Group therapy seminar is designed to provide a basis of knowledge regarding group therapy process and theory, and more specifically, to facilitate growth in trainees’ abilities to implement this knowledge into practical use. While a variety of readings will provide the backbone for this growth, much of our time will be spent discussing case examples of individuals’ groups and their experience with this modality. Particular focus will be given to the unique context of group therapy within a University Counseling Center.

Seminar objectives:

1. Be able to successfully engage in the process of group referral and formation, including introducing group to clients, conducting group screenings, facilitating the first group meeting, and communicating appropriate referrals to other clinicians (e.g. inclusion and exclusion criteria).

2. Be able to articulate a group formulation/conceptualization including factors such as intrapsychic, interpersonal, and group-as-whole perspectives.

3. Successfully understand/implement interventions in a developmentally, group-appropriate manner. More specifically, develop an understanding of how certain interventions might be appropriate for one group as compared to another and may vary depending on group stage.

4. To be thoughtful regarding the role of the group leader and how this role impacts group process (e.g. activity level, silences, transferential/countertransference experiences, etc.).

5. Learn to manage group dynamics in the context of systemic issues (e.g. time-limited semesters, safety/risk management, impact of student behavior on other students, co-leader interactions, consultation with individual therapist/psychiatry, etc.).

Reading Schedule:

**September 4:**

*Discussion: What is group?*


**September 11:**

*What is group in the context of a University Counseling Center?*


**September 18:**

*Discussion: Why is group useful and how do we communicate that utility?*

*How to: Group Screenings and Prepping the Student for Group*


**September 25:**
*Discussion: Group intervention/technique and Implementing these interventions*

**October 2:**
*Discussion: Group intervention/technique and Implementing these interventions continued*

**October 7: ***Seminar will take place on Wednesday instead of Friday***
*Discussion week*

**October 16:** No seminar (Leader out)

**October 23:**
*Discussion: How does the therapist facilitate change? The experience of the leader in the room.*

**October 30:** Discussion week

**November 6:** No seminar (Leader out)

**November 13:**
*Discussion: Navigating the Co-leader relationship*

**November 20:**
*Discussion: Termination of group therapy (1st semester issues)*
**November 27:** No seminar (Thanksgiving break)

**December 4:**
*Discussion: Bringing the discussion back to context of group in a UCC, more specifically CAPS.*

**December 11:** 1st Intern case conference on group experience
*See below for a description of case conference

**December 18:**
2nd case conference

**December 25:** No seminar (Christmas Day)

**January 1:** No seminar (New Year’s Day)

**January 8:**
3rd Case conference

**January 15:**
4th case conference

**January 22:**
*Discussion: Resistances*

**January 29:**
*Discussion: Resistances continued*

**February 5:**
*Discussion: Managing difficult groups/group clients*
February 12: Discussion week

February 19:
Discussion: Concurrent therapies; group students in individual

February 26: Discussion week

March 4: Discussion week

March 11: No seminar

March 18: Discussion week

April 1: Discussion week

April 8:
Discussion: Termination revisited (2nd semester issues)

April 15: Discussion week

April 22: Discussion week

April 29: Discussion week

May 6: Group wrap-up: Discussing final sessions

May 13:
Case Conference 1

May 20:
Case Conference 2

May 27:
Case Conference 3
June 3:
Case Conference 4

June 10: Seminar wrap-up

Case Conference details:

- Each intern will present their group to the cohort keeping in mind group formation issues, co-leader interactions, critical incidents, and member interaction.
- Specific focus will look into the intern’s interventions in the group setting, thought process behind interventions, and how the intervention was appropriate for their group in particular.
- This can be done in any manner that fits your style, as well as the style of the group you’re presenting (e.g. showcasing a particular session, talking through the treatment trajectory, focusing on a specific student, focusing on the co-leader relationship, etc.).

This will be discussed further and in more detail as case conferences approach. Feel free to ask questions!