

TRGN and OASW Mini Group Work Camp  
Friday, November 30, 2018  
8:30 AM – 3:00 PM  
252 Bloor Street West, Room 5250  
Toronto, ON

## PROGRAM

### **8:30 – 9:00 AM: Registration**

**9:15 -9:30 AM: Welcome, orientation to the purpose of the day, review the agenda and establish norms for the day**

### **9:30 - 10:30 AM: *Ice breakers and the forming/beginning stage of groups***

This session will involve participants in activities used in the beginning stage of group work, to help members get to know one another, decrease anxiety common at the start of groups, and have fun! The session will be debriefed in relation to the theory and tasks related to the beginning stages of group work

Trish McKeough, MSW, RSW, is the Coordinator of the Integra Mindfulness Martial Arts (MMA) Program at the Child Development Institute. Integra MMA integrates Martial Arts Training, Mindfulness Meditation, Yoga and Cognitive Behaviour Therapy to teach emotion regulation skills to youth with co-occurring Learning Disabilities and/or Mental Health concerns. Trish has a master's degree in Social Work from the University of Toronto and has worked as a Child and Family Therapist with youth diagnosed with LDs. She is passionate about the power of movement, physical activity, and experiential education as mediums for therapeutic growth.

### **10:30 - 11:45 AM: First round of sessions: Choose one of the following:**

***Title: Meet me in the middle: opportunities and challenges in the middle phases of group work.***

Using examples from the pilot modified evidence-based program for children with Asperger Syndrome and their parents, opportunities and challenges in the middle phase of group work will be explored through discussion and a group activity. Facilitator skills important during this phase will be highlighted.

Karen Sewell, PhD (c), MSW, RSW, is currently a course instructor and research coordinator at the Factor-Inwentash Faculty of Social Work, University of Toronto. She has extensive clinical experience in children's mental health - developing, facilitating, and training other professionals to facilitate groups for children, youth, and parents.

***Title: Nondeliberative: the Actional, the Analogic, and the Artful, as Interventions in Groupwork.***

One of the most effective ways of helping a group form, connect and problem-solve is through ‘doing’. The doing happens in many ways using different mediums (e.g. games, drawing, singing, improvisation, etc.). Analogies and metaphors link meaning to these ‘doing’ experiences. We will be ‘doing’ in this workshop.

Anna Nosko, MSW, RSW, has been a group worker for many years, taught groupwork in the BSW program at York University for 17 years and then to professionals in the field through TAPE for 10 years, published papers on groupwork, presented at conferences throughout the years, consulted to groupworkers, and ultimately facilitated different groups for at least 30 years. Anna loves groupwork.

***Title: Sexuality, Relationships & Sex Esteem***

This session will focus on working with people with disabilities and dual diagnosis around issues of relationships and sexuality. The group content is primarily psychoeducational, administered with a trauma-informed lens. Participants in this session will participate in several augmented activities used in group.

Michelle Anbar-Goldstein, MSW, RSW, is a Social Worker at the Centre for Addiction and Mental Health in the Forensic Dual Diagnosis Specialty Service. Prior to working in Mental Health, Michelle spent 12 years working in the Developmental Services Sector, in a variety of front-line, management, and clinical roles. Michelle is passionate about working with people with intellectual and developmental disabilities and is dedicated to providing high-quality clinical services to this often-underserved population. Michelle is a proud alumna of the University of Toronto Factor-Inwentash Faculty of Social Work.

**11:45 AM - 12:45 PM: Lunch and large group debrief**

**12:45 - 2:00 PM: Second round of sessions: Choose one of the following:**

***Title: Practicing Gratitude: Reflections on a community-based group in a supportive housing program.***

This experiential session will provide an overview of an activity-based group centred on themes of community and gratitude that was facilitated in a supportive housing program for women in downtown Toronto. The process, challenges and successes that arose in the group will be discussed, and participants will have an opportunity to engage in activities from the group.

Adina Muskat, MSW, RSW is currently the Team Lead for the Supportive Housing program at the Jean Tweed Centre, where she works with women facing complex mental health and concurrent substance use challenges. Prior to this role, Adina worked in children's mental health and hospital-based settings.

***Title: Using group to facilitate consent education, shame reduction, and identity formation for adolescents who have sexually offended.***

This workshop will lead participants in a brief introduction to group treatment for adolescents who have sexually offended. It will provide an interactive demonstration through role play of how to engage in processing group content around consent. As well, this workshop will provide practical skills for addressing issues of negotiating relationships and shame reduction for participants to integrate into their own group sessions.

Rachael Pascoe, MSW, RSW, is a PhD student at the Factor-Inwentash Faculty of Social Work. She is also a skilled group facilitator who has run psychoeducational and processing groups for individuals with concurrent disorders. Her clinical practice and research focus concerns group therapy interventions for adolescents who have sexually offended.

John Walker, MSW, RSW, is a clinical therapist working for Radius Child and Youth Services. John brings many years of working with high needs youth to Radius, where he works in individual and group sessions with children, adolescents, and families who have a history of trauma, concerning sexual behaviours, and sexual offending.

***Title: "Storming" through group conflict***

Together, participants in this interactive workshop will discuss and develop strategies for dealing with conflict among group members during this middle stage of group work. Participants will explore ways to make this often challenging stage of group work more fulfilling and growth-enhancing for group members.

Stephanie Baird, MSW, PhD, RSW, is a clinical counsellor at Carizon Family and Community Services and a course instructor at Factor-Inwentash Faculty of Social Work, University of Toronto. Stephanie's interest in group work began when she was a camp counsellor, and continued into the next stages of her career as a social worker. From facilitating children's groups to facilitating groups for adult women who have experienced abuse, she is excited for the opportunity to share her love for groups with other group workers at Mini Group Camp.

**2:00 - 3:00 PM: Endings and final debrief**

***Title: Saying farewell and doing it well***

Each session of a group comes to an end and most groups ultimately end. This session will use activities and discussions to reflect on how to end groups effectively.

Barbara Muskat, PhD, RSW is the President of IASWG and the former Director of Social Work at the Hospital for Sick Children. She teaches groupwork at the Factor-Inwentash Faculty of Social Work and has a private practice at ISAND (Integrated Services for Autism and Neurodevelopmental Differences). Barbara's specialization is working with children, youth and young adults with neurodevelopmental differences and their families.

