

Group Psychotherapy: Principles and Processes

Group therapy is a treatment modality in which unrelated people meet together with a therapist, in contrast to individual therapy or conjoint family therapy. Groups are not a second-rate approach to helping people change. In fact, groups are often the treatment of choice - especially when a client's problem has an interpersonal component (which is usually the case). Groups offer a natural laboratory in which people can experiment with new ways of being and receive feedback from numerous others. There is great power in groups: members actually experience their interpersonal dynamics playing out in the group. A group therapist can implement techniques from other modalities in a group format. However, there are dynamics, processes, and stages of groups that are not shared with individual approaches and which offer distinctive benefits. Because so many of the problems that people seek mental health services for involve dysfunctional interactions between people, having group members actually interact with others in the group affords an opportunity for deep, experiential learning and development that is not possible in individual therapy. This seminar will emphasize how to facilitate such "here and now" interactions and processes in group work.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Describe what is meant by group therapy.
2. List the characteristics of effective group therapists.
3. Demonstrate an understanding of confidentiality in group therapy.
4. Identify the primary change factors in group therapy.
5. Demonstrate an understanding of different types of groups.

Seminar Schedule

Typically begins at 12:00 PM and ends at 3:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

Outline

Begin Noon EST
Overview
Advantages and Disadvantages of Group Therapy
A Multicultural Perspective on Group Work
General Therapeutic Goals
Problems Addressed
Populations Served
Treatment Settings for Group Therapy
Types of Group Therapy
The Ethics of Group Leadership
Primary Change Factors
Process-Oriented Groups
Therapeutic Tasks in Group Therapy
Group Norms (guidelines/ground rules)
1:30 BREAK (15 min)
Developing a therapeutic group
Practical considerations in forming a group
Stages of group therapy
Principles of Group Therapy
Group Leadership Skills (Interventions)
Modern Analytic Groups
Online Psychotherapy Groups
Ends 3:15 PM ET

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Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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The Presenter

Andre Marquis, Ph.D., is a professor of counseling at the University of Rochester, as well as a licensed mental health counselor in New York with a small private practice. Marquis' teaching, research, and scholarly interests include psychotherapy integration, group therapy, psychopathology, relational psychodynamics, affect-focused therapies, developmental constructivism, and integral metatheory as a framework to coherently organize theory, research, and practice. He has taught group therapy at the masters and doctoral level 26 semesters. Marquis has authored or co-authored *Integral Psychotherapy: A Unifying Approach*, *Understanding Psychopathology: An Integral Exploration*, *The Integral Intake: A Guide to Comprehensive Idiographic Assessment in Integral Psychotherapy*, *Theoretical Models of Counseling and Psychotherapy*, and dozens of peer-reviewed scholarly articles. Marquis serves in various editorial roles for peer-reviewed publications. He has taught more than 20 different courses in counseling,

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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