

GROUP THERAPY

Evidence-Based Strategies to Develop and Facilitate Dynamic, Purposeful and Effective Group Therapy

Do you want to have **greater impact on more clients in a shorter amount of time?** Do you want to do this with the confidence that **up-to-the-moment, neuroscience-informed treatment** brings? Then you want to use the powerful tool of group therapy.

Current neuroscience research has proven that *humans are biologically relational at our core*. It is becoming more and more evident that attachment issues are often comorbid to many of the mental health disorders that drive our clients to seek out help. This means that the group setting is an even more powerful tool than we ever thought before in the treatment of anxiety, depression, personality disorders, trauma and more!

This seminar will advance the modality of group practice into the modern age! If you are new to group practice, you will walk away with a solid framework for creating an effective group. "Old hands" at group practice will acquire contemporary understanding that will challenge and invigorate the imagination. Experientially, as a group ourselves, we will explore and analyze methods and techniques that address common issues faced in a variety of settings.

This is not "just another training program". Hannah's goal is not only to inform but to **motivate and energize clinicians** to return to their practice with **greater confidence, enthusiasm and creativity**. If you are looking for a learning opportunity that is also stimulating and fun, then this is the seminar for you!

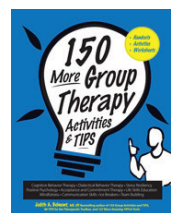
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Learning Outcomes

1. Analyze the core principles of popular modern theories, methods, and approaches in group psychotherapy, such as Modern Psychoanalytic, Systems-Centered Therapy, Expressive, and Cognitive-based models.
2. Apply neuroscience understanding of human attunement, Polyvagal Theory, interpersonal neurobiology, and the whole-person approach to the practice of group therapy.
3. Evaluate the benefits and challenges of the group therapy modality to increase effectiveness and encourage institutional understanding and support.
4. Critique various types of groups and their aims and functions in order to select appropriate group structure, topic choice, and membership to enhance client engagement and reduce adverse outcomes.
5. Consider various stages of group development, including the creation of subgroups, "leveling out", synergizing, and identification of termination needs and practices, to promote participation and growth at each phase.
6. Test traditional paradigms regarding the value of silence, resistance, and degrees of empathy in group interactions.
7. Explore the ethics involved in group therapy, including HIPAA/confidentiality, facilitator role, dual-relationship issues and more.
8. Assess your leadership style, orientation, approach, and methods of self-care to boost leader engagement, and reduce burn-out.
9. Practice transference, countertransference, immediacy, bridging, reciprocity, and other group-related experiences to increase group connections and build intimacy.
10. Utilize new skills in addressing microaggression, resistance, and other threats to vertical and horizontal group cohesion.
11. Connect group modalities and their issues as they apply to children, adolescents, adults, and special populations.
12. Create a plan for effective evaluation of group progress and responsive modification.

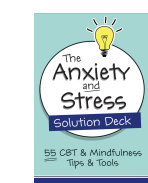
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GROUP THERAPY

Evidence-Based Strategies to Develop
and Facilitate Dynamic, Purposeful and
Effective Group Therapy

FEATURING

Hannah Smith, MA, LMHC, CGP

Certified Group Psychotherapist
International Board for Certification of Group Psychotherapists

- Step-by-step guidance on development of group structure, selecting members and developing your leadership style
- Gain fresh, neuroscience-informed group interventions that take therapeutic progress to the next level
- Specific strategies for building authentic cohesion, overcoming ruptures, and supporting healthy termination
- Provide clients with real-time practice for new skills and concepts that simply can't be achieved individually

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Case studies, video evaluations and more!

Group Therapy Today: Advances in Research and Efficacy of Treatment Approaches

The evolution of group therapy practices
Current trends in research and evidence-based treatment
Benefits and barriers of a healthy group experience

Neuroscience-Informed Group Therapy: How Brain-Based Group Interventions Improve Outcomes

Therapeutic application of the Polyvagal Theory
The role of interpersonal neurobiology
Attachment and attunement

- Comorbidity between attachment and DSM-5® diagnoses

What the research tells us about the benefits of group therapy

- Building new neuropathways
- Platform for modeling secure attachment-based interpersonal behavior
- Reduce shame and increase sense of acceptance, connection and self-worth
- Real-time practice and feedback for skill building

Current research, potential risks & limitations

Evidence-Based Models of Group Therapy: Find the Right Fit for You and Your Setting

Modern psychoanalytic
Systems-centered
Expressive
Cognitive-based

Principles & Goals for Effective Group Practice

Pre-group Development: Setting the Stage for Success

Group types and functions: psychoeducational, process, cognitive, expressive and more!
Group structure considerations: logistics, duration/frequency, open/closed
Topic, approach, rationale for group
Member selection

Consideration of unique client needs
Who is not appropriate for group therapy?
Engaging the skeptical/resistant client
What to do when the members are chosen for you

Group Therapy in Action: Strategies for Building Cohesion, Trust and Therapeutic Progress

Yalom's 11 therapeutic factors
Going beyond "forming, norming, storming and performing"
Agreements and goal setting
Stages of group development

- Sub-grouping
- "Leveling out"
- Synergizing

Strategies to build immediacy, reciprocity, bridging
How to navigate transference/countertransference
Managing threats to cohesion:

- Micro-aggressions
- Affective dysregulation
- Resistance
- Aggression/passive aggression
- Absenteeism/tardiness
- Other therapy-interfering behaviors

Vertical v. horizontal group cohesion
The therapeutic value of silence
Degrees of empathy
Ongoing evaluation and responsive modification

Termination: Techniques for Facilitating a Healthy Transition and Continued Therapeutic Progress

When, how, and why group therapy ends
Common client reactions to termination (and how to handle them)

- Grief
- Ambivalence
- Denial
- Regression
- And more!

Rituals and celebrations
How to facilitate a healthy goodbye process

Post-Group Evaluation: Essential Steps for Improving Efficacy of the Group Model

Evaluation methods & tools
Debriefing and self-evaluation
Troubleshooting common issues and pitfalls

Ethical and Legal Issues Specific to Group Therapy: Protect Yourself, Manage Liability and Provide Quality Care

Comprehensive informed consent
HIPAA/confidentiality considerations
Dual relationships/conflicts of interest
Boundary setting
Therapist use of self-disclosure
Maintaining professional standards
Providing ethical evaluation and course correction
Documentation considerations
Crisis management

Clinical Considerations

Setting-specific concerns
Modifications for children and adolescents
Special populations
School-based groups
Tips for getting institutional support of the group model
Multicultural factors
Crisis management procedures

Live Seminar Schedule (Both Days)

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.



PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Limited seats available; advance online registration required.**

Speaker

Hannah Smith, MA, LMHC, GCP, holds the rare designation of Certified Group Psychotherapist (CGP), as credentialed by the International Board for Certification of Group Psychotherapists, and she is a contributing member of the American Group Psychotherapy Association (AGPA). She is a licensed therapist, a master-level trained educator, and a therapist supervisor. Her over 20 years of experience has taken her around the globe to a variety of settings and she has earned specialized credentials in child behavior and developmental disabilities. She has done extensive study and work in group formulation, as well as therapy process, implementation, and evaluation. Her work in the US and abroad has given her a unique perspective and relatability. She has an engaging teaching and communication style and can convey difficult information in a compassionate and understandable manner.

Hannah runs her own consultancy and training business, Potential Finders Network, where she works with several area providers as a group therapy training consultant. In addition, she is an instructor of Neuroscience-informed treatment at local colleges and provides both group and individual services in her private practice. Along the spectrum of treatment settings, from inpatient to outpatient, Hannah has found group therapy to be an indispensable way to enhance treatment and provide healing for clients with a variety of issues, such as anxiety, depression, personality disorders, relationship troubles, and trauma. Her passions lie in providing real-life, experiential, whole-person care to clients and to reinvigorate clinicians as she educates them on this valuable therapeutic modality.

Speaker Disclosure:

Financial: Hannah Smith is the clinical supervisor at The Center, A Place of Hope. She receives a speaking honorarium from PESI, Inc.
Non-financial: Hannah Smith has no relevant non-financial relationship to disclose.

Live Course Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 12.5 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

OREGON COUNSELORS: This intermediate activity consists of 12.5 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 760 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSES/NURSE PRACTITIONER/CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Nurses in full attendance will earn 12.6 contact hours. Partial contact hours will be awarded for partial attendance.

PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS: PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

CALIFORNIA PSYCHOLOGISTS: PESI, Inc. is approved by the CPA OPD to sponsor continuing education for psychologists. Provider #PES010. PESI maintains responsibility for this program and its contents. PESI is offering this activity for 12.5 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for the course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits for completing this course. Course Level: Intermediate. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation. Full attendance is required; no partial credits will be offered for partial attendance.

WASHINGTON SOCIAL WORKERS/COUNSELORS/MARRIAGE & FAMILY THERAPISTS: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

OTHER PROFESSIONS: This activity qualifies for 760 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.



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ADA NEEDS
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- FREE Military Tuition:** PESI Inc. is proud to offer this seminar free of charge (on live seminar tuition) for veterans and active duty military personnel. *Limited seats available; advance online registration required.*
- \$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- Groups of 5 or more:** Call 800-844-8260 for discounts.
- Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. *Advance registration required. Cannot be combined with other discounts.*

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2 Day Certificate Course: Group Therapy

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