



A S C A W E B I N A R S E R I E S



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The Art of Group Counseling in Schools: Engage, Get Creative

Webinar Presenters: Christine J.
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Webinar Date: September 27, 2018



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Learning Outcomes:

- Define at least four essential group leading skills (e.g. cutting off, drawing out, using rounds, and using eyes).
- Identify at least three movement activities that can be used in small group.
- Identify at least three writing and drawing activities that can be used in small groups.



The image shows a webinar series cover with a green background featuring faint circular patterns and a silhouette of a classical building with columns. A dark blue horizontal bar on the left contains the ASCA logo, which consists of a stylized building icon and the text "AMERICAN SCHOOL COUNSELOR ASSOCIATION". To the right of this bar, a white rounded rectangle contains the title "Group Leading is about the Art of Engagement & the Art of Control" in a dark blue font. At the bottom center, the text "ASCA WEBINAR SERIES" is displayed in a dark blue, spaced-out font.

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Group Leading is about the Art of Engagement & the Art of Control

ASCA WEBINAR SERIES



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The Key: What is my *Purpose*?

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Purpose of Small Groups in Schools

- Psycho-education
 - Primarily Educational
 - May be psychological or emotional component
 - Commonly focused on prevention
- Counseling
 - Typically focus on students' mental health & wellness
 - Commonly focused on intervention

Clarity of Purpose drives decision making with regards to drawing out, cutting off, and choice of activities!



Focus

- The Leader is always:
 - Holding
 - Shifting
 - Deepening



Drawing Out

- Generally a good idea to hear from everyone
- Use Your Eyes to pick up on energy!
- Avoid “Spotlighting”
 - Use Written Exercises (more later!)
 - Use Rounds (more later on this too!)
 - Use *Dyads*
 - Gently “nudge” members
 - Use Movement



Cutting Off

- Effective Group Leaders *MUST* Cut off!
- Most difficult skill to master!
 - Rambling members
 - Story tellers
 - Attention seekers
 - Offensive Comments



Cutting Off Essentials

- Rounds
- Eyes
- Listen for Voice Tone
- Use your body language



Rounds



Uses & Purposes of Rounds

- Get information quickly
- Get members focused
- Get members involved (drawing out)
- Helps with cutting off (rounds have “rules”)



Kinds of Rounds

Designated Word or Number

Here/Not here/Getting Here

Yes/No (Something you want to share?)

1-10 Rating (On a 1-10, how has school been this week?)

Word or Phrase Round

On a topic

About someone's ideas

Comment Round

“What stood out to you?”

“How was your week?”

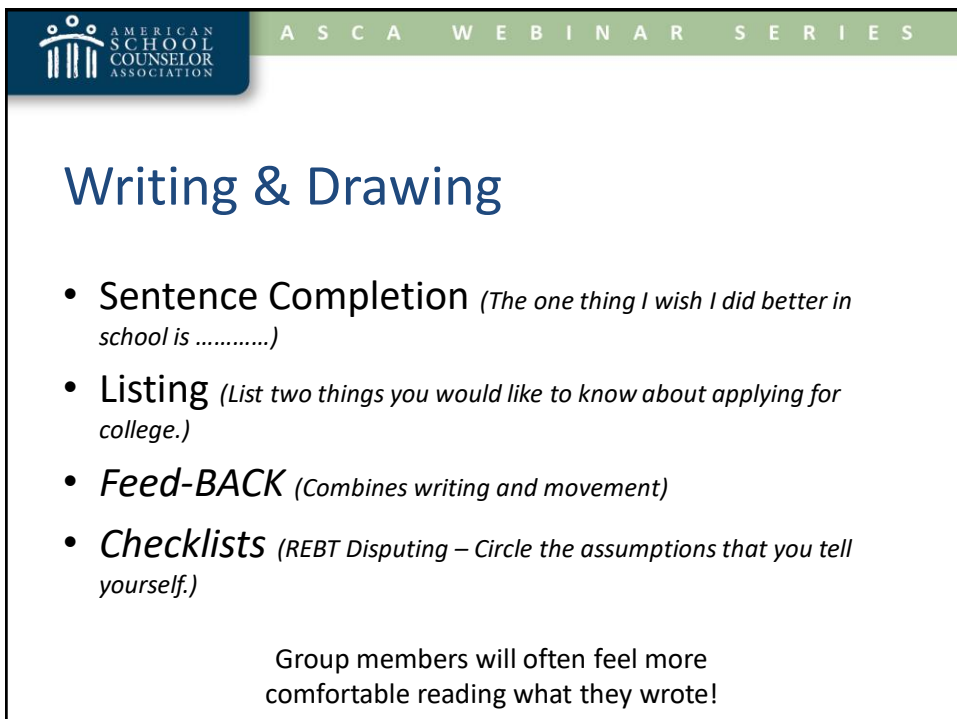


The cover features a green background with faint circular patterns and a dark blue banner on the left containing the American School Counselor Association logo. A white box on the right contains the title 'Creative Group Exercises'. At the bottom, the text 'ASCA WEBINAR SERIES' is displayed in a spaced-out font.


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Creative Group Exercises

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The content slide has a white background with a dark blue banner at the top left containing the American School Counselor Association logo. A green banner at the top right contains the text 'ASCA WEBINAR SERIES'. The main title 'Writing & Drawing' is in a large blue font. Below it is a bulleted list of activities with brief descriptions. At the bottom, a concluding sentence is centered.

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Writing & Drawing

- **Sentence Completion** (*The one thing I wish I did better in school is*)
- **Listing** (*List two things you would like to know about applying for college.*)
- **Feed-BACK** (*Combines writing and movement*)
- **Checklists** (*REBT Disputing – Circle the assumptions that you tell yourself.*)

Group members will often feel more comfortable reading what they wrote!



Movement

- Continuums
- Feedback Lines
- Sculpt how you feel about the group
- Move to a spot in the room

Even hesitant group members will
"speak with their feet!"



Props

- Fuses
- Cups
- Shield
- Filter
- Small Chair
- Empty Chair
- Rearview Mirror
- Hammer
- Bottle of Soda

Props get members engaged
and focused in a timely
manner!



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Questions & Comments

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