

# Family and Group Conferencing for Adults

## Preparing the Central Person for Family and Group Conferencing for Adults

## Example session plan

**Aim:** To ensure professionals feel confident about the process of preparing a central person for a Family and Group Conference for Adults.

### Target Audience:

- > Social workers
- > Wider social care and health staff
- > Voluntary sector

### Materials

All materials are accessible on the website or via hyperlinks:

- > Video: What is a Family Group Conference?
- > Video: Community Catalysts Introduction video for practitioners
- > Journal article: What is Family and Group Conferencing for adults? Part 1: Characterising the model and methods of enquiry
- > Practice Tool: FGC for Adults - Standards and Guidance Practice Tool for Practitioners (PDF)

### Session content

*You can use elements of this session as you choose. Below you will find suggested outlines for a sixty minute session, a half-day session and a full-day session.*

#### One hour session

*The aim of this session is to introduce the concept of FGC for adults and to begin to explore the experiences of those involved.*

Session	Output	Duration
1	<b>Watch</b> Community Catalysts Introduction video for practitioners <b>Reflective Question:</b> What strengths and weaknesses can you identify in your practice that may impact on preparing the central person?	Approx. 10 minutes
	<b>Discuss</b> (small groups)	Approx. 15 minutes
	<b>Feedback</b> (whole group feedback)	Approx. 5 minutes
2	<b>Watch</b> What is a Family Group Conference video	Approx. 10 minutes
	<b>Discuss</b> (small groups) <b>Reflective Question:</b> What barriers may present for a person when you are working with them to prepare for an FGC? How can you work with them to address these barriers?	Approx. 15 minutes
	<b>Feedback</b> (whole group feedback)	Approx. 5 minutes

## Half-day session

The aim of this session is to introduce the concept of FGC for adults and to begin to explore the experiences of those involved. The session will also explore the FGC standards and guidance relating to preparing the central person, and explore tools and techniques for developing icebreakers.

Session	Output	Duration
1	<b>Watch</b> Community Catalysts Introduction video for practitioners	Approx. 10 minutes
	<b>Discuss</b> (small groups) <b>Reflective Question:</b> What sort of conflict may arise within the FGC process?	Approx. 15 minutes
	<b>Feedback</b> (whole group feedback)	Approx. 5 minutes
2	<b>Watch</b> What is a Family Group Conference video	Approx. 10 minutes
	<b>Discuss</b> (small groups) <b>Reflective Question:</b> What barriers may present for a person when you are working with them to prepare for an FGC? How can you work with them to address these barriers?	Approx. 15 minutes
	<b>Feedback</b> (whole group feedback)	Approx. 5 minutes
<b>Suggested break</b>		
3	<p><b>Read</b> FGC for Adults - Standards and Guidance Practice Tool for Practitioners (PDF) Standards 4, 5, 8, 9, 11</p> <p>See below for reflective questions:</p> <ul style="list-style-type: none"> <li>&gt; <b>Standard 4</b> - Reflective discussion: How could people with lived experience contribute to devising guides that are seen as relevant and accessible?</li> <li>&gt; <b>Standard 5</b> - Reflective discussion: What feedback have you received from people as to whether their needs and preferences had been considered in the process?</li> <li>&gt; <b>Standard 8</b> - Reflective question: How will you support the central person to write a person-centred working document? What accommodations will you need to ensure are available? How will the document be explained and outlined? If there is something you are unsure should be expressed in the document, how will you manage this with the central person?</li> <li>&gt; <b>Standard 9</b> - Reflective discussion: What requirements will you need to consider for the FGC to be held in any location, such as access, privacy etc., and how will you discuss this with the central person?</li> </ul>	Approx. 20 minutes

	> <b>Standard 11</b> – Reflective discussion: What do you need to discuss with the central person (and network) to prepare for this in a way that supports them?	
	<b>Discuss</b> (small groups)	Approx. 20 minutes
	<b>Feedback</b> (whole group feedback)	Approx. 20 minutes
4	<b>Exercise:</b> Developing icebreakers (small groups)	Approx. 15 minutes
	<b>Feedback</b> (whole group feedback)	Approx. 5 minutes

### Full-day session

*The aim of this session is to introduce the concept of FGC for adults and to begin to explore the experiences of those involved. This session will also explore the FGC standards and guidance relating to preparing the central person, and explore tools and techniques for developing icebreakers and managing our response to challenging circumstances.*

Session	Output	Duration
1	<b>Watch</b> Community Catalysts Introduction video for practitioners	Approx. 10 minutes
	<b>Discuss</b> (small groups) <b>Reflective Question:</b> What strengths and weaknesses can you identify in your practice that may impact on preparing the central person?	Approx. 15 minutes
	<b>Feedback</b> (whole group feedback)	Approx. 5 minutes
2	<b>Watch</b> What is a Family Group Conference video	Approx. 10 minutes
	<b>Discuss</b> (small groups) <b>Reflective Question:</b> What barriers may present for a person when you are working with them to prepare for an FGC? How can you work with them to address these barriers?	Approx. 15 minutes
	<b>Feedback</b> (whole group feedback)	Approx. 5 minutes
<b>Suggested break</b>		
3	<b>Read</b> FGC for Adults - Standards and Guidance Practice Tool for Practitioners (PDF) Standards 4, 5, 8, 9, 11 See below for reflective questions:	Approx. 20 minutes
	> <b>Standard 4</b> - Reflective discussion: How could people with lived experience contribute to devising guides that are seen as relevant and accessible?	
	> <b>Standard 5</b> – Reflective discussion: What feedback have you received from people as to whether their needs and preferences had been considered in the process?	

	<p>&gt; <b>Standard 8</b> – Reflective question: How will you support the central person to write a person-centred working document? What accommodations will you need to ensure are available? How will the document be explained and outlined? If there is something you are unsure should be expressed in the document, how will you manage this with the central person?</p> <p>&gt; <b>Standard 9</b> – Reflective discussion: What requirements will you need to consider for the FGC to be held in any location, such as access, privacy etc., and how will you discuss this with the central person?</p> <p>&gt; <b>Standard 11</b> – Reflective discussion: What do you need to discuss with the central person (and network) to prepare for this in a way that supports them?</p>	
	<b>Discuss</b> (small groups)	Approx. 20 minutes
	<b>Feedback</b> (whole group feedback)	Approx. 20 minutes
4	<b>Exercise:</b> Developing icebreakers (small groups)	Approx. 30 minutes
	<b>Feedback</b> (whole group feedback)	Approx. 15 minutes
<b>Suggested break</b>		
5	<p><b>Read:</b> <a href="#">Family Group Conferencing in public mental health and social capital theory</a> and make a list of key discussion points (small groups).</p> <p><b>Reflective Question:</b> How can you work with the central person to ensure they have a well-mobilised social network?</p>	Approx. 30 minutes
	<b>Feedback</b> (whole group feedback)	Approx. 15 minutes
6	<b>Exercise:</b> Conversation planning tool (individual reflection)	Approx. 15 minutes
7	<b>Action Planning</b>	Approx. 10 minutes

## Preparing the Central Person for Family and Group Conferencing for Adults

### Aim

*The aim of this session is to introduce the concept of FGC for adults and to begin to explore the experiences of those involved. The session will also explore the FGC standards and guidance relating to preparing the central person and explore tools and techniques for developing icebreakers and managing our response to challenging circumstances.*

**Watch** Community Catalysts Introduction video for practitioners

### Small Group Discussion

**Reflective Question:** What strengths and weaknesses can you identify in your practice that may impact on preparing the central person?

Here is space to record your thoughts and reflections.

### Notes

**Watch** What is a Family Group Conference video

**Small Group Discussion**

**Reflective Question:** What barriers may present for a person when you are working with them to prepare for an FGC? How can you work with them to address these barriers?

Here is space to record your thoughts and reflections.

**Notes**

**Read** FGC for Adults – Standards and Guidance Practice Tool for Practitioners (PDF) Standards 4, 5, 8, 9, 11

See below for questions and reflective discussion points:

- > **Standard 4** – Reflective discussion: How could people with lived experience contribute to devising guides that are seen as relevant and accessible?
- > **Standard 5** – Reflective discussion: What feedback have you received from people as to whether their needs and preferences had been considered in the process?
- > **Standard 8** – Reflective question: How will you support the central person to write a person-centred working document? What accommodations will you need to ensure are available? How will the document be explained and outlined? If there is something you are unsure should be expressed in the document, how will you manage this with the central person?
- > **Standard 9** – Reflective discussion: What requirements will you need to consider for the FGC to be held in any location, such as access, privacy etc., and how will you discuss this with the central person?
- > **Standard 11** – Reflective discussion: What do you need to discuss with the central person (and network) to prepare for this in a way that supports them?

Here is space to record your thoughts and reflections.

**Notes**



**Exercise: Developing Icebreakers**

The purpose of this exercise is to think about some icebreakers that may help when conducting an FGC. You may want to draw on icebreakers you have used previously or come up with your own.

Here is space to record your thoughts and reflections.

**Notes**

**Read** [Family Group Conferencing in public mental health and social capital theory](#) and make a list of key discussion points. Also consider the reflective question below.

**Reflective Question:** How can you work with the central person to ensure they have a well-mobilised social network?

Here is space to record your thoughts and reflections.

**Notes**

**Exercise:** Our reactions to challenging circumstances

This exercise has two parts, an individual reflection on our response to challenging circumstances in our work, and then a small group discussion.

**Individual work**

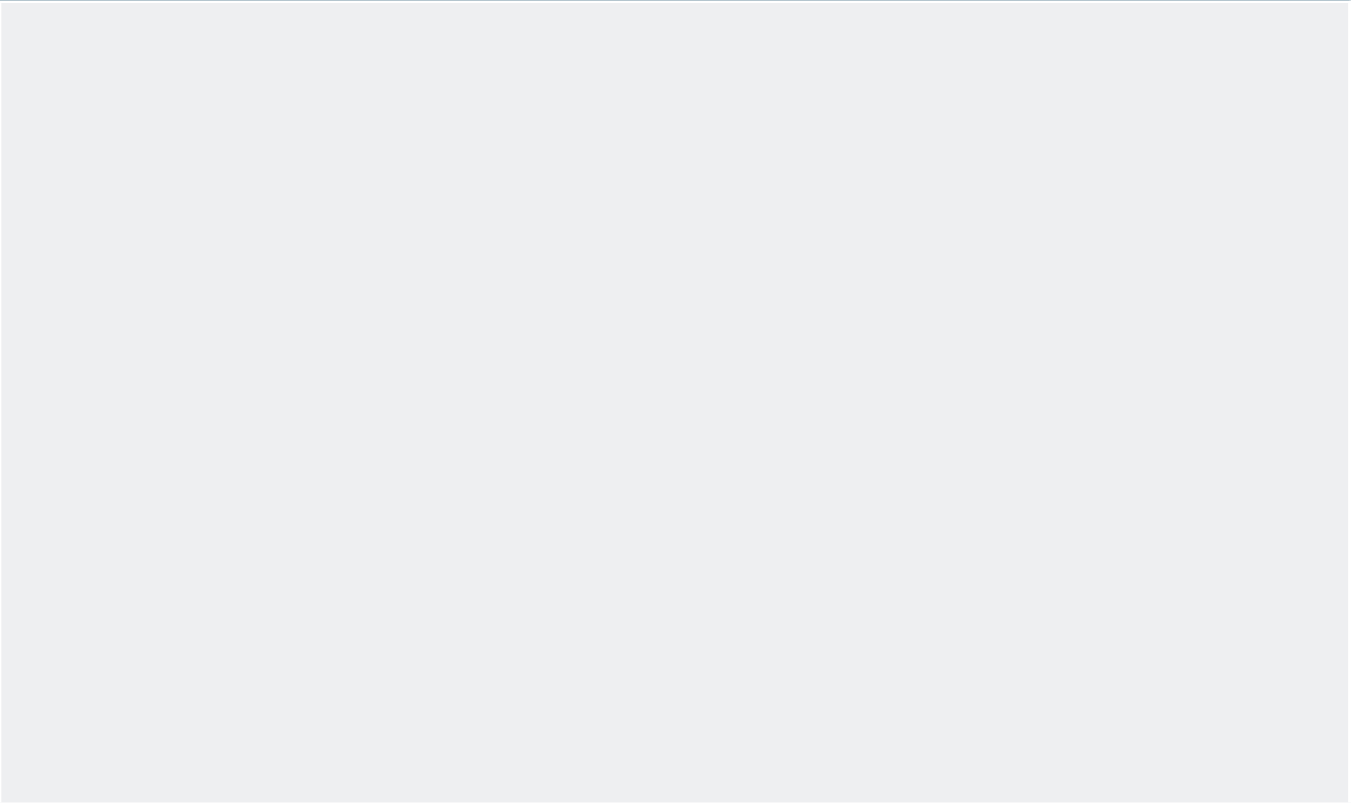
All materials are accessible on the website or via hyperlinks:

- > Think about your reactions to challenging circumstances in your work. Make any notes below.

**If you are faced with a challenging situation at work, how do you usually respond?**

**Is your reaction different with different types of conflict or stress?**

## Do you recognise the techniques ‘delay, avoid, or delegate’?



### **Small group work:** sharing our experiences

Share your reflections in small groups. Please only share what you are comfortable with.

Then, as a group, discuss:

- > How might you work through initial reactions of ‘delay, avoid, or delegate’?
- > How can we use the emotions that arise in the course of our work in a positive way?

**Action Planning**

Use the table below to identify some actions you can take away from today and how you will measure progress and success.

What will I do?	What support/information will I need?	How will I measure progress and success?	When?



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