

Principles of Group Psychotherapy Course

Northeastern Society for Group Psychotherapy

January – May 2011

APPLICATION FORM

Name: _____

Address: _____

Telephone: Day _____ Evening _____ Email _____

Professional Discipline: _____ Degree: _____

Current Position: _____

Agency and Address: _____

If currently leading group(s), describe: _____

How did you learn about the program: _____

The weekend classes will meet from 9:00 a.m. till 1:00 p.m. on the following Saturdays: January 15th, February 12th, March 26th, April 23rd and May 21st.

The classes will be taught by different instructors to provide exposure to a variety of group leadership styles. The classes will be held in each instructor's offices in Brookline, Newton & Cambridge.

Tuition: \$300 (payable in full prior to December 15, 2011) CEUs will be offered. Scholarships may be available through the NSGP Foundation.

Please make checks payable to NSGP, and remit to **Northeastern Society for Group Psychotherapy, Inc., PO Box 356, Belmont, MA 02478**

Refund policy: Tuition credit will be given if cancellation is made seven days prior to course date.

For more information call NSGP: (617) 484-4994, or email to: groups@nsgp.com

Northeastern Society for Group Psychotherapy, Inc., PO Box 356, Belmont, MA 02478-3201 **NSGP Accreditation:** The Northeastern Society for Group Psychotherapy, Inc. (NSGP) designates this educational activity for a maximum of 100 *AMA PRA Category 1 Credit(s)*[™]. Physicians (and all other participants) should only claim credit commensurate with the extent of their participation in the activity. NSGP, Inc. is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians. • NSGP is approved by the American Psychological Association to sponsor continuing education for psychologists. NSGP maintains responsibility for this program and its content. This program provides a maximum of 100 credits. • NSGP is an NBCC Approved Continuing Education Provider (ACEP[™]) and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. This activity has been approved for a maximum of 100 clock hours. • For information regarding the status of Continuing Education Credits for social workers and to find out if an authorization has been issued, please call the NSGP office at 617-484-4994.

Course Objectives

Weekend 1 **Foundations of Group Therapy**

OBJECTIVES:

1. Demonstrate an understanding of the historical and theoretical foundations of group psychotherapy practice
2. Define group psychotherapy and list several treatment goals that can be attained by use of this intervention modality
3. Describe the methods and approaches available to conduct therapy groups and recognize their theoretical and historical origins
4. Recognize how group psychotherapy can be structured, organized, and conducted to be a cost effective treatment modality for all age groups and developmental levels

Weekend 2 **Group Dynamics and Group Process**

OBJECTIVES:

1. Recognize the interrelationship of group process and personality dynamics in creating a therapeutic group experience for patients
2. Summarize the stages for group development
3. Differentiate group process vs. group content in the context of understanding unconscious issues that emerge in the group
4. Summarize the methods and approaches to respond therapeutically to group resistance, subgrouping, pairing, and scapegoating

Weekend 3 **Role of the Leader**

OBJECTIVES:

1. Describe methods, approaches, and strategies to lead a psychotherapy group according to the highest ethics and standards of the mental health profession
2. Recognize the role of the group leader in creating the group structure and facilitating the process to create a therapeutic group culture
3. Determine the need for group therapists to have supervision in order to understand transference and countertransference

Weekend 4 **The Change Process in Groups**

OBJECTIVES:

1. Evaluate how the group psychotherapy treatment modality can be used to improve the patient's level of psycho-social functioning
2. Define major theoretical paradigms in group psychotherapy: intrapsychic, interpersonal, and group-as-a-whole
3. Identify and define the curative factors that are associated with the change process in group psychotherapy
4. Identify problem patients in the group and recognize how their "disruptive" behaviors are a manifestation of both group and personality dynamics

Weekend 5 **Structured and Therapeutic Groups**

OBJECTIVES:

1. Apply the principles of small group dynamics to time-limited, structured, and thematic groups that serve more specific patient populations and problem areas
2. Review the development of short-term individual therapy through to the evolution of time-limited group therapy and conceptualize the theoretical bases for time-limited group therapy
3. Apply the theoretical principles of time-limited group therapy in the formation of structured and thematic time-limited groups for specific problems and specific patient populations
4. Formulate a program consisting of a variety of time-limited groups that meet the needs of an inpatient, partial hospital, and outpatient patient population
5. Evaluate the differences between the leader's functions in a time-limited versus a long-term group