



GROUP THERAPY
GROUP TRAINING
GROUP FACILITATION

Descriptions of Experiential Groups and Leader Requirements:

Description of ETGs – Experiential Training Groups:

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. 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. The group 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.

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.

Leadership Guidelines for ETGs:

ETG’s are facilitated by experienced group leaders who are members of CGPA or an equivalent organization. They may be drawn from a range of professional backgrounds and will have either completed a formal group therapy training program or the equivalent in terms of supervised group leadership experience and participation in groups similar to the ETGs. It is recommended that all leaders will have had prior participated at the “Peer Circle”. A Peer Circle is a concurrent group for interest ETG leaders-to-be who have an opportunity to observe an ETG and reflect with a Senior Consultant about the style of group training offered.

Senior therapists may apply to lead these groups. The process involves submitting a short biography (Maximum 200 words), background in leading an experiential training group (Maximum 300 words) and a letter of reference from an established leader (maximum 300 words).

All CGPA presenters are considered volunteers and as such we are unable to offer an honorarium. We thank you in advance for your interest in providing this invaluable assistance with delivering quality programs in group therapy, group training and group facilitation.