

Introduction to Small Group Practice

ASCH Level 1 Workshop

Objective

- Identify the goals and rules of the experiential small group practices

Typically, learners retain:

- 10% of what they read
- 20% of what they hear
- 30% of what they see
- 50% of they see & hear together
- 70% of what they say and REPEAT
- 90% of what they say, while doing what they are talking about

Experiential learning through supervised rehearsal

- Familiar from medical training
- Similar to “See one, do one, teach one”

Small group practice

- 4 practice sessions, each 90+ minutes
- 4 groups: Red, Yellow, Green, Blue
- Composition of group remains the same
- Faculty rotates
 - Cherry, Keating, Thomas, Linden, Wilde
 - Verissimo will be observing
- Participant roles rotate

Four participants, four small group roles

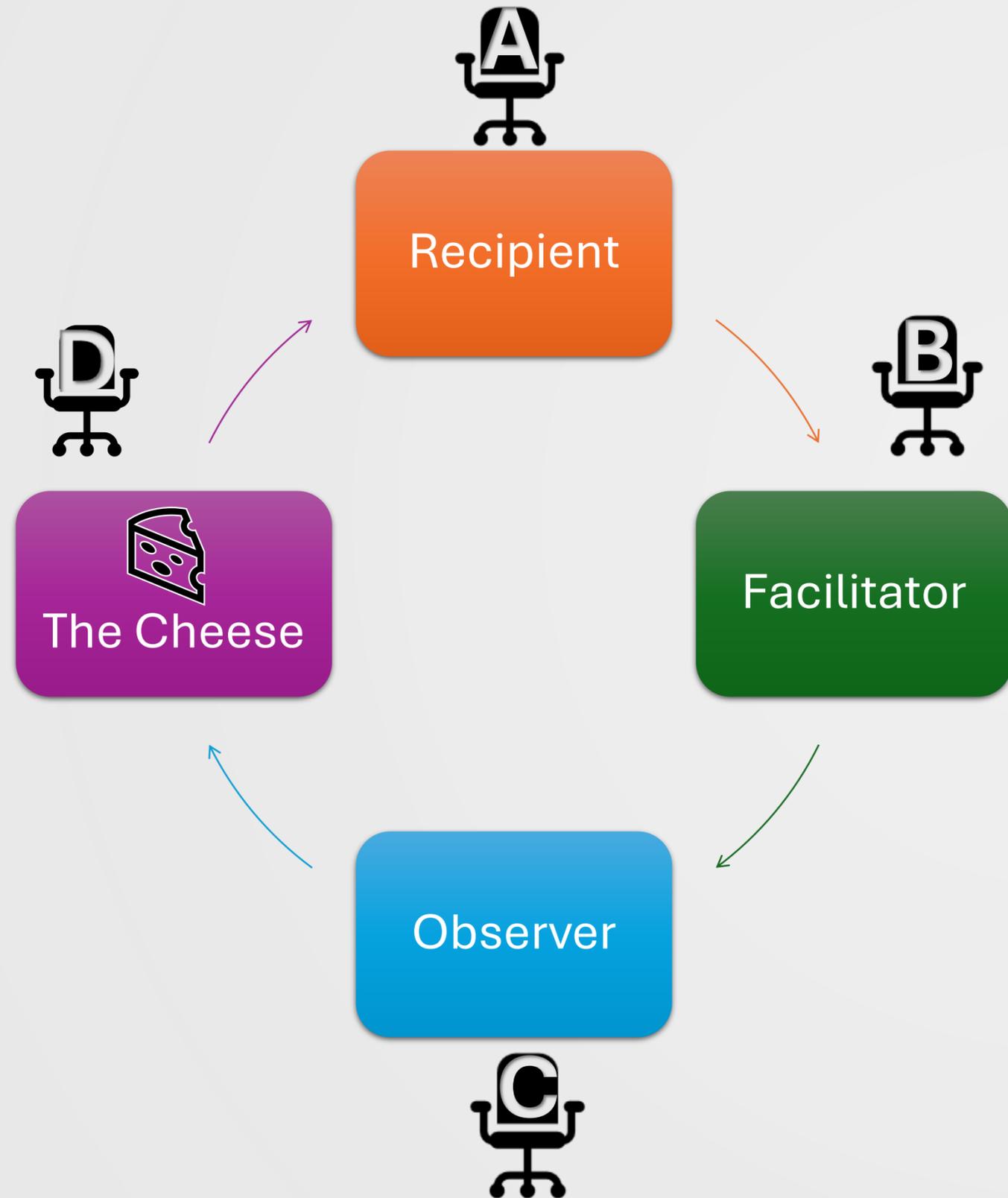
- Recipient: person in role of patient/subject
- Facilitator: person in role of practitioner
- Observer: designated to give feedback
- “The Cheese”: gives feedback if there is enough time

The Farmer in the Dell

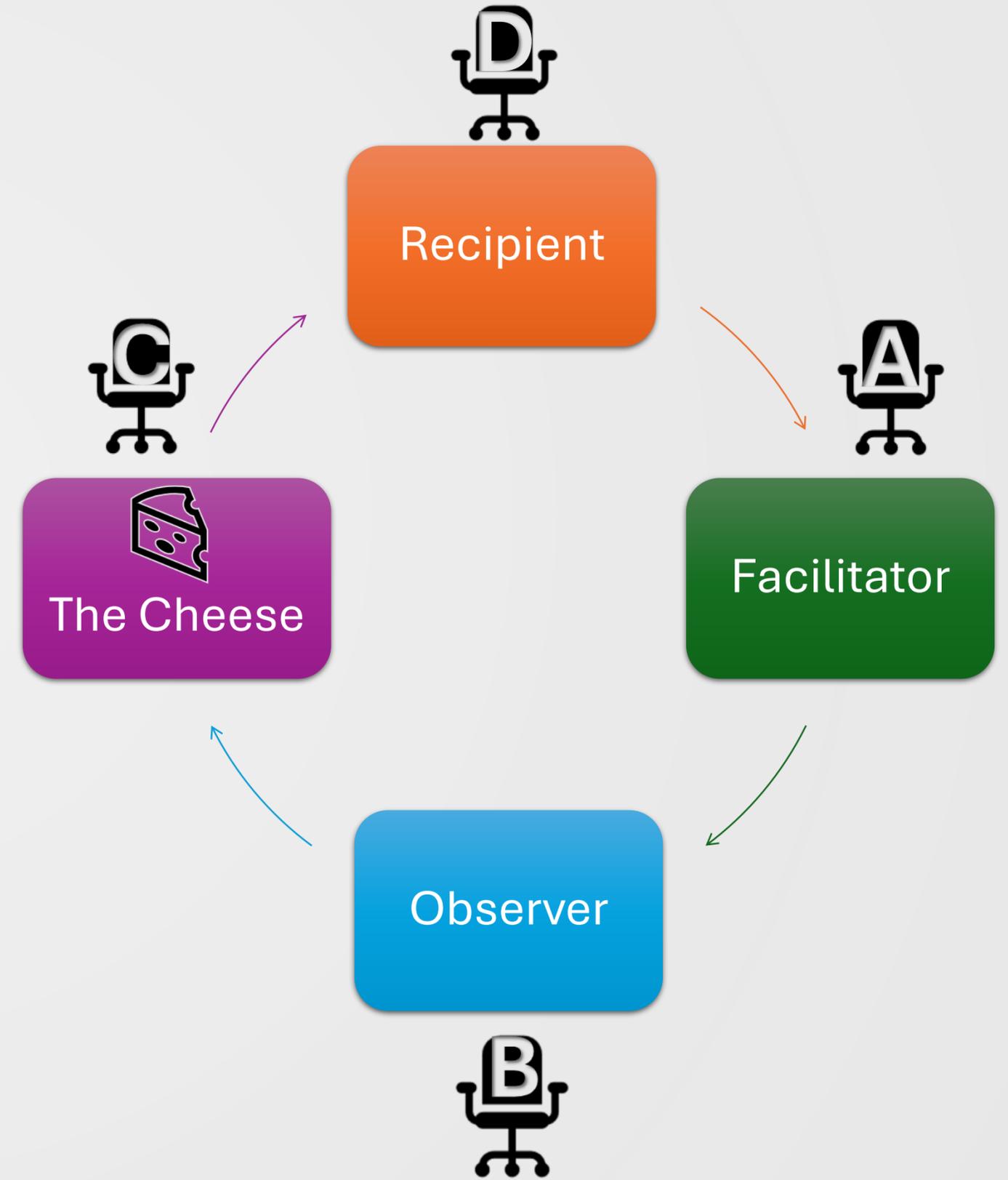


“The cheese stands alone”

Session 1, turn 1



Session 1, turn 2



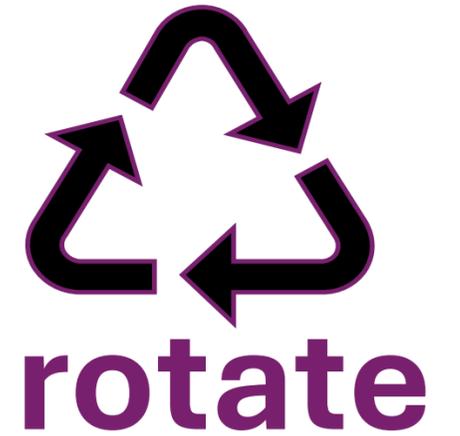
Small group practice

- Session 1: Establish rapport, practice elicitation #1 (diaphragmatic breathing) and re-orientation

Rough timing guidelines

- Faculty member will keep time
- Everyone will have an opportunity to be both the facilitator and the recipient in all 4 small group skill practice sessions
- Teachable moments may call for flexibility

Rough time guidelines: Session 1



- Rapport form: approx. 20-30 mins
- B greets A, assesses alertness, then does elicitation (diaphragmatic breathing) and re-alerting: 3-4 mins
- B debriefs A and solicits feedback: 2-3 mins
- B offers any observations: 1-2 mins
- C offers feedback and constructive criticism: 1-2 mins
We are here to learn!
- Time permitting, D offers feedback and constructive criticism: 1-2 mins
- Faculty offers feedback and constructive criticism: 2 mins

Later small group practices

- Session 2: Elicitation #2 (finger magnets), intensification (you choose), different re-orientation
- Session 3: Elicitation #3 (favorite place), different intensification, suggestions (to include ego-strengthening), different re-orientation
- Session 4: Elicitation #4 (key), different intensification, elicit a noticeable hypnotic phenomenon, suggestions (to include ego-strengthening), different re-orientation

Small group practice

Use provided “ASCH Small Group Rapport Form”

Each session has outline/checklist of what to look for as observer

Each group session has participant checklist to identify what you notice

Small group practice: Do's and Don't's

- **Don't** digress from the goal of the practice session by telling stories of clinical experiences.
- **Don't** role play a child or patient experience.
- **Don't** repeat personal information. *What happens in small group stays in small group.*
- **Don't** try ——— just **do**.

Small group practice: Do's and Don't's

- **Do** allow yourself to enjoy the process.
- **Do** focus on the goals for that session.
- **Do** push to the edge of your comfort zone.
- **Do** remember that we are all experts and we are all learners.
- **Do** recognize how much you already know and can pull in from your training and experience.