



Certificate in Group Work

BRIEF COURSE INFORMATION



April 2025

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INTRODUCTION

Starting in **April 2025**, the Physis Scotland **Certificate in Group Work** course will be delivered online over 6 days of interactive and experiential training, over a 3-month period.

This certificate is designed for those interested in developing their understanding and skill in facilitating groups and training. It is of particular value for those in the helping professions including therapists, counsellors, coaches, mental health workers, social workers HR managers, service leads and teachers and all other caring professionals who facilitate or are interested in facilitating groups in a range of settings from organisations to different teams, to independent practice.

The 3 modules will integrate theory with experiential learning activities and group discussion and reflection plus opportunities to practice group facilitation. Although rooted in theory and research, the thread running through this certificate will be practical ways for using our learning to better support groups.

The certificate is suitable for practitioners from any modality who are already in practice, from trainees in advanced training to seasoned practitioners.

We will meet online over a 3-month period and there will be plenty of space for play, experiential learning and group process. There will be an emphasis on application to practice through skills work, observed practice and supervision, as well as an opportunity for integration with a broad range of theoretical concepts from a range of approaches.

On completion of this Certificate course, you will have:

- Developed your capacity to understand and work with groups.
- Be able to apply different theories of groupwork to your particular setting/s.
- Be able to use a range of facilitation and leadership approaches in your groupwork.
- A clear and confident understanding of your style of group facilitation and how to use your Self to support group process.
- Learned about the norms and roles in groups and develop your way of working with these.
- A deeper understanding of unconscious group processes and how to work with them.
- An understanding of the developmental process of the group and the leadership tasks at each stage.
- Increased your knowledge of the 'I' in the 'we' and the 'we' in the 'I', that is, issues of individuation, autonomy, and interdependence to be managed in the group development process.
- Explored group dynamics and how these impact group process.
- Critically assessed different types of groups and the considerations and clinical implications for each.
- An understanding of how to be an ethical and safe practitioner when working with groups.

COURSE DATES FOR 2025

26/27th April 2025

10th/11th May 2025

14th/15th June 2025

TRAINER

Ben Groves, PTSTA

VENUE

We are delighted to offer the Certificate in Group Work as an online experience. Course participants can join us from the comfort of your own home, from wherever you are located around the globe. We will be delivering the programme by Zoom technology, an excellent platform that will allow time for experiential work in break out rooms. Course participants can communicate with the trainer both by voice and text via the online chat box. A Zoom link will be provided in advance of each weekend.

All training dates will start at 10am and finish at 5pm each day.

COURSE STRUCTURE

The Certificate consists of three taught modules over three weekends and one assessment.

Module One: Forming

- Modelling the beginning stages of group formation as we form our group
- Origins of group process in TA
- Imagoes and Multiplicity of Self
- Group Contracting
- Styles, Types, and Practical implications for group work
- Leadership and other group roles

Module Two: Storming

- Group development stages modelled and taught
- Autonomy and Homonomy
- Group Process
- Ruptures, Repairs and Shame in group process
- Power, responsibility, and ethics
- Skills Practice

Module Three: Performing

- Group Process
- Social Learning Theory, Neuroplasticity, and Change management

- How to write about groups
- Skills practice
- Group learning, feedback, approaches
- Integration and termination

Central threads running throughout:

- Attention to and learning from our live group process, and the use of modelling
- Ethical thinking
- The unconscious process of groups, games and missed invitations
- Practical skills development

ASSESSMENT

You will be given written feedback based on the tutor's assessment of your skills practice in Module 3. Following attendance of all three modules and participation in skills practice, you will receive a Certificate in Group Work from Physis Scotland.

FEEDBACK

Student feedback is collected informally throughout the course, and through a feedback form at the end of the final module. At any point students are invited to contact the course tutor if they are in need of academic or pastoral support.

Administrative queries should be directed to Christina Ching, Physis Scotland Academic Administrator on enquiries@physisscotland.co.uk or 07927 557217.

TRAINER BIOGRAPHY

Ben Groves PTSTA (P)



Ben is a qualified psychotherapist based in York. Having previously worked as a social worker for over 10 years, Ben started his private practice 'Flux Therapy' in 2019.

In addition to offering psychotherapy and training, Ben also offers supervision and consultancy. Ben has a deep passion for group work and for helping people in the most effective ways he can.

FEES

Certificate fee: £655 (Inc. VAT) (3 taught modules over 3 weekends). £175 non-refundable deposit plus 3 x £160 if self-funding. If you are being sponsored through your organisation, the fee is £1015 (Inc. VAT). £175 non-refundable deposit plus the remaining balance before the commencement of the course. Please note, if your sponsoring organisation is a charity, the course fee is £655 (Inc. VAT).

A deposit as indicated above is required to secure your place. The balance may be paid in full 1 week before the start of the course, or spread over 3 instalments if self-funding, paid in April, May and June. Please complete the

appropriate section of the registration form to take up the instalment payments option.

HOW TO APPLY FOR THE CERTIFICATE IN GROUP WORK

To apply for the Certificate in Working with and Facilitating Groups, you need to complete and return an application form, along with transferring your deposit in order to secure your place.

If you would like to apply for the course and have not received an application form with this booklet, please contact enquiries@physisscotland.co.uk or 07927 557217 to request your application form. Please also contact us if you have any other questions about the course. The deadline for applications for the Certificate is **21st March 2025**.

CONTACT US

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PHYSIS SCOTLAND

