

ADAVIC Facilitator Training: Half day training session [Saturday 23rd February 2019]



**The Anxiety Disorders Association of Victoria, Inc presents a half day training program with
Eva Savov-Tancev, Support Services Co-ordinator of ADAVIC.**

Overview

A support group allows people to express their feelings and provides a forum for discussion in a safe and confidential environment, amongst peers. Groups are guided by facilitators who assist in directing discussions and can provide insight and understanding in regard to issues raised.

- An ADAVIC group IS a place for community discussion, support and sharing of ideas.
- An ADAVIC group IS NOT a place for therapy or crisis intervention.

A facilitator is a person who is required to manage the process of group centred meetings. The facilitator ensures that everyone's contribution is heard and the process being used are both productive and empowering to all. Facilitators work primarily through leading and blocking techniques, basically directing traffic within a group discussion. Facilitation can also involve managing group member's emotions and defusing tensions. To be an effective facilitator, you don't have to be a counsellor or psychologist, however, you need to have the ability to be neutral to the discussion, non-judgemental and empathy etc. Knowledge of the group process, sensitivity and keen observation skills are also non-negotiable. You also need to be aware of the 5 stages of Group Development, recognise these stages and know the best approach within each stage.

A facilitator will also ideally attend to both process and content. After all, process and content feed one another. Good meeting processes create better content, keeping to relevant content makes for a great discussion process. A productive discussion can only happen when the content is on track and the meeting flows in a functional way.

In this workshop we cover the 5 stages of Group Development and the process and content of support groups.

***Forming *Storming *Norming *Performing *Adjourning**

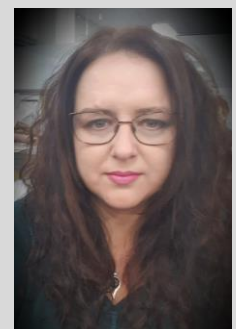
Target audience

The session is suitable for students studying psychology or health or any individual wanting to learn how to facilitate an anxiety/depression support group.

About the presenter

Eva Savov-Tancev joined ADAVIC in 1998. For 12 years she has facilitated support groups and for 4 years, Eva in conjunction with another volunteer ran the 10 days to Self Esteem Workshop, by Dr David Burns. During this time Eva also assisted in the Living With It workshops, by Bev Aisbett.

On a more personal level, Eva is more than familiar with the fear and dread you feel that comes with anxiety. Her own experiences and struggles to learn to accept and manage her social phobia and panic attacks, led her on a path of self-discovery. Through learning to manage her own anxieties, Eva has given many public talks, including radio, Latrobe University and The University of Calicut in India to name a few. From social phobia to public speaking, Eva comes with a wealth of knowledge and experience in facilitating support groups.



Professional Development Program: **ADAVIC** Facilitator Training

Half day (training session)

Date:	Saturday 23 rd February 2019 [10am – 3pm, 9:45am registration]
Presenter	Eva Savov-Tancev, Support Services Co-ordinator ADAVIC
Venue:	Camberwell Library (Rooms 1 & 2), 340 Camberwell Road, Camberwell. Vic. 3124
Additional Details:	Presentation Handouts and Reference Materials Certificate of Attendance A light lunch consisting of sandwiches will be provided
Cost:	<ul style="list-style-type: none">• ADAVIC Student/Volunteer Fee \$50.00• External Students/Individuals Fee \$65.00 (*ADAVIC does not charge GST)
Bookings:	<ul style="list-style-type: none">• Limited to 25 students• Bookings close Friday 18th February 2019
Bookings through ADAVIC via:	<ul style="list-style-type: none">• Online store: www.adavic.org.au/product-view.aspx?Id=307• Or for a registration form see bottom of document
Enquiries through:	Phone: (03) 9853-8089 Email: adavic@adavic.org.au

Proceeds from this event help to maintain ADAVIC services

ADAVIC is a not-for-profit organisation providing community-based support, information and resources for anxiety and depression

YOUR NAME	
POSITION TITLE	
ORGANISATION	
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POSTAL ADDRESS	
CONTACT NUMBERS	1 2
HOW DID YOU HEAR ABOUT THIS EVENT?	
WOULD YOU LIKE TO RECEIVE OUR E-NEWSLETTER	<input type="checkbox"/> YES <input type="checkbox"/> NO
YOUR LEVEL OF KNOWLEDGE ON THIS TOPIC	<input type="checkbox"/> LOW <input type="checkbox"/> MEDIUM <input type="checkbox"/> HIGH
PAYMENT AMOUNT (please tick)	<input type="checkbox"/> \$50.00 – ADAVIC Volunteers <input type="checkbox"/> \$65.00 - External students/individuals fee \$65.00 PLEASE NOTE: A 25% administration fee applies for refunds requested before 8 th February 2019. No refunds or credits will be issued after this date.
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