



# Groupwork in Social Care: Planning and Setting Up Groups

*Julie Phillips*

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## **Groupwork in Social Care: Planning and Setting Up Groups** Julie Phillips

In this extremely practical guide, Julie Phillips argues that preparation is the most important element in running successful groups, and explores the issues that practitioners should address. She demonstrates how to prepare effectively, drawing on eight extended case studies with a variety of groups ranging from a positive parenting group to an anger management group. She examines the initial decisions that must be made such as determining the size, purpose and goals of a group, and finding an appropriate meeting place. Anti-discriminatory practice, with an emphasis on power, race and gender issues, is highlighted as a fundamental consideration in planning a group. Phillips underpins her recommendations for practice with the theories behind groupwork and includes frameworks for analysing the effectiveness of group programmes. Groupwork in Social Care will be essential reading for students and qualified professionals working in the fields of occupational therapy, youth work, social work, probation and community mental health nursing.

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