

Facilitated Group Discussion

Facilitated Group Discussion:

- Provides for two-way communication.
- Conserves limited resources. Group educational methods are more cost efficient than one-on-one.
- Permits attention to individual needs. Participants discuss their particular barriers to a desired behavior change and participants suggest solutions.
- Provides meaningful information to participants. Participants talk to each other in their own language.
- Considers each participant's culture, prior experience and concerns.
- Creates a sense of unity.
- Gives participants the opportunity to share knowledge.
- Encourages empowerment of participants.
- Allows for a small amount of information to be learned well.
- Improves motivation for change.

The Roles of the Facilitator(s) in Facilitated Group Discussion:

- Guide the peer support education session.
- Keep the group discussion focused.
- Suggest possible topics to be discussed.
- Encourage participants to give more information to better define a situation or solution.
- Encourage shy participants to join in.
- Deal with incorrect information in a sensitive manner and try to get other participants to correct it or offer a different point of view (e.g., "I'm glad that worked for you. What do the rest of you think about that?").
- Allow moments of silence.
- Listen.
- Encourage peer interaction.
- Encourage an atmosphere of acceptance.
- Have fun!
- Summarize the discussion.