



## Group therapy facilitator training.

**One day of training for those wishing to run groups and those experienced facilitators wishing to revise and refresh their skills.**

This one-day workshop provides an outline of the essential theory and practice of group therapy. The term 'group therapy' can be applied to a variety of theoretically and practically different kinds of groups. The main emphasis of is upon the very practical aspects of group therapy from start to finish. Participants will have a brief introduction to different approaches, then from a practical aspect, the presenter will focus on: (a) group composition and size as well as preparing potential members for group membership; (b) what to cover in the initial session and issues of safety and group membership; (c) dealing with defences and resistances in group members; (d) managing conflict and difficult group members; (e) preparing for ending. Ari will then discuss with workshop participants, the healing nature of groups and the key roles of the Group Therapist.

**HEALING:** Group therapy allows for expression of long-held significant emotions (catharsis) in a safe-enough environment Participants will become familiar with other healing aspects that include experimentation, corrective emotional experiences, and the power of acceptance and belonging from both group members and the therapist.

**KEY THERAPEUTIC ROLES:** In a very simplified form, the role of the therapist can be reduced to the Three Points. They are permission, protection, and potency. The therapist gives permission/allows the expression of prohibited thoughts and feelings, protection to individuals and the group when useful, and uses the potency as a therapist to intervene effectively, drawing upon a variety of skills and techniques to enhance the therapeutic goals and outcomes.

### Learning objective of this workshop:

1. Make better considerations of group membership and size.
2. Have a greater familiarity among different styles of groups.
3. Better manage resistant groups and group members.
4. Utilize techniques and make interventions that enable healing.
5. Be clearer about boundary issues.
6. Feel and act with greater confidence as group therapist.
7. End a group well.



**Dr Ari Badaines** obtained his Ph.D. in clinical psychology from the United States. In 1980 he was awarded a one-year Post-doctoral fellowship with the National Institute of Mental Health in Washington, DC where he completed his certification requirements to be a psychodramatist. In 1984, Ari qualified as a Trainer-Practitioner-Educator by the American Board of Examiners, the highest level of certification in psychodrama and group work. In the 1980's he undertook training in Gestalt Therapy and from 1985 to the present he has been a member of the faculty of various psychodrama and Gestalt therapy training institutes. He is a qualified trainer in group therapy and has been on the training faculty of several group therapy training institutes in the UK, Sydney and Melbourne. Ari has facilitated experiential/ therapy groups in over thirty countries and twice yearly he goes to the Northern Hemisphere to run trainings and experiential and training groups in the USA, UK, Europe, and Sydney each year.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

**View our range of training topics at [www.PDPseminars.com.au](http://www.PDPseminars.com.au) to choose from our in-house listings or have one of our calendar events conveniently delivered at your workplace.**

Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

*We recommend checking with your association for the correct calculation of points.*

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

**Morning Session** Introduction to different kinds of groups.  
Selection of group members, group size, first session.  
Issues of group safety, trust, agreements.

**Afternoon Session** The Healing nature of groups. Therapeutic factors. Boundary Issues.  
The key roles of the therapist  
Endings.  
Evaluation and closing.

***“If you’ve always wanted to facilitate a group, or if you need to brush up on your skills this practical workshop will leave you equipped with new and/or improved group therapy skills and knowledge.”***

Dr Ari Badaines

**How will you benefit from attending this training?**

- You will have a more solid base and theoretical understanding of group therapy.
- You will have a range of applicable skills to enhance your work as a group facilitator.
- You will gain greater familiarity of what are healing factors in group therapy and how to apply them effectively.

**Booking process:**

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

**We include:**

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

**Contact our in-house program director 1300 887 622 or [info@PDPseminars.com.au](mailto:info@PDPseminars.com.au) for information, quotation or to have a helpful chat about the needs of your team.**

This training is relevant to those wishing to become a Group Therapist/facilitator or those experienced in the area who would like to re-visit and improve upon their skills and knowledge base in a supportive environment.

**Feedback form Ari’s recent presentations**

*“Excellent, relevant material delivered with expertise and humour. Very much enjoyed, thank you.”*

*“Loved it - dynamic, energised. Thank you!”*

*“Really enjoyed the practical aspects of this course. Information was clearly presented, easy to follow, and helpfully be applicable to clients. “Thank you for this opportunity. It was wonderful.”*

*“This was practical, useful and something you can immediately apply.”*

*“This was engaging and relevant”*

*“Practical, engaging, interacting. Highlight was the role plays - actually practicing as a therapist and taking the roles really gave me a better understanding.”*

*“Excellent PD, well presented with useful anecdotes and appropriate experiential learning.”*

*“The training gave me practical strategies to implement straight away with my clients. Also validated what I already do but with a fresh new perspective. Thank you!”*

*“Really enjoyed the training. Knowledge delivered with humour always a fresh combination.”*

*“Thank you Ari, this was a great workshop. Filled with practical knowledge. Ari is a terrific speaker. Loved every minute.”*

*“Well paced workshop. Practical and relevant. Ari very respectful of participants.”*

*“Engaging. Practical. Useful. Glad I came! Thank you Ari!”*

*“Very enjoyable. Learning, feeling more skilled and enthusiastic. Thank you!”*

*“Thoroughly enjoyed the day. Great to practice the skills. Fabulous venue. My clients will benefit from today’s learning.”*

*“Thankyou, I really enjoyed your case discussions and openness bringing us into your counselling session, and your humour”*

*“I found Ari very approachable for questions. I particularly enjoyed watching him play the counsellor role in the role plays and discuss the process.”*

*“Ari’s presentation was great. He engaged with the group really well and capitalized on the groups skills and knowledge. Thoroughly enjoyed the workshop.”*



## Group Therapy Facilitator Training

**Two days of training for those wishing to run groups and those experienced facilitators wishing to revise and refresh their skills.**

In this two-day workshop, the first day gives theory and practice of group therapy. The term 'group therapy' can be applied to a variety of theoretically and practically different kinds of groups from the psychoanalytic to the CBT. The main emphasis of Day 1 is very practical aspects of group therapy from start to finish. Participants will have a brief introduction to Psychodynamic Group Psychotherapy, Gestalt Group Therapy, and Yalom's Existential Group Therapy. Then, from a practical aspect, the presenter will focus on: (a) group composition and size as well as preparing potential members for group membership; (b) what to cover in the initial session and issues of safety and group membership; (c) dealing with defences and resistances in group members; (d) managing conflict and difficult group members; (e) preparing for ending. Ari will then discuss with workshop participants, the healing nature of groups and the key roles of the Group Therapist.

**HEALING:** Group therapy allows for expression of long-held significant emotions (catharsis) in a safe-enough environment. Participants will become familiar with other healing aspects that include experimentation, corrective emotional experiences, and the power of acceptance and

belonging from both group members and the therapist.

**KEY THERAPEUTIC ROLES:** In a very simplified form, the role of the therapist can be reduced to the Three Points. They are permission, protection, and potency. The therapist gives permission/allows the expression of prohibited thoughts and feelings, protection to individuals and the group when useful, and uses the potency as a therapist to intervene effectively, drawing upon a variety of skills and techniques to enhance the therapeutic goals and outcomes.

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A certificate of attendance for 12 hours of face-to-face training is issued for all participants.

## DAY 1

### Morning Session

Includes a short morning tea break.

Introduction to different kinds of groups.  
Selection of group members, group size, first session.  
Issues of group safety, trust, agreements.  
Dealing with Resistance and defences in groups and difficult group members.

## DAY 2

Therapeutic factors AND TECHNIQUES.  
This day provides an experiential group experience where the learnings and principles of Day 1 are directly applied.  
Periodically, Ari will pause the group to highlight a particular practical application of Day 1's learning and invite the group members to also comment/question.

Course participants may also elect to work conjointly with Ari as co-therapists for periods of time.  
Evaluation and Closing.

### Afternoon Session

Includes a short afternoon tea break.

The Healing nature of groups.  
Therapeutic factors.  
Boundary Issues.  
The key roles of the therapist.  
Endings.

***"If you've always wanted to facilitate a group, or if you need to brush up on your skills this practical two-day workshop will leave you equipped with new and/or improved group therapy skills and knowledge."***

Dr Ari Badaines

### How will you benefit from attending this training?

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- You will have a range of applicable skills to enhance your work as a group facilitator.
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### Booking process:

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NB: This is not training for groups that are solely for education or information purposes.

### Feedback form Ari's recent presentations

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*"Loved it - dynamic, energised. Thank you!"*

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