



CGPA

GROUP THERAPY
GROUP TRAINING
GROUP FACILITATION

May 5, 2018: Experiential Training Group Day *Synchronized Groups in Cities across Canada*

HALIFAX

9:00 AM to 12:00 PM and 1:00 PM to 4:00 PM

Location: Air Institutes 5943 Spring Garden Rd. Halifax, NS B3H 1Y4

Program Description

These small groups will offer an opportunity to learn about group dynamics by participating as members of a group committed to examining its own process. The groups will be led by experienced group leaders, who will shape positive norms, establish safety, and assist the group with honest dialogue about issues as they occur in the here and now experience. The process will be used to assist members to experientially grasp common group themes and issues such as contracts, boundaries, attachment, conflict, competition, intimacy, group cohesion, and termination dynamics.

Group members will develop increased self-awareness through this unique opportunity. Members will also understand their experience using the theoretical models provided during the didactic summary at the end of the formal group experience. Group members agree to participate for the whole duration of the group, and also participate in debriefing and evaluation of the group experience. These groups are not intended to serve as ‘therapy’, yet there will be a degree of connection and personal disclosure that will naturally unfold as the members begin to get to know one another, and interact as a group.

Experiential Training Groups Learning Objectives: The participant will be able to:

1. Identify developmental stages in the group experience.
2. Articulate common themes and dynamics in the group process.
3. Link personal subjective responses with theoretical concepts.
4. Describe leader interventions that managed group process and assisted the group’s forward movement.

Halifax Facilitator:



Jackie Kinley, MD, FRCP(C) is a Psychiatrist, Associate Professor (Dalhousie University), and Honorary Fellow of the Canadian Association for Group Therapy, Training and Facilitation. Her expertise in psychiatry and research focuses on the neurobiology of attachment, looking at stress, trauma, and resilience. This was the inspiration behind Air-Institutes, which delivers training programs to enhance emotional fitness and well-being.

REGISTRATION FEES

<i>Before April 13th, 2018</i>	<i>After April 13th, 2018</i>
\$125 for CGPA members	\$135 for CGPA members
\$150 for non-members	\$160 for non-members
\$100 for students	\$ 110 for students

Register at www.bit.ly/CGPAetg

Consultant for the ETG Day:



**Joan-Dianne Smith,
MSW, RSW, FCGPA**