



# FACILITATOR TRAINING INFORMATION

## Background

WWILD Sexual Violence Prevention Association believes that people with an intellectual disability have the right to enjoy respectful, meaningful relationships. Research indicates that people with an intellectual disability often find it difficult to manage, understand and negotiate various relationships in their lives. Factors like social isolation and limited education heighten vulnerability to becoming a victim of abuse and exploitation.

## The Group

The You and Me Relationships Group, developed by WWILD, aims to support group participants to engage in meaningful discussions which will increase knowledge and skills to enable participants to establish, or continue, lasting relationships that are free from abuse, exploitation and violence. The Group aims to improve the quality of participant relationships including friendships, intimate relationships and family relationships. The group is designed to assist participants to feel and be safe by understanding what feels ok and what doesn't. Participants are encouraged to be more able to recognise risk and abuse and more aware of who they may seek help from if they have concerns.

### **The overall goals of the groups are:**

- *Empower through group discussion*
- *Improve the quality of relationships*
- *Increase capacity to recognise abuse*

## The weekly topics are:

1. Getting to know a new person
2. Things I like and things I don't like
3. Feelings
4. Different Relationships, different touch
5. Safe touching
6. Saying "no"
7. Feeling good about yourself
8. Fighting fair
9. Good and bad relationships
10. Celebration

People who have participated in *the You and Me Relationships Group* have said:

- ***I liked the questions you asked and liked how you asked us what we think.***
- ***It helped me be more aware I can say no. I can say it in a nice way. I don't want to hurt people's feelings. It's hard when you like the person. I feel like the group helped with my confidence.***
- ***We talked about feeling safe. I can talk about what's going on in my life. It's very helpful.***

The *You and Me Relationships Group* has a maximum of eight participants and two trained facilitators (who may be assisted by a student social worker/counsellor). The group is a closed group which runs for ten weeks/sessions. Each session is two hours duration. Participants are also required to attend pre and post group interviews. Groups must be single gendered to enable participants to feel comfortable to be open and to feel safe.

The groups are discussion based. Participants are not told what to think, feel or do. Instead participant's thoughts, experiences, feelings, values and choices are respected and their personal problem solving is encouraged.

## Training

You and Me Relationships Group Facilitator Training is only offered by WWILD SVP Ass. Inc. The training runs over three full days and covers the following topics:

- ✚ How to create a safe group space
- ✚ Understanding intellectual disability and vulnerability
- ✚ Communication and language
- ✚ Program background, underpinning values and aims
- ✚ Program implementation
- ✚ Group work skills to include dealing with difficult situations
- ✚ Essential facilitator skills
- ✚ The co-facilitator relationship
- ✚ Dealing with disclosures
- ✚ Facilitating the weekly sessions
- ✚ The referral process
- ✚ Undertaking pre and post group interviews
- ✚ Evaluating sessions and the group

**Trainees/organisations will receive a complete facilitator's manual which includes everything that is required to facilitate a group including comprehensive background information, instructions and resources.**

Trainees will also be able to access ongoing support from WWILD after the training in the form of program updates, personal consultation and the opportunity to participate in reflection groups post training.

## Cost

The cost of the training is:

\$750 per person (includes a manual) OR take advantage of our Early Bird rate of \$700 pp.

Additional people from the same organisation: \$550 (without a manual) or \$650 (with a manual). Early bird rates are \$500 & \$600 respectively.

Additional Manuals can be purchased by organisations who have sent staff to training for \$200 per manual

\*Early Bird rates cease one calendar month prior to the first day of training.

## Prerequisites

People applying to undertake You and Me Relationships Group facilitator training should have:

- Some understanding of intellectual disability and the issues confronting people with an intellectual disability
- Absolute respect for the rights of people with intellectual disability and a willingness to advocate for these rights including the right to self-determination
- Excellent communication skills including active listening and the ability to respectfully communicate with people with an intellectual disability
- The ability to facilitate, stimulate and encourage group discussion
- The ability to tune into and attend to the mood and the needs of a group
- The ability to deal with difficult situations in groups as they arise
- The ability to respond appropriately to disclosures
- Relevant professional experience in the disability sector
- Previous group work experience and/or skills to include the ability to plan and evaluate appropriately and work cooperatively in a co-facilitator relationship
- Organisational support and opportunities to reflect on practice

As it is imperative that facilitators have an attitude which is consistent with the philosophical frameworks which underpin the You and Me Relationships Group program, an **expression of interest** is required before trainees are accepted into training.

## Training and Program Reviews

People who have attended the training have made the following comments about the training and the You and Me Relationships Group Program:

- *It's so simple it's almost genius*
- *Loving the tips – they give great direction*
- *The program is incredibly empowering*
- *The manual is a work of art in the human services field*
- *Facilitating the group has been a career highlight*
- *Everything about the program is respectful*
- *This is a great foundation program which can be built on as needed*
- *The training was essential to helping me feel confident to facilitate*
- *Finally, a program that goes to the core of one of the primary barriers of inclusion for people with an intellectual disability. Social skills. This program*

*acknowledges an individual's capacity for life-long learning and empowers participants to makes choices and be heard*

- *This is a contemporary program and not for the traditionalists*

## Benefits to Your Organisation

*Sending staff to facilitator training will:*

- Increase job satisfaction for staff by investing in their professional development by enhancing skills and knowledge, particularly in group work and facilitation
- Foster empowerment for both clients and workers
- Enhance the lives of people with intellectual disability through valuing and respect
- Increase clients' awareness, knowledge and skills so they can recognise abusive relationships and access support as needed
- Provide a way to have difficult but positive conversations with families and caregivers about abuse prevention
- Invest in resources, specifically developed for people with intellectual disability, which can be used in multiple settings (for example other groups and individual work)
- Provide your organisation with a potential source of income through NDIS

**If you are interested in attending *You and Me Relationships Group Facilitator Training* please request and complete the Expression of Interest and forward it to: [robyn@wwild.org.au](mailto:robyn@wwild.org.au)**

*For further information, please contact WWILD on: (07) 3262 9877 and ask for Robyn or send an email to the above email address.*