**Community of Practice (WHW SS)– Peer Support 20/10/21**

**Topic for discussion** – Group Facilitation

**Attendance –** 5 participants

**Notes from Discussion**

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Groups currently being run (or able to be run) from attendees:

* Psycho educational groups
* Therapeutic groups
* Personal development programs
* Men’s Behaviour Change Program
* Women’s Behaviour Change Program
* Wellbeing groups

Specific groups:

* Circle of Security Parenting Program
* Shark Cage
* Me before We
* Stronger Together
* Health Matters
* Next Step

Groups we would like to be able to offer:

* Love Bites and Love Bites Junior
* Women’s group for those with Cognitive impairment

Brief discussion around the value of group work considering the time and effort involved before, during and after groups and the answer was a resounding



The group explored some of the challenges faced in groups:

* Participant retention
* Challenging group dynamics
* Involuntary participants
* Unhelpful friendships between participants
* Unfamiliar co-facilitators
* Drain on facilitators energy and need to ‘hold’ a challenging space for up to 12 traumatised people.

The group also spoke extensively about the benefits of group work and what made it so great:

* Continued conversation opportunities for women
* Women in a space of shared experience
* Women take agency and ownership of the content of the group
* Being flexible with content and following where the group needs to go.
* Participants extending their support network

One of our practitioners spoke about **external supervision for facilitators** post group session due to facilitators needing to manage their emotions and reactions during the session and allowing space to process the content of the session.

There was discussion about challenges within groups and how to deal with these.