



Groupwork in Social Care: Guidelines for Research-Informed Practice

Julie Phillips

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In this practical guide, the author argues that preparation is the most important element in running successful groups, and explores the issues practitioners should need to address. The book shows 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. It examines the initial decisions that should 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. The author underpins her recommendations for practice with the theories behind groupwork and includes frameworks for analyzing the effectiveness of group programmes.

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