



GROUP THERAPY  
GROUP TRAINING  
GROUP FACILITATION

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

**WINNIPEG or BRANDON, MANITOBA**

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

Location: To be confirmed.

### ***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.

### ***Winnipeg or Brandon, Manitoba Facilitators:***



**Ruth BZ Thomson, MSW RSW** is a Clinical Social Worker, private practice and Inter-Professional Faculty member at St. Boniface Family Medical Centre, Winnipeg. She serves on the CGPA board, and is involved locally in CGPA in Manitoba. She has specialized in working with older adults, offering individual, family and group therapy. Ruth has taught group therapy through the Continuing Education department at the University of Manitoba, and she has led workshops which blend psychodynamic and mindfulness therapies.

### **REGISTRATION FEES**

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

Register at [www.bit.ly/CGPAetg](http://www.bit.ly/CGPAetg)

### **Consultant for the ETG Day:**



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