

The the International Association for Group Psychotherapy and Group Processes (IAGP)

INTRODUCTION TO GROUP PSYCHOTHERAPY AND GROUP PROCESSES: THEORIES AND TECHNIQUES

IAGP is a worldwide network of professionals involved in the development and study of group psychotherapy and group process as applied to clinical practice, consultancy, education, scientific studies and socio-cultural settings. Stemming from the belief in the power of group practices and their role in healing individuals and transforming societies, IAGP uses its distinguished professional network to provide training programs in the field for different countries.

COURSE DESCRIPTION

It is a course that introduces theories, applications and principles of group psychotherapy and group processes and that paves the way for more advanced development of professional structures and practice of group psychotherapy and group processes. Two methods of training are used: experiential and didactic. Group experience is a corner stone of the learning process. Participants will learn how to prepare, initiate, conduct and terminate their work with groups. Cultural considerations and ethical regulations are two main foundations of the course syllabus. Supervision is an essential part of the training process.

COURSE OBJECTIVES

By the end of the course, trainees would be able to:

1. Learn about the history of group psychotherapy and group processes in the world and in one's own field of application of group psychotherapy and group processes.
2. Identify the effect of group work on patient and non-patient populations.
3. Articulate and debate the ethical and cultural considerations related to group work, as well as the intercultural considerations in psychotherapeutic training.
4. Distinguish the different classifications of groups and the foundations of major approaches to group psychotherapy and group processes.
5. Appraise the differences and similarities of the other different types of group practices, such as group analysis, psychodrama, creative arts, psychoeducational groups, organization consultancy, family therapy and the local or culturally related group psychotherapy practices, if any.
6. Get the basic understanding of group dynamics, including stages of group

- development, therapeutic factors, and group members' roles and behaviours.
7. Outline the basics of planning, conducting, and evaluating groups and learn how to begin and run a group.
 8. Discover the importance of the personal growth of the group leader as a member, in enriching his role, and reflect upon personal growth as related to personal skills as a group member, a group observer, and a group leader.
 9. Highlight the importance of co-leading in groups and learn ways toward a successful co-leadership.
 10. Realize the value of continued development of knowledge, skill and personal growth in developing an established group practice.
 11. Acknowledge the importance of research in group practices.