

**COURSE TITLE: A PSYCHODYNAMIC APPROACH TO MANAGING TEAMS**

**Trainer:**

**Peter Sadler** is a teacher, facilitator and psychodynamic counsellor with more than thirty years experience of working with disaffected children. He also works with management teams in commerce, education and social care. Peter is committed to working in a research based and reflective way, which is reflected in the course.

**Aims and Objectives:**

The course considers the application of the psychodynamic model to relationships in the workplace.

The course aims to give Managers an insight into how unconscious motives impinge on team dynamics. From this, to use the knowledge and understanding gained to build and maintain effectively functioning teams.

The course will explore the concepts of the unconscious, transference, projection and boundaries, with particular reference to the workplace.

By the end of the course the participants will:-

- be able to understand and apply the notion of different motivations at work
- be able to work with and understand the motivations underlying conflict
- be able to understand and work with defence mechanisms

**Duration of course:**

Whole Day (0930 to 1630 with breaks)

**Numbers:**

Ideally between 12 and 25 participants

**Target Audience:**

The course is aimed at Managers and Supervisors in a broad range of team settings, including education, health and social care and the commercial sector.

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quality health and social care training

## **Teaching Method:**

The course is devised in seminar format to enable maximum interaction between trainer and all participants. The course uses PowerPoint presentation, group discussion and small and large group activities.

## **Course Synopsis:**

- What motivates us?
- Managing differences
- Mobilising team strengths
- Meeting needs and managing conflict
- Transference and projection
- Defence mechanisms
- Ownership – taking responsibility for our own behaviour and feelings
- Giving and receiving feedback
- Openness in teams