

Sunday September 11, 2016 8-9 pm

Comparison between two therapist groups, Supervision Group and Process Group on therapist-client relationship, results of a one year study

Presenter: Kasra Khorasani

Biography:

Kasra Khorasani MD, FRCPC

Group psychotherapist, psychiatrist and psychoanalyst practicing in Toronto, Kas assumed the role of president of the association in September of 2015. He facilitates process groups and supervision groups for psychotherapists as well as supportive interpersonal groups for the elderly in nursing homes and patients in psychiatric units. He is a faculty member with the University of Toronto, and on staff at St Michaels Hospital and at St Joseph's Health Centre in Toronto. He is the founder of TS Medical Centre, a multi disciplinary community of psychotherapy practitioners working in a supportive collegial setting in downtown Toronto.

Abstract:

Does a one year course of personal therapy or a one year attendance in group supervision effect the way one works with one's patients? First the style and format of each group will be demonstrated and explored and then the result of a comparison one-year study will be discussed.

Objective 1: The attendee will be able to describe the techniques used by facilitator of a supervision group versus a facilitator of a process group.

Objective 2: The attendee will be able to describe the subjective changes in a therapist approach to their patients after being a part of a supervision group or a process group.