



GROUP THERAPY
GROUP TRAINING
GROUP FACILITATION

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

TORONTO

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

Location: TS Medical Centre 692 Euclid Ave Toronto, ON M6G 2T9

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.

Toronto Facilitators:



Kasra Khorasani MD, FRCP(C), Group Psychotherapist and Psychoanalyst, Psychiatrist affiliated with University of Toronto Department of Psychiatry working at St. Josephs health centre and St. Michaels Hospital in Toronto. Dr. Khorasani has been running experiential groups for psychiatric residents and mental health professionals for over 25 years. His clinical practice is exclusively in groups. He facilitates supportive interpersonal Groups for inpatient psychiatry patients and the elderly in Nursing Homes, Balint supervision groups for psychotherapists and Long term interpersonal psychodynamic process groups for Psychotherapists.



Aida Cabecinha, OT Reg. (Ont.), Dip. CGPA, Learn Grow Function Therapy Aida is a Co-Director of the Toronto Institute of Group Studies and is involved in training mental health professionals in group facilitation and group therapy. She is a Registered Occupational Therapist and has been a mental health clinician for 30 years. She currently has a psychotherapy private practice offering both individual and group therapies. She has facilitated Group 101 training days and ETGs for CGPA. Currently she serves on CGPA Board of Directors where she chairs the National Training Committee.

REGISTRATION FEES

Before April 13th, 2018

\$125 for CGPA members

\$150 for non-members

\$100 for students

After April 13th, 2018

\$135 for CGPA members

\$160 for non-members

\$110 for students

Consultant for the ETG Day:



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

Register at www.bit.ly/CGPAetg