

Key Concepts for Leading Successful Psychotherapy Groups

Saturday Feb 22, 2020

9:00 A.M. – 1:00 P.M. Mountain View, CA.

3 Continuing Education hours for licensed psychologists and BBS Licensed psychotherapists

Course Overview

Instructor: Nancy Wesson, Ph.D. licensed psychologist, Certified Group Psychotherapist, Fellow of the American Group Psychotherapy Association

Psychotherapy groups offer many unique and effective treatment benefits for clients in diverse settings. Psychotherapy groups, as Evidence Based Treatment (Bergin & Garfield, 2013), are a therapeutic modality for clients to increase interpersonal connection, gain insight into relationship issues, learn about connection with others, and develop new social skills (Yalom & Leszcz, 2006; Burlingame & Jensen, 2013). Psychoeducational groups such as those for social anxiety or depression provide education, group interaction, support, and skill building to clients in many settings such as private practice, HMO's, medical clinics, day treatment programs, and mental health agencies. (Brown, 2018).

In this course, comprised of both experiential demonstration training and group discussion, psychologists will learn key aspects of starting and leading successful psychotherapy groups. 1) Methods for starting and maintaining a psychotherapy group 2) Shaping the therapeutic process 3) Developing the group culture and norms, 4) Application of therapeutic factors (Burlingame & Joyce, 2013) and 4) The therapeutic use of conflict, absenteeism, and monopolizing in psychotherapy

This course will be taught at the post-doctoral level to increase the knowledge and skill level of psychologists who lead or who are planning to lead a psychotherapy group which will increase the benefits of psychotherapy groups to the public.

LEARNING OBJECTIVES

Workshop Participants will learn to:

- 1) Design methods for shaping the therapeutic process in psychotherapy groups, including the development of group culture and norms.**
- 2) Apply therapeutic factors to enhance the therapeutic process in psychotherapy groups.**
- 3) Apply methods for the therapeutic use of conflict, absenteeism, and monopolizing.**

COURSE OUTLINE/TIMELINE

9:00- 9:15 A.M.	Introduction of the workshop and preparation for the demonstration training group.
9:15-9:45 A.M.	Voluntary participation in demonstration training group. Observations by those not participating in the group.
9:45 - 10:15 A.M.	Demonstration Training Group: observations by those who are not participating in the demonstration training group.
10:15 -10:30 A.M.	Debriefing and discussion of the demonstration group
10:30-10:45 A.M.	Break
10:45- 11:00 A.M.	Overview of key concepts for starting and leading an effective psychotherapy group.
11:00-11:30 A.M.	Shaping the therapeutic process in psychotherapy groups including the development of group culture and norms.
11:30- 11:45 A.M.	Discussion of Therapeutic factors in group psychotherapy.
11:45 A.M.-12:15 P.M.	Therapeutic methods for handling conflict, absenteeism, and monopolizing in a psychotherapy group.
12:15-12:45 P.M.	Class exercise: discussion in small groups using vignettes as a course review.
12:45-1:00 P.M.	Wrap-up and Evaluation.

References

- Barlow, S., Burlingame, G.M., Greene, L.R., Joyce, A., Kaklauskas, F., Kinley, J., Klein, R.H., Kobos, J.C., Leszcz, M., MacNair-Semands, R., Paquin, J.D., Tasca, G.A., Whittingham, M., & Feirman, D. (2015). *Evidence-based practice in group psychotherapy* [American Group Psychotherapy Association Science to Service Task Force web document]. Retrieved from <http://www.agpa.org/home/practice-resources/evidence-based-practice-in-group-psychotherapy>
- Brown, N. W. (2018). *Psychoeducational Groups Process and Practice*. Milton: Taylor & Francis Group.
- Burlingame, Gary M., & Jensen, Jennifer L., (2017) Small Group Process and Outcome Research Highlights: A 25-Year Perspective, *International Journal of Group Psychotherapy*, 67:sup1, S194-S218, DOI: [10.1080/00207284.2016.1218287](https://doi.org/10.1080/00207284.2016.1218287)
- Burlingame, G., Strauss, B. & Joyce, A (2013). Change mechanisms and effectiveness of small group treatments, In M. J. Lambert (Ed.), *Bergin & Garfield's Handbook of psychotherapy and behavior change*, 6th Ed. (pp. 640-689). New York: Wiley & Sons.
- Gans, J. S., Rutan, J. S., & Lape, E. (2002). The Demonstration Group: A Tool for Observing Group Process and Leadership Style. *International Journal of Group Psychotherapy*, 52(2), 233–252. doi: 10.1521/ijgp.52.2.233.45502
- Gerhard, J., Holman, K., Seymour, B., Dinges, B., & Ronan, G. F. (2015). Group Process as a Mechanism of Change in the Group Treatment of Anger and Aggression. *International Journal of Group Psychotherapy*, 65(2), 180-208. Doi: 10/1521/ijgp.2015.65.2.180
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