

GHSC

GHR

General Hypnotherapy Standards Council & General Hypnotherapy Register
Protecting the Public and Promoting Good Practice, Unity and Continuing Development within the Profession

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PEER SUPPORT GROUPS

We would very much like to express our thanks to you for offering to act as a facilitator for a Peer Support Group in your area. We provide below some brief notes that you may find of assistance.

Notes of Guidance for Facilitators

The purpose of a Peer Support Group is to provide local back-up and support for its constituent practitioners in the various areas of:

- Confidential discussion of (and assistance with) problematic client cases and issues
- Sharing of problems which may be inhibiting the professional progress of individual participants
- Sharing of relevant knowledge and techniques
- Improving the delivery of services and facilities to clients locally
- Practice building ideas for increasing business among individual participants
- Demonstrations/videos on relevant topics

In order to maintain interest and commitment among group members, it is recommended that group facilitators make regular contact with all participants, reminding them well in advance of any arranged meeting and perhaps including a short **agenda**. Whilst it is not proposed that the session should proceed like a properly convened board or committee meeting (it should, hopefully, be far more informal and relaxed), it is still advisable to produce an outline of suggested topics to which the group may refer should the session become a little static.

It is also important that simple ***record slips** be produced **which should be signed by the facilitator** (or group representative) and given to each participant at the end of the session. Such slips should contain: **venue address, date, time duration** and **participant's name**. The facilitator's own slip should be signed by a **group representative**. These slips should be **retained indefinitely as evidence of participation within a Peer Support Group**. (**Record slips* are available to download from the GHR website or alternatively, you may prefer to produce your own).

Although each group operates entirely autonomously from the GHR and is therefore free to decide its own structure and organisation, it is nonetheless intended that they should remain economical in terms of both time and money. Unless the hire of a room is required, in most cases the only cost is likely to be in travelling expenses and any refreshments that might be arranged. In practice, it may be worth considering the idea that the venue be alternated between those group members with adequate facilities, thus ensuring that no one person need shoulder a permanent responsibility.

The GHR considers the implementation of local Peer Support Groups to be vital to the health and well being of both individual practitioners and the industry alike and fully anticipates that they will come to be seen as opportunities for both professional support and enjoyable social occasions.

N.B. Although the contact details of all groups are available from our website, should you like additional help in promoting your group locally, please contact GHR headquarters directly.