

ADAVIC Facilitator Training

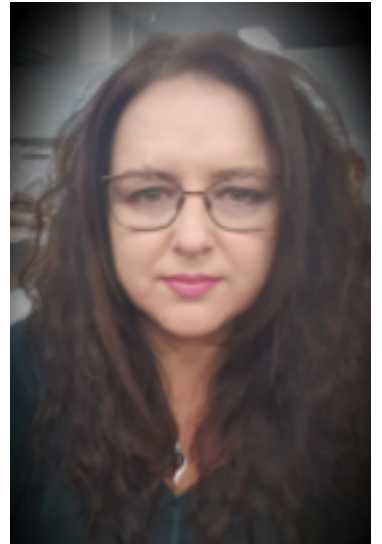
Saturday 1st August 2020
1–5pm (via Zoom)



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**

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Target Audiencer:

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.

Date: Saturday 1st August 2020, 1pm – 5pm (via Zoom)

Presenter: Eva Savov-Tancev, Support Services Co-ordinator ADAVIC

Cost: ADAVIC Student/Volunteer Fee: \$50

Additional details: Presentation handouts and reference materials will be emailed out prior to the training. Certificate of Attendance will be emailed once you complete the training.

Bookings: Limited to **10** students. **Bookings close Monday 27th July or until booked out.** Bookings through ADAVIC via online store: adavic.org.au/product-view.aspx?Id=327

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

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PAYMENT & REGISTRATION

I would like to attend ADAVIC Facilitator Training presented by Eva Savov-Tancev on Saturday the 1st of August 2020.

PLEASE COMPLETE THE FOLLOWING DETAILS

Name: _____

Position title: _____

Phone: _____ Email: _____

Address: _____

How did you hear about this event? _____

Would you like to receive free Enews & Email updates? Yes No

Your level of knowledge on this topic: Low Medium High

PAYMENT AMOUNT (PLEASE TICK)

\$50 - ADAVIC Volunteers

Cheque / Money Order (Made out to Anxiety Disorders Association of Victoria)

Credit Card

Name on card: _____

Credit card type: Visa MasterCard

Credit card number:

CVV Number: _____

Expiry Date: ____/____

OFFICE USE ONLY

PROCESSED BY:

DATE:

Please return this Payment Form via email to adavic@adavic.org.au
Or post to ADAVIC, PO Box 625, Kew, VIC 3101.