



Spring Group Training Retreat for Therapists and Group Facilitators

This retreat offers three components:

- **An Overview / Refresher on *The Essentials in Creating and Leading Therapeutic Groups* (12 hours)**
- **A Consultation Session for experienced group therapists (3 hours)**
- **An Experiential Group to integrate theoretical learning and interpersonal growth (12 hours)**

Dates: June 9 – 11, 2011

St. Benedict's Retreat and Conference Centre
225 Masters Avenue, Winnipeg MB

Schedule

Time	Thursday, June 9	Friday, June 10	Saturday, June 11
9:00 a.m. - 12:00 p.m.	Overview- Session 1	Overview- Session 4 Consultation Session for experienced group therapists (single session)	Experiential- Session 3
1:30 p.m. – 4:30 p.m.	Overview- Session 2	Experiential- Session 1	Experiential- Session 4
6:30 p.m. – 9:30 p.m.	Overview- Session 3	Experiential- Session 2	

Who should attend? This would be meaningful for those who provide group treatment services in the areas of mental health, addictions, justice, child welfare, community agencies, or private practice.

- Priority space is given to CGPA members and CGPA trainees
- Open to other interested professionals

Why a 3-Day Retreat? This provides participants with a unique opportunity to immerse themselves in a nurturing group-learning environment without the distractions of everyday life. Feedback from previous workshops and conferences has indicated that once participants become involved, there is a strong wish for more time as well as time away from the pressures of typical busy schedules – an opportunity to be in the present moment and to integrate theory with experiential learning. For this reason we plan for on-site residency. (Note also that the sessions continue until 9:30 p.m.)

Descriptions of Components:

Overview / Refresher: 12 hours - Thursday morning, afternoon, evening and Friday morning

The Essentials in Creating and Leading Therapeutic Groups

Regardless of the experience level of a group facilitator and regardless of what model, format or population served, we may all be mystified at times by the powerful forces that propel groups. Learning to be effective as a group leader requires an understanding of group dynamics and process as they emerge in the life of a group. This 12 hour training workshop is aimed at group leaders who have varying degrees of expertise in the field and/or may be working in a variety of settings. Learning will take place through theoretical and experiential components which will provide the pivotal tools necessary in the understanding of core group dynamics and group process in existing groups or those you wish to develop.

Topics Covered:

- 1) Setting the framework for creating and leading a therapeutic group: We will look at group norms, group cohesion, group climate and therapeutic factors inherent in all groups. Using a stage model of group development we will examine the tasks and roles of the group as a whole, the members and leader.
- 2) Group dynamics: The nature and levels of group dynamics will be examined through the lens of the individual, interpersonal, sub-group and group-as-a-whole perspectives. We'll look at process versus content, including techniques to deepen the process in any type of group. Facilitating change in a group and managing roadblocks to the natural developmental process will be addressed.
- 3) Role of group leader: Qualities of a leader, dimensions of leadership, leadership tasks and functions, points of intervention, parallel process, managing and using countertransference reactions.
- 4) Communication processes: Content versus process, verbal versus non-verbal, transference and countertransference reactions, parataxic distortions, metacommunication, group feedback and therapist commentary/interpretation.

Faculty:

Karen Redhill-Feinstein MA Applied and Clinical Psychology. Dip. CGPA

Aida Cabecinha B.Sc.O.T. (Reg. Ont.) Dip. CGPA

Karen qualified in South Africa as a researcher and clinical psychologist in 1985. In London, England she worked as a psychologist and took a foundation year course with the Group Analytic Society. In 1993, Karen relocated to Toronto and graduated from the Time-

limited and then Long-term Psychodynamic Group Psychotherapy program offered through the Toronto section of CGPA. She has taught in this program and been the director of group training. As well, she's led both long-term and time-limited groups, within hospital, community and private settings. She has presented numerous workshops in the field of group therapy, has taught group theory for CGPA National and been a conference academic programmer.

Aida is a seasoned mental health clinician with 25 years experience in both hospital and community settings. She graduated from the University of Toronto, Faculty of Rehabilitation Medicine as an Occupational Therapist and completed her group psychotherapy training with the Toronto Training Section of CGPA. Her clinical group experience includes leading psycho educational groups, activity groups and psychodynamic/interpersonal groups. She has been a CGPA conference group therapy trainer and member of the Academic Program Planning Committee. Currently, she works as a community mental health OT with VHA Rehab Solutions and has a private practice.

Consultation Group: 3 hours - Friday morning

This group is open to experienced group therapists who want to bring their group challenges and dilemmas to a small group for discussion and consultation. This will be a safe place to have frank exploration of the situations that trouble us the most in this complex work. Willingness to consider countertransference issues and to explore parallel group process will enrich this experience.

Faculty:

Joan-Dianne Smith, MSW, RSW, FCGPA

Joan-Dianne is a long time member of CGPA and AGPA and has taught, consulted, supervised and led therapy groups for several years in a variety of settings. Presently she is in private practice in Winnipeg where she leads two on-going groups and is embarking on a third one this spring. She is the current president of the Manitoba Section of CGPA (The Manitoba Group Therapy Network) and is a Fellow of the CGPA.

Experiential Group: 12 hours - Friday afternoon and evening, Saturday morning and afternoon

What better way to learn about group process than by participating in a group as a member!

One of the most powerful and valuable learning experiences for any group therapist is membership in a small group committed to examining its own processes. This process group is conducive to both cognitive and experiential learning as participants move through the developmental stages as members of a group. From this experience participants will gain personal understanding of the tasks and barriers of 'joining' a group and will become familiar with the dynamic processes and issues within the group such as contracts, boundaries, developmental stages, transference, competition, envy, leadership technique, and termination. The understanding gained through this process is important to all group leaders regardless of theoretical orientation, time parameters, or population. The experiential group is intended to be an educational and self-development opportunity, not a personal therapy group and as such it is NOT recommended for people currently experiencing life crises.

Participants are expected to attend both days, for the full sessions.

Faculty:

Linda Goddard, MA, CNS, RSW, FCGPA

Linda is a senior mental health practitioner with the Calgary Health Zone. Currently, she is a clinical supervisor and consultant for several mental health programs within the Calgary Health Zone, including Adult Mental Health, Geriatric Mental Health and Concurrent Disorders. She is an adjunct assistant professor in the Department of Psychiatry and heads the psychiatry residents' group psychotherapy training at the University of Calgary. Linda has made numerous group psychotherapy presentations locally and nationally. She has received both a Leadership and Lifetime Achievement Award for her work in the field of Group Psychotherapy. Linda is a past president and Fellow of CGPA.

Retreat Setting: St. Benedict's Retreat Center is part of St. Benedict's Monastery situated just outside Winnipeg on the scenic Red River. The wooded grounds and riverside walking paths are calming and peaceful and the hospitality is warm and welcoming, featuring buffet-style home cooked meals. Guest rooms are usually double occupancy, with shower and washrooms adjacent to the rooms.

Tuition:

Overview / Refresher	CGPA members \$ 300
	Non-members \$ 350
Experiential Group	CGPA members \$ 300
	Non-members \$ 350
Both Overview / Refresher and Experiential Group	CGPA Members \$ 500
	Non-members \$ 650
Consultation Group	CGPA members \$75
	Non-members \$100

These prices include double accommodation, all meals, and snacks. A limited number of single occupancy rooms are available at an additional fee of \$15 per night.

Space is limited. Early registration is advised. Cheque payable to CGPA Manitoba Section

For further information about this event, contact **Ruth BZ Thomson 471-1043**, E-mail: rbzthomson@mymts.net
Forward registration to Ruth BZ Thomson, 262 Marion Street, Winnipeg, MB, R2H 0T7 by **May 1, 2010**

Name _____ Profession _____ Address _____

Phone: w) _____ h) _____ cell _____ E-mail _____

CGPA Member _____ Non-member _____ CGPA Trainee _____

Overview / refresher _____ (12 hours, Thursday – Friday)

Consultation Session _____ (3 hours, Friday morning)

Experiential Group _____ (12 hours, Friday –Saturday)

Combined Overview + Experiential _____ (24 hours, Thursday – Saturday)

Special needs / requests _____