

Level I: Group Facilitation Skills Training

2 Full Days of in-Class Training and Practical Skill Applications

Learn how to:

- Plan, facilitate and lead small groups
- Monitor and address different roles within groups
- Identify and manage hindering dynamics

Register

(<https://payment-educ.sites.olt.ubc.ca/veterans-transition-training-center-level-1-group-facilitation>)

Dates: March 14 - 15th, 2020
Time: 9:00am - 5:00pm
Location: UBC Vancouver Campus
Cost: \$495.00 CAD
Instructor: Dr.Marvin Westwood

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Dr. Marvin Westwood is Professor Emeritus of Counselling Psychology, at the University of British Columbia's Faculty of Education. His major areas of teaching and research focused on the development and delivery of group-based approaches for counselling clients and as a result, Dr. Westwood developed UBC's Group Counselling Graduate Program. He developed the **Veterans Transition Program** to help promote recovery from war-related stress injuries for which he received both the Queen's Golden and Diamond Jubilee Medals in 2005 and 2013. In 2012, he established the **Centre for Group Counselling & Trauma** and is currently its Senior Advisor. (For more information see <https://www.cgct.ca/about-us>).

The Power of Group Work

Working in small groups appears in all kinds of organizations, throughout all industries. The **Centre's five-levels of training program** is for those who are competent and confident in an individual setting and want to work in groups but may not have had the opportunity to learn these unique skills. Level 1: Group Facilitation Skills Training, provides you with the knowledge to enhance your leadership skills in group settings.

What You'll Learn

Core teachings include the stages of how groups develop; how to work effectively within them; what are the strategic leading skills and what are the key member roles within the group. In addition to enhanced **leadership** and facilitation of group skills, these learnings are helpful in identifying and **managing** the hindering dynamics that can occur in a group. To do so, this training consists of a large group lecture format with in-depth video examinations with Dr. Westwood, and practice in small groups with specialized facilitators.

Get Results

Over the past 20 years, the Centre for Group Counselling & Trauma has developed and refined group-based programs to address psychological health and performance in military veterans' transition and has gained international recognition through its **partnerships and collaborations worldwide.**

- Australia: Invictus Games, Ride to Survive
- Afghanistan: Kabul University, Kabul
- China: Tongi University, Shanghai
- Germany: Trauma Counselling Center, Dachau
- India: Christ University, Bangalore
- UK: Cambridge University & House of Commons, London
- USA: National Center for PTSD, Honolulu

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