



Once Upon a Group: A Guide to Running and Participating in Successful Groups Second Edition

Maggie Kindred, Michael Kindred

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Groups are a universal phenomenon, but their dynamics, make-up and customs can vary widely - a group can be anything from a family to a sports club. Having a good understanding of how groups work can make them more effective, enriching and fun.

Once Upon a Group is a short, light-hearted guide to groupwork, providing an easily-digestible way of understanding group dynamics, the practicalities of running a group, and how to participate in one. It covers how and where to set up a group, including the type of room used, the size of the group and the arrangement of chairs, and the importance of boundaries and rules within a group. It also covers issues such as communication, sensitivity, listening, leadership, decision-making, labelling and stereotyping, and forms of participation, among many others. Each topic is illustrated with a lively drawing to communicate the ideas presented. This second edition also covers diversity throughout and how to apply the ideas in the book to different settings.

Based on research but written in an instantly accessible style, this fun guide will be essential reading for all those involved in groupwork including health and social care practitioners, volunteers, advice workers, youth workers and students.

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