

# 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!

### Live Webcast Details and Live Webcast Continuing Education Credit Information

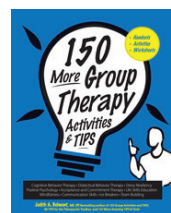
**Join us on August 12 & 13, 2019, for this live, interactive webcast!** Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$79.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: [www.pesi.com/webcast/72602](http://www.pesi.com/webcast/72602)

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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.

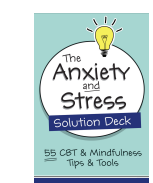
### Save by Including These Products with Registration!



#### 150 More Group Therapy Activities & TIPS

By Judith A. Belmont, MS, NCC, LPC

A treasure chest of hands-on and easy-to-use handouts, activities, worksheets, mini-lessons and quizzes that help clients develop effective life skills. Interactive strategies for leading successful group experiences, including DBT, CBT, ACT and positive psychology-inspired resources. Over 100 reproducible handouts and worksheets.



#### The Anxiety and Stress Solution Card Deck

55 CBT & Mindfulness Tips & Tools

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Relieve stress and calm anxiety with 55 quick and effective tips & tools. Each card features a short Tip, followed by a Tool, or short activity to put that Tip into practice. Clarify Your Feelings • Challenge Your Thoughts • Change Your Behaviors Calming Strategies

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Evidence-Based Strategies to Develop and Facilitate  
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**Monday & Tuesday, August 12 & 13, 2019**



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## 2-DAY CERTIFICATE COURSE

# 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 & Webcast Schedule (Both Days) (Times Listed in Central)

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" on this brochure 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](mailto: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 profession's standards.

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

**ADDICTION 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.

**MINNESOTA COUNSELORS:** Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LPC CE hours.

**WISCONSIN 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.

**MINNESOTA MARRIAGE & FAMILY THERAPISTS:** An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

**WISCONSIN MARRIAGE & FAMILY THERAPISTS:** This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

**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:** This live 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 and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

**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.

**MINNESOTA PSYCHOLOGISTS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/72409](http://www.pesi.com/events/detail/72409).

**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 this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 12.5 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**MINNESOTA SOCIAL WORKERS:** PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 12.5 continuing education hours.

**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.

Target Audience

Social Workers • Psychologists • Counselors • Marriage and Family Therapists  
Case Managers • Addiction Counselors • Therapists • School Counselors  
School Psychologists • School Social Workers • Nurses • Other Mental Health Professionals

**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/ digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$60 cancel fee. Substitutions are permitted at any time.

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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.

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• **\$60 Tuition:** If you are interested in being our registration coordinator for both days, go to: [www.pesi.com/coord](http://www.pesi.com/coord) for availability and job description, or call our Customer Service Dept. at 800-844-8260.  
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