)

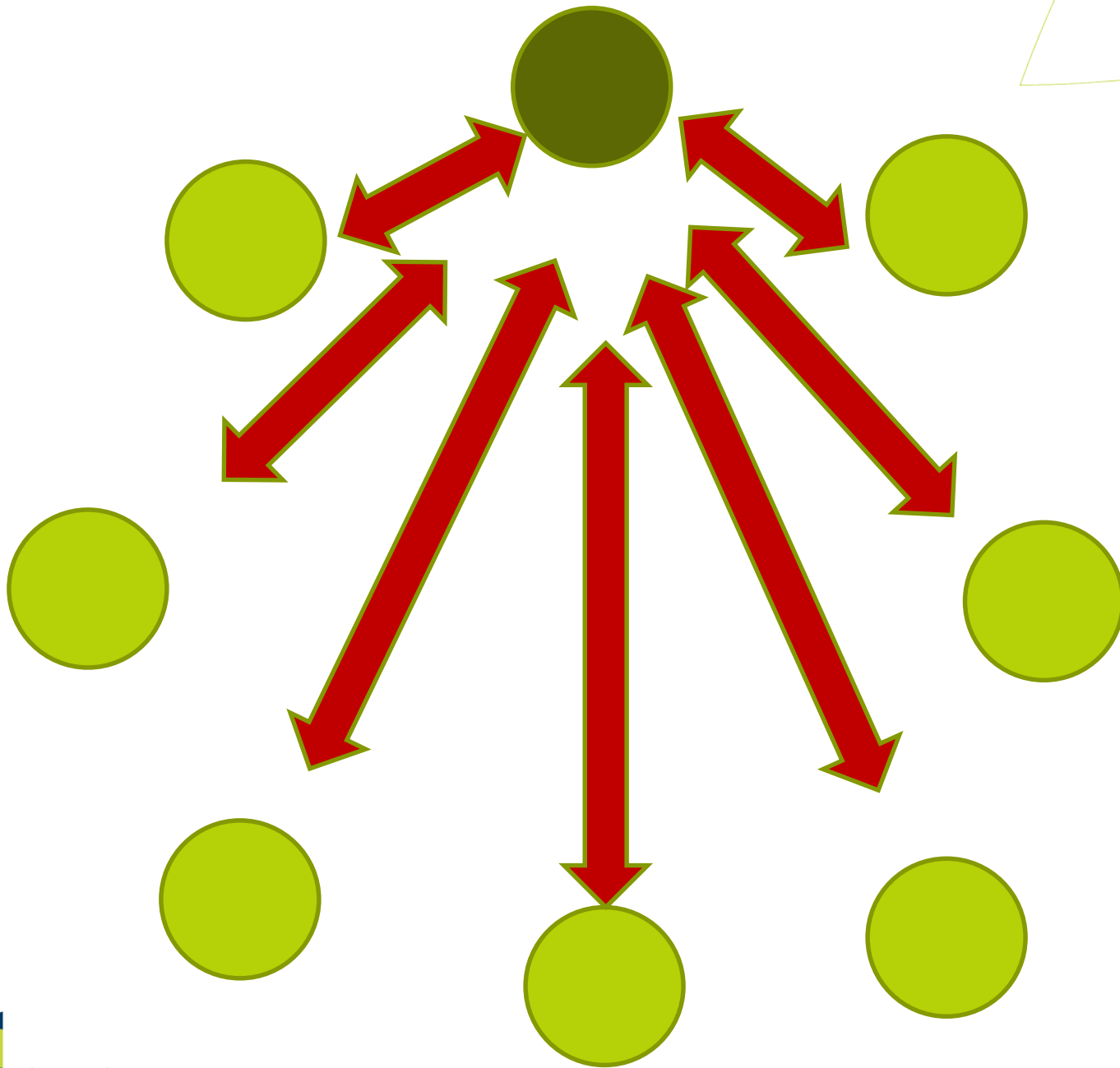
Working with men in groups
Groupwork with men

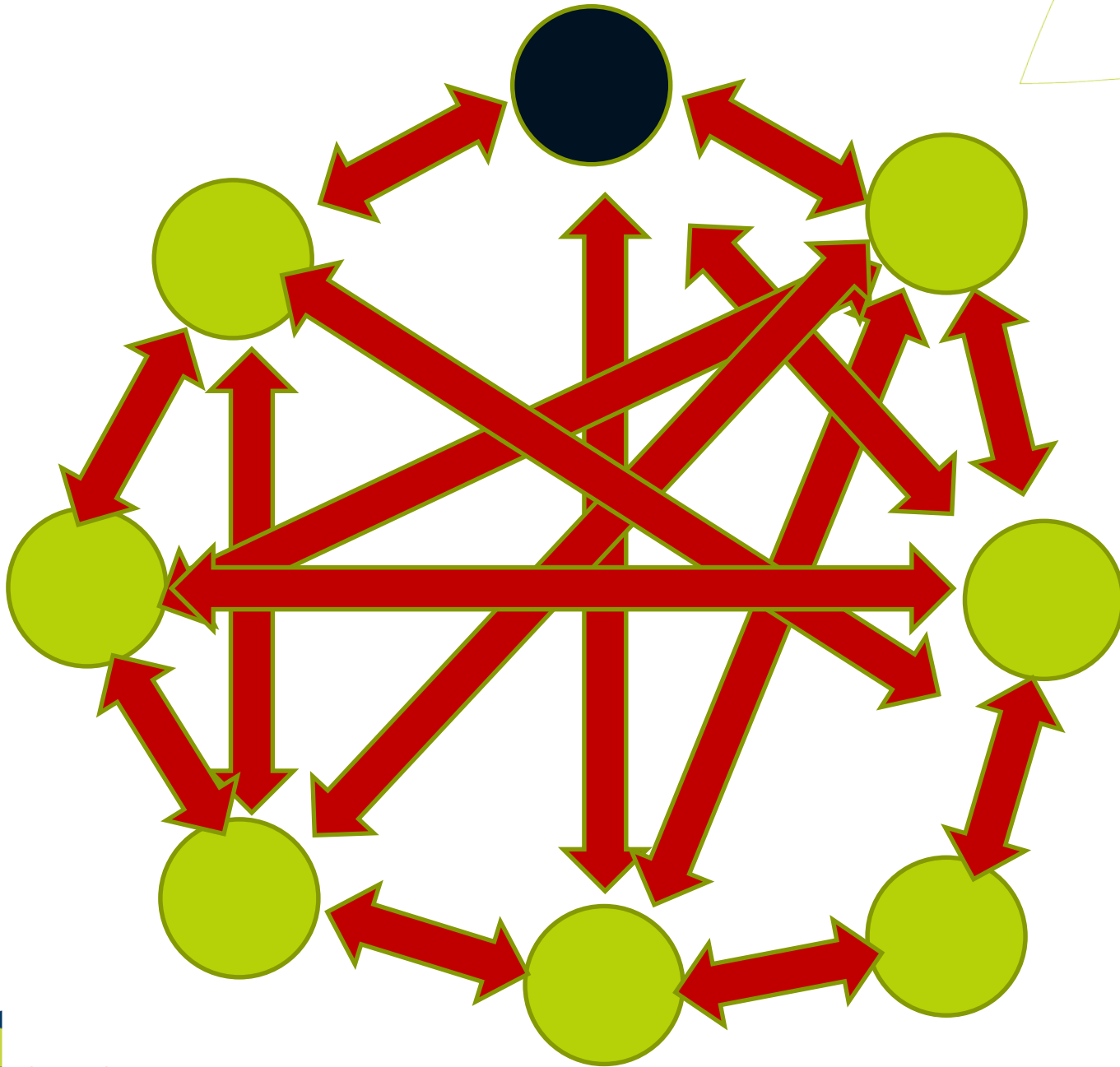


BE WHAT YOU WANT TO BE
cqu.edu.au

GETTING THE MOST OUT OF THE GROUP







KITCHEN METAPHOR: PREPARING A DISH

1. **Recipe:** What is the dish? How do we want it to turn out?
2. **Ingredients:** What are the elements to be combined?
3. **Method:** How do we go about combining the elements?
4. **Applying heat:** What are the catalysts to making the dish turn out?

1: THE RECIPE

What is the program trying to achieve?

What is the man striving for?

How can a group work process contribute to these endeavours?

2. INGREDIENTS

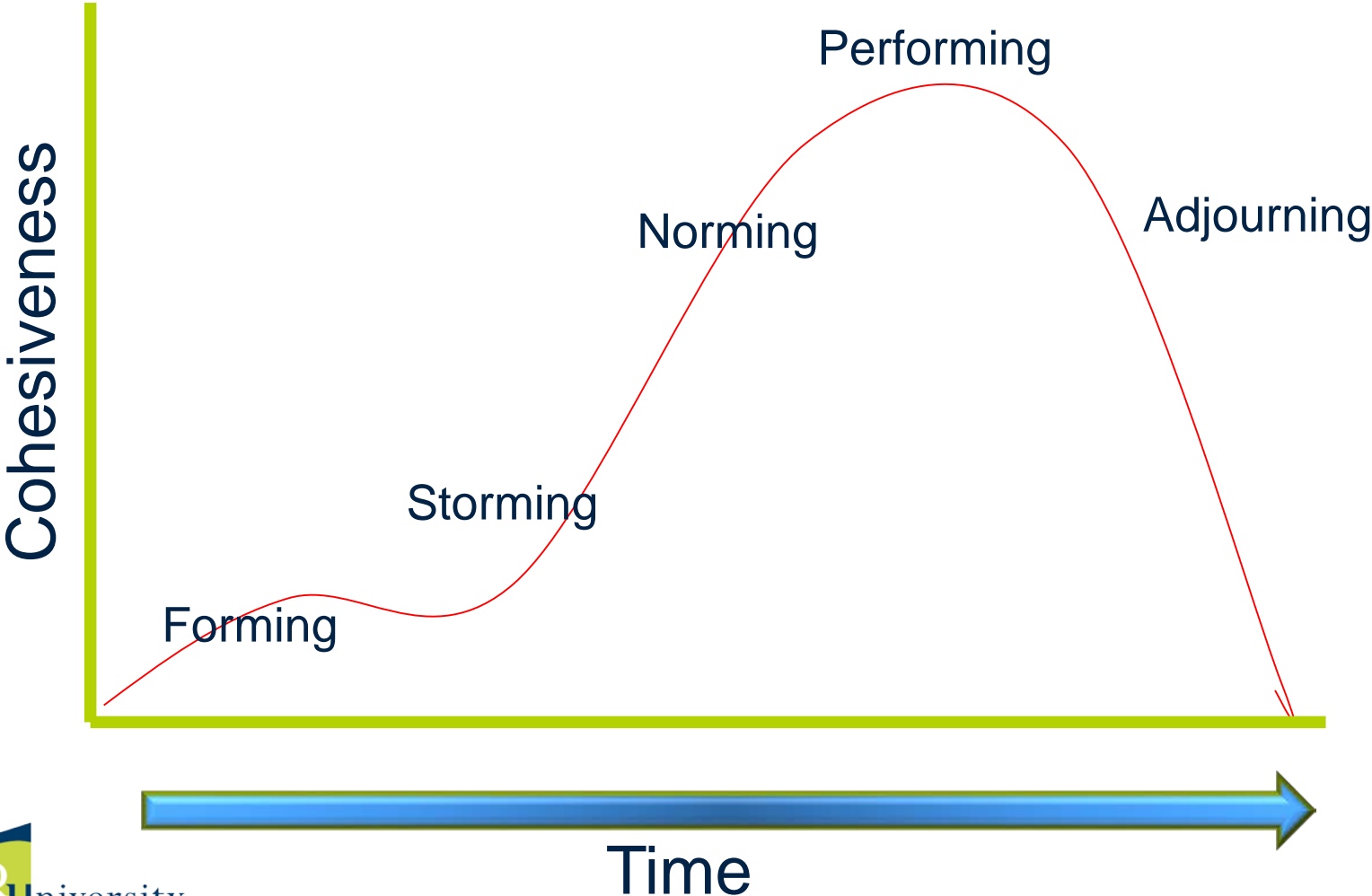
1. Cohesiveness
2. Universality
3. Interaction
4. Altruism
5. Modelling (vicarious learning)
6. Emotional Expression
7. Hope

3. THE METHOD

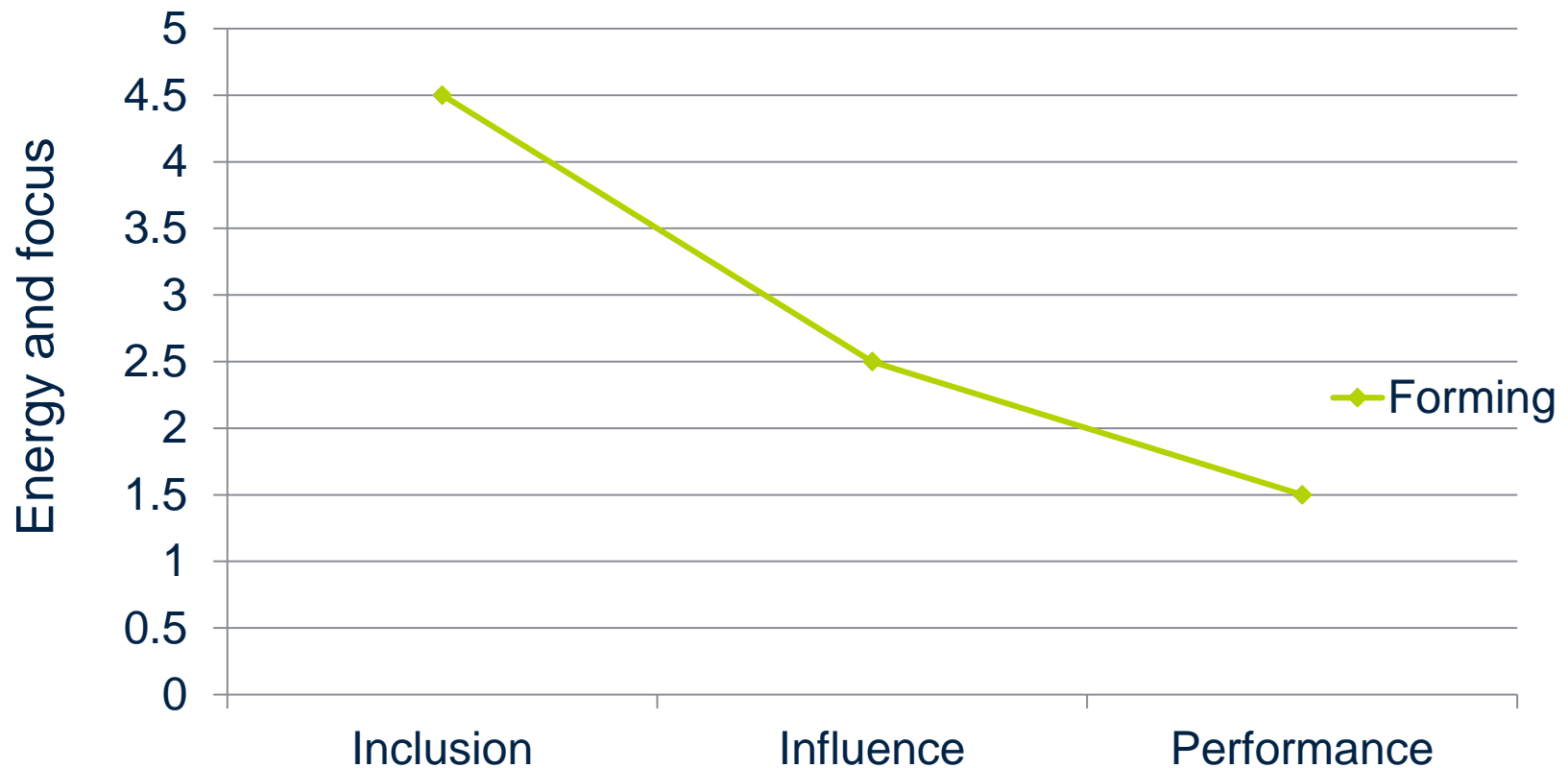
Process theory
Content, Process, and Progress



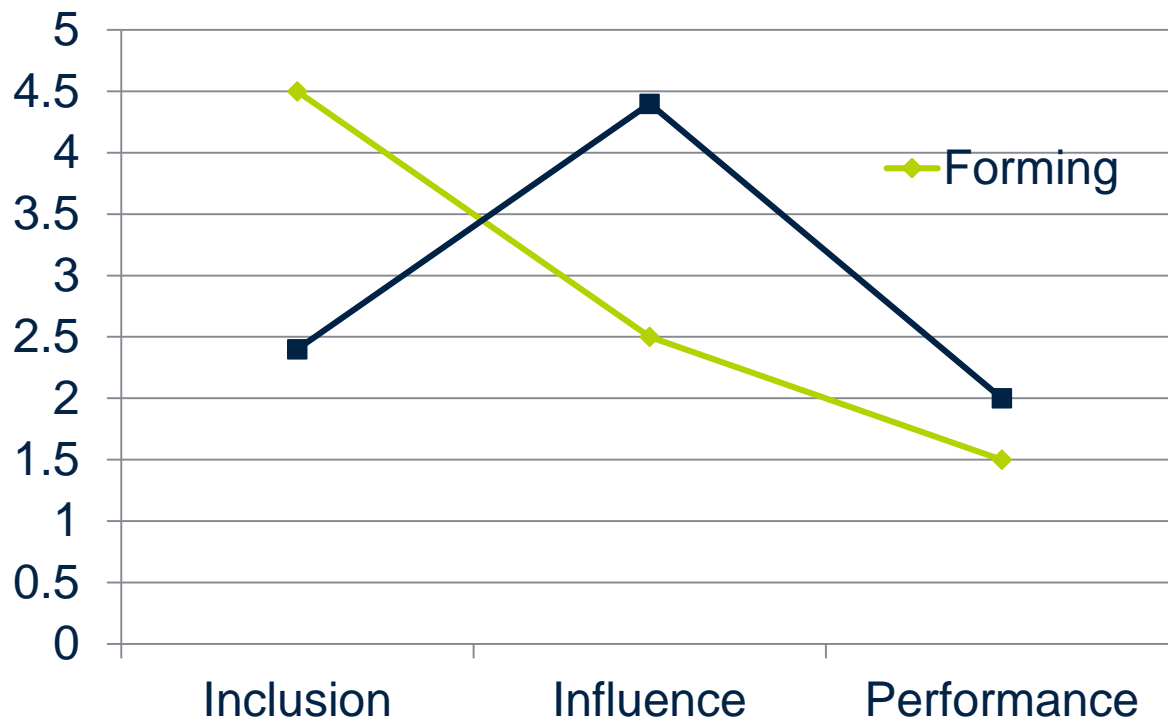
THE LIFE - COURSE OF A GROUP



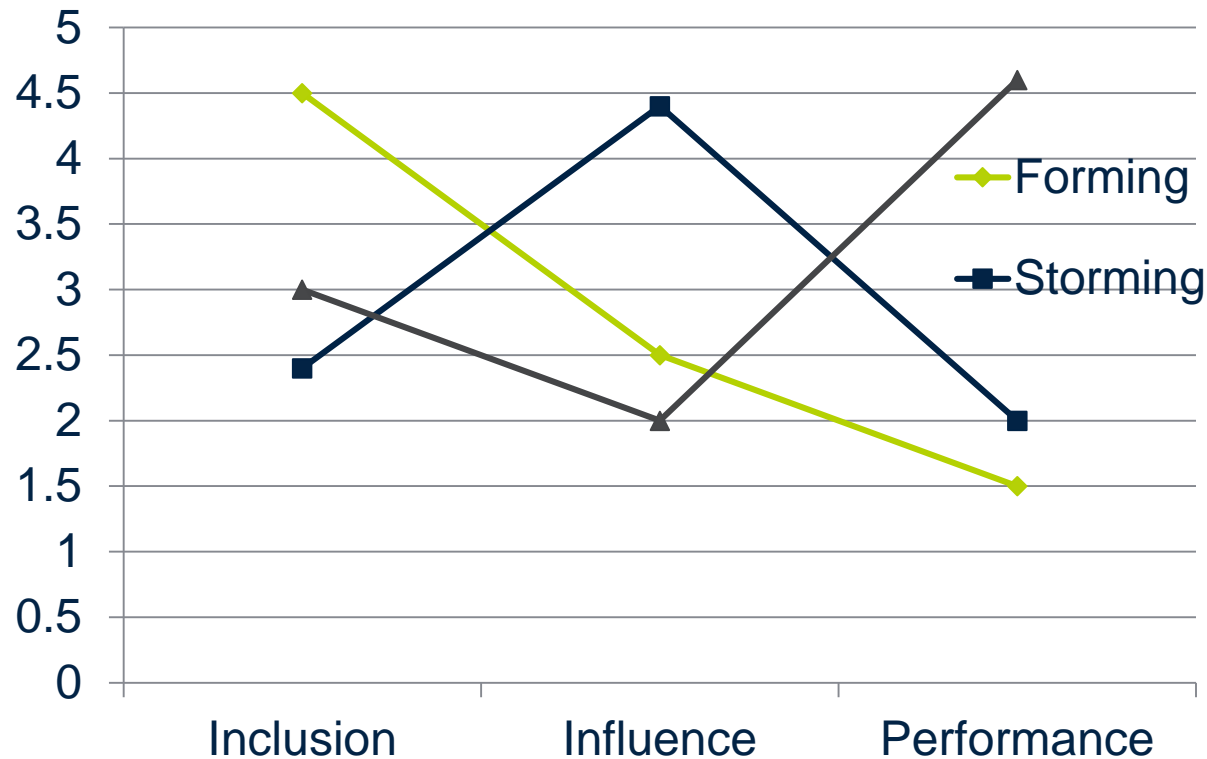
GROUP MEMBERS: ENERGY AND FOCUS OVER TIME



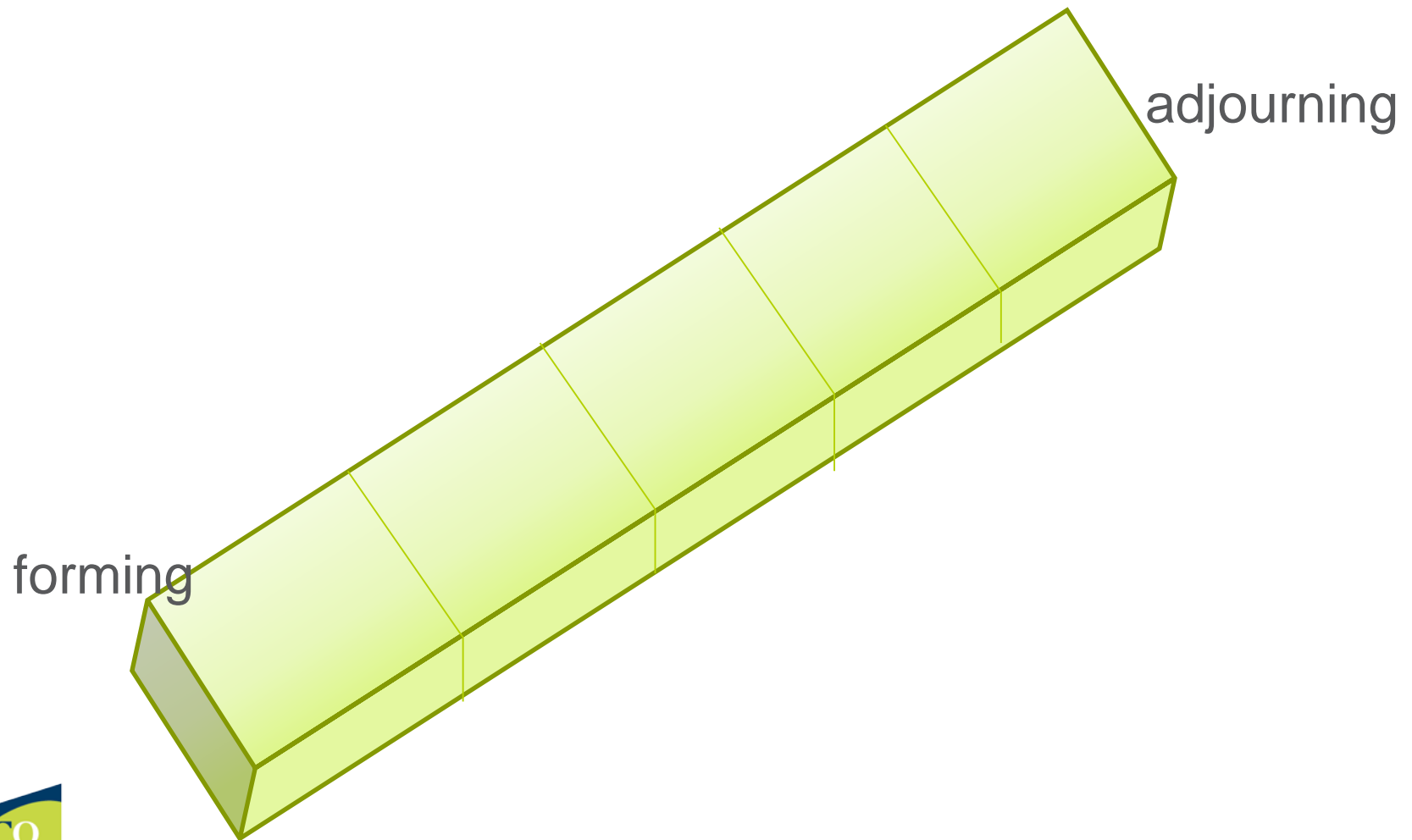
GROUP MEMBERS: ENERGY AND FOCUS OVER TIME



GROUP MEMBERS: ENERGERY AND FOCUS OVER TIME



THINKING IN THREE DIMENSIONS



THREE CRITICAL DIMENSIONS OF GROUP INTERVENTION: AN INTEGRATED MODEL

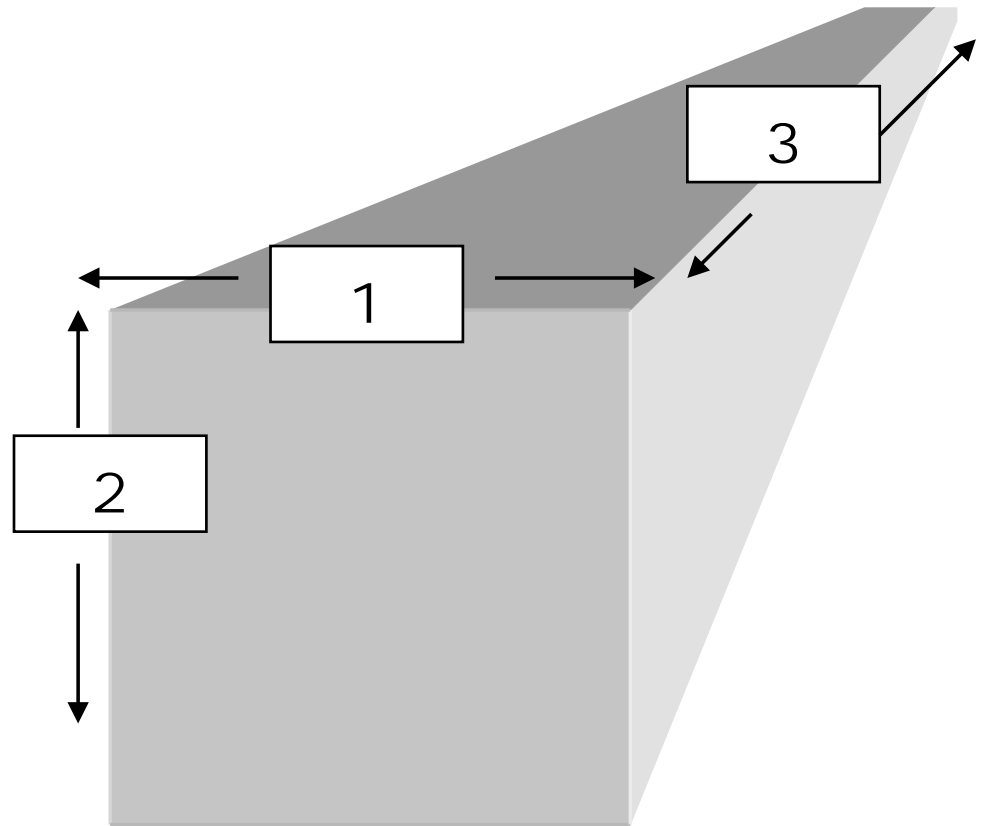
1. Ways of Intervening

Leader – leader
Leader – member
Leader – sub-group
Leader – group as a whole

2. Reasons for Intervening

Protecting
Observing
Bridging
Clarifying
Connecting
Initiating feedback

3. Group Life-course



4: APPLYING THE HEAT

First establish safety and containment

Immediacy: a here-and-now focus

Facilitating feedback

