

DISCUSSION GROUPS for HEALTH PROFESSIONALS

AIMS AND OBJECTIVES:

Aims of the Group Sessions:

1. To provide health professionals with an opportunity to explore the emotional aspects of their work in a safe environment
2. To increase their understanding of patients' communication
3. To provide support and supervision*
4. To encourage health professionals to reflect on their work

Objectives:

Group members should:

1. Be able to consider their clinical encounters in a new light
2. Become aware of the significance of the relationship between the health professional and the patient
3. Be able to recognise the feelings that are evoked by the interaction with the patient and be able to use these for the benefit of the patient
4. Be able to use the group to express and process anxieties and frustrations about their work
5. Recognise the inherent value of the consultation itself
6. Become aware of their own limitations
7. Value their own humanity and personality and the effects of these on the patient

*supervision in the psychotherapeutic sense