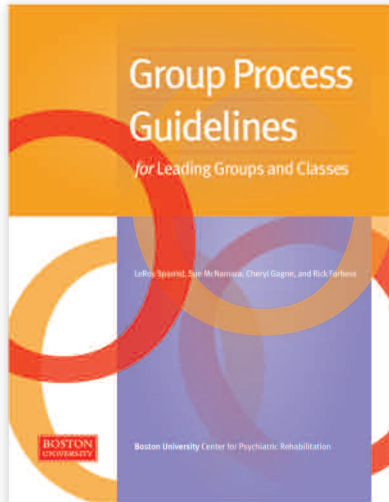


Group Process Guidelines *for* Leading Groups and Classes

by LeRoy Spaniol, Sue McNamara, Cheryl Gagne, and Rick Forbess

A resource for both novice and experienced leaders and teachers of knowledge-based and skill-based groups or classes in mental health and self-help settings.



While some leaders are skilled in teaching or in group process, many group leaders lack the training and experience needed to facilitate groups and classes effectively. They may be new to the process of leading groups or simply were never formally trained in the skills of conducting a group.

Group Process Guidelines for Leading Groups and Classes addresses the preparation, delivery, and follow-up skills for leading groups or class activities—as well as the skills for promoting peer leadership.

This workbook includes explanations about the group process skills, examples, and practice exercises. Checklists for evaluating and/or self-assessing the group process skills conclude each chapter.

Group Process Guidelines for Leading Groups and Classes is a valuable staff training tool for supervisors, program directors, teachers, peer leaders, and practitioners. It also is recommended for self-study by new or experienced group leaders to improve their own skills in leading groups and classes.

Visit <http://cpr.bu.edu/resources/curricula/group-process-guidelines> for a more in-depth description, samples from the workbook, table of contents, and information about the authors.

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