

Peggy 对“如何”带领小组的介绍

First I will give very direct and practical ways to lead a Reflective parenting group and then ways to attend to the emotional aspects of being a facilitator.

首先，我将介绍非常直接和实际的方法，是关于带领一个反思性养育小组的。接着我会介绍如何关注小组促进者的情绪方面的问题。

1. Need a co-facilitator. Doesn't have to be someone you know but someone who has also had the reflective training.
需要一个协同促进者。不一定是你认识的朋友，只要是接受过反思性培训的人就可以。
2. Must review the curriculum ahead of time and be familiar with it. As a supervisor I recommend that facilitators divide the curriculum and each facilitator take a particular part of the curriculum and then switch off the following week for example; one facilitator does the theory section one week the other facilitator does theory the next week. We all have different ways of teaching and some may respond better to one style of teaching. 必须提前复习课程并熟悉课程。作为一名督导师，我建议促进者将课程划分成几部分，每个促进者参与一个部分，然后在下一周不要参与同样的部分。例如，一个促进者在这周负责理论部分课程，下一周的理论课程部分由另一个促进者负责。我们每个人都有不同的指导方式，有些人可能会对某一种教学方式会有更好的反馈。
3. As one facilitator speaks to the group the other facilitator can observe the group members for non-verbal clues and also be ready to assist with knowledge or examples of experience to help the other facilitator, assist in slowing someone down who may be talking too much or interrupting or if the group looks confused or overwhelmed. 当一名促进者与小组成员对话时，另一名促进者可以观察小组成员是否有非语言行为，并随时准备提供知识或经验案例，来协助这个促进者。让说话过多的小组成员放慢语速，或者打断一下节奏，或当小组成员看起来很困惑或不知所措时，可以提供协助。
4. Co-facilitators help keep track of time for each other so you can stay on track
协同促进者协助每个人遵守时间规则，这样你就可以按计划进行。
5. Begin and end the groups on time as a way to hold the frame for the group.
准时开始和结束小组，为小组提供一个规则和框架。
6. If the group needs to process something that has occurred, then allow some time for processing so the group members can be open to listening and attending to the curriculum. For ex: as I was leading a group when all the riots were happening one member really needed to express how she was feeling so I put the curriculum aside to attend to her feelings and the groups

feelings before we moved on. 如果小组需要处理一些发生的事情，则留出一些时间进行处理，以便小组成员能够放开地听课和参与课程。例如：当我正在带领一个小组的时候，美国正在进行暴动，其中一个成员非常需要表达她的感受，所以我把课程先停下来，开始关注她的感受和小组的感受，然后我们再继续课程。

7. Allow 5-10 minutes after the group just so facilitators can have a quick debrief. 小组结束后留出 5-10 分钟的时间，这样促进者可以快速做总结。
8. As a facilitator be curious about behaviors and thinking of the group members- keeps facilitators from being judgmental about members. 作为一个促进者，要对小组成员的行为和想法保持好奇，促进者不要对小组成员做出评判。
9. Start termination a few weeks before the last group. These groups come to have great meaning to parents and for some it is hard to end the group. 在最后一次小组碰面的前几周就要开始铺垫课程将要结束。这些小组对家长来说意义重大，甚至对某一些人来说，结束这个小组是很困难的。

1. Use your co- facilitator for emotional support and if there is a parent that you find hard to deal with ask your co-fac. to take over for a while with that particular parent. 向你的协同促进者寻求情感支持，如果有一位家长让你觉得很难处理，可以求助你的协同促进者，让他/她接管这位家长一段时间。
2. If you are having difficulty with a co- facilitator try and speak with them if that is too uncomfortable speak to a colleague or your own therapist about ways to attend to the difficulty. 如果你和一个促进者合作不太融洽，试着和他/她沟通，如果沟通的过程中让你感觉太不舒服了，那就和你的同事或你的治疗师谈谈解决这个问题的方法。
3. Pay attention to your countertransference it can be valuable info. about what a parent may be feeling in the group or in their life. 注意你的反移情，从中有一些有价值的信息，比如家长在小组里或生活中的感受。
4. These groups can be very activating so take good care of yourself if you lead the groups. 一些小组非常活跃/激活，所以如果你要带领这些小组，请好好照顾自己。
5. Utilize supervisors when you have questions or just need to process what happens in a group while maintaining the confidentiality of the group. 当你有问题或需要处理小组中发生的事情，但同时要注意保密性时，请求助于督导者。
6. Have fun!!! 享受工作吧!!!