



GROUP – RELATIONSHIP – COMMUNICATION

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Vulnerable social groups or high-risk groups

- Population groups with limited or no access to social and public goods [shelter, employment, satisfactory housing, social security, education, health care etc.].
- Homeless people, unemployed/long-term unemployed, people with disabilities (disabled), sufferers (serious pathological problems, mental illnesses), released from prison, users and former users of addictive substances, HIV positive, people from religious or cultural minorities, Roma, single-parent families, juvenile offenders, abused women, victims of trafficking, refugees, migrants, returnees, people affected by natural disasters [fire victims, earthquake victims, flood victims]

Group

- A set of interacting individuals who are conscious of participation and have two basic motivations, the common tasks and the satisfaction of common emotional needs.

elements identifying the group:

- The similarities and differences between the members (chronological, religious, gender, etc.)
- The number of members of the group. Generally, the large number of members in a group makes communication difficult.
- The environment of the action. Communication is promoted in a pleasant environment.
- The level of membership shapes the team's goals for the project and the communication.
- The responsiveness of members to roles. When this does not exist, it makes both communication and work very difficult.

- In the operation of the group nothing is static.
- The team demands and gives, has duties and obligations, resists and complies.
- Sometimes there are conflicts and antagonistic actions and sometimes there is agreement between its members to their ideology.
- The roles of the members are leadership, followership, flexible, conflicting and appropriate.
- In each case psychological maturity is taken from within the group.

Phases of team development according to Tuckman

- 1st the phase of configuration
- 2nd the phase of disturbances
- 3rd the phase of institutionalization
- 4th the phase of refinement

Elements of communication

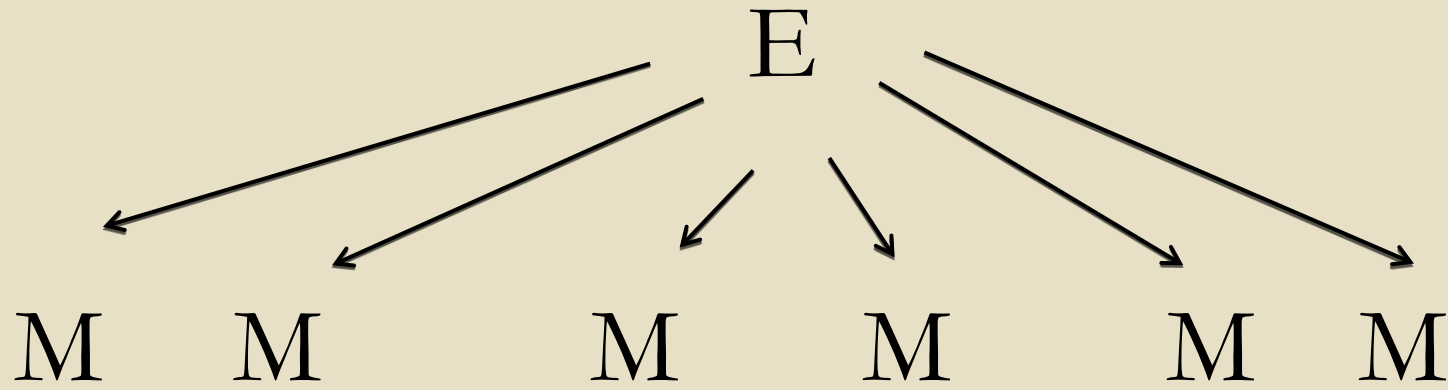
- Transmitter
- Receiver
- Transmitted message
- Mode of transmission of the message
- Result

Different types of communication of a group according Lindgren

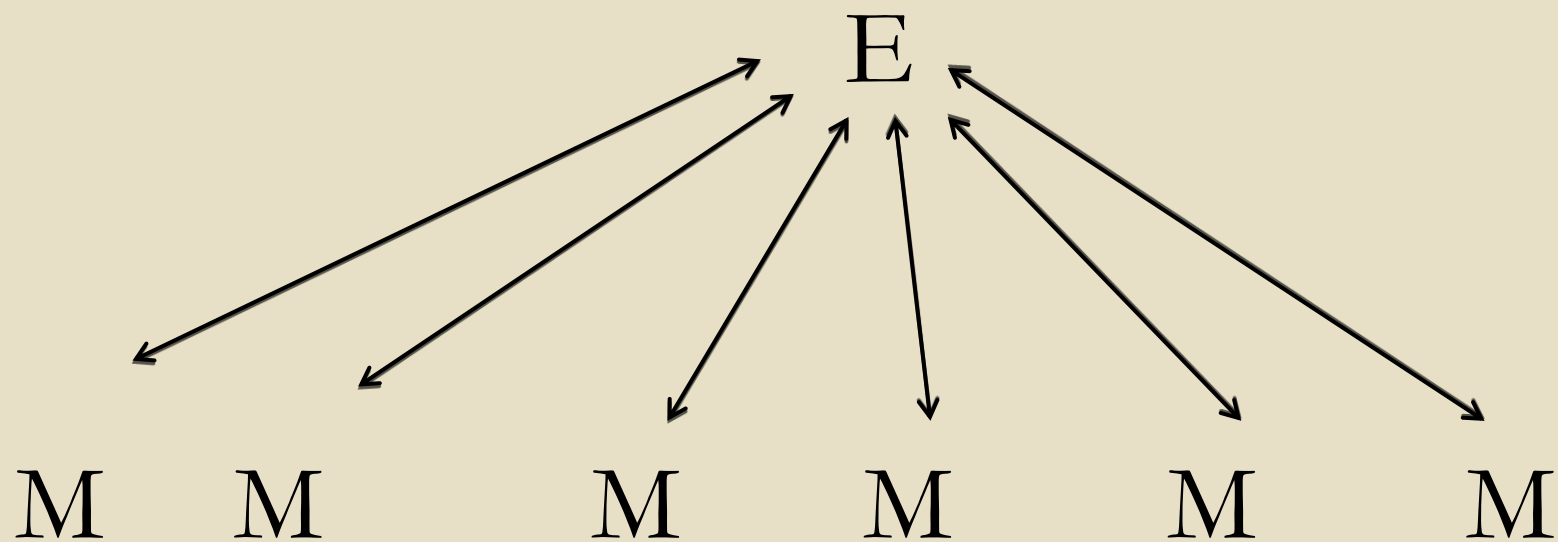
Efficiency in relation to how the message is conveyed

- Minimally effective E (transmitters) with M (receivers) one-way
- More efficient E (transmitter) with M (receivers) bidirectional
- Even more effective E (transmitter) with M(receivers) bidirectional and communication between receivers every two
- The most effective when everyone communicates both bidirectional

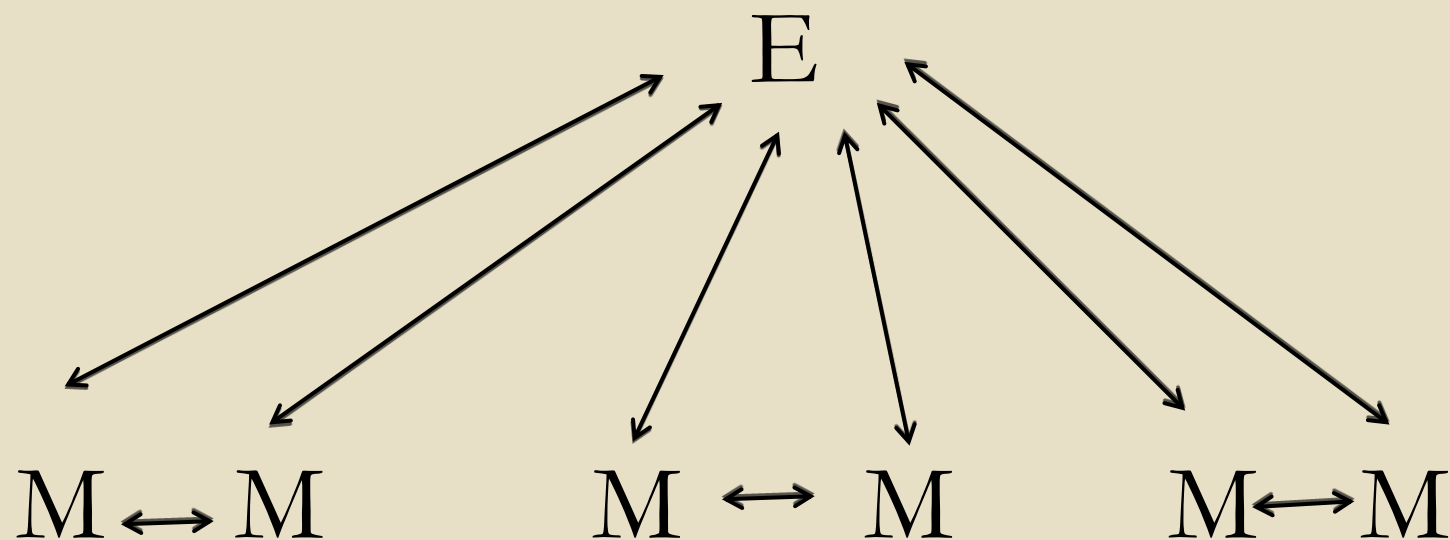
Minimally effective



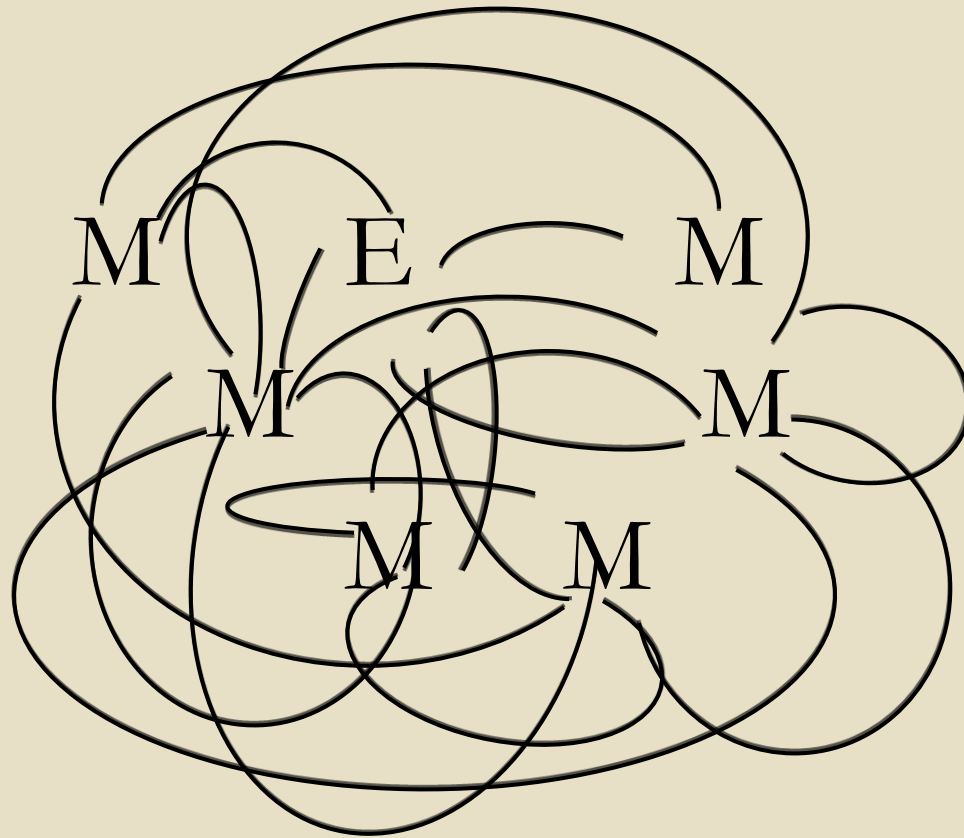
More efficient



Even more effective



The most effective



What we do in each phase of team development

- Introductory phase of the teams (team contract, getting to know each other, "ice breaking"]
- Suitable warm up to facilitate the members to enter the main part
- How to set goals for the exercises and how the order of the exercises affects the process
- How to manage conflict within the team
- How to process the exercises verbally
- How to facilitate the group process through the basic principles of counselling. (facilitating skills)

Group introduction technique

- Self-presentation: The group sits in a circle and one by one they present themselves
- The Team in a circle. Each trainee being introduced must give, in addition to his name, the names of all those who have been introduced before him. [The first one to introduced must give the names of the whole group].
- Volleyball with names . The team shall stand in a circle. Each person says his name as he throws the ball to another. Variation: One member throws the ball up and says another member's name; that member must catch the ball before it falls down.
- The team in a circle. Each member thinks of a plant or flower that has the same initial letter as that of its name and says it to the group. [Tita - titan arum]. The group repeats. Variations : Instead of plant an animal [Eleni - elephant] or a color [Rena - red] or an adjective [Harris - happy] etc.
- Getting to know in couples: The facilitator asks the trainees to be in pairs and interview each other briefly, focused on: a) identity, origin, b) interests and c) reasons of their group participation and expectations (about 10-15 minutes). In the next stage, the facilitator asks the trainees to introduce their partner to the whole group or form groups of four and make the introductions there [each group selects one member who will briefly introduce the members to the plenary]