Chord, Discord, and Reward: The Journey to Becoming a Group Therapist

The Center for Integrative Counseling and Psychology

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Learning Objectives:

1. You will be able to describe the benefits of group therapy as compared to individual therapy.

2. You will be able to identify internal anti-group tendencies in oneself and one's institution.

3. You will be able to identify 3 resources that will help you to become a competent group therapist

The Four Components of Becoming a Group Therapist

I. EXPERIENTIAL

GAPDallas www.gapdallas.com/ groups gap-dallas- /current-groups

AGPA www.agpa.org/

Online Group https://sacramentocenterforpsychotherapy.com/wp-content/uploads/2021/10/Co-led-Process-group-flier.pdf

II. DIDATIC

Readings http://www.dgapractice.com/images/GROUP-supervision-notebook__6_20_2019_.pdf Page 4 offers a good place to start.

Training groups, reflective citizens, social dream matrix, and forms: http://www.dgapractice.com/groupreadings

III. OBSERVATIONAL

Video of a new member joining a group: http://www.dgapractice.com/newmember

Video of an ongoing group:

https://www.youtube.com/hashtag/grouptheseries

IV. SUPERVISORY

Supervision Notebook:

http://www.dgapractice.com/images/GROUP-supervision-notebook__6_20_2019_.pdf

Anne Alonso: ***The Quiet Profession: Supervisors of Psychotherapy***