

Principles of Group Psychotherapy

PROGRAMME DESCRIPTION

This course equips clinical psychologists with essential knowledge and practical skills for conducting effective group psychotherapy. Through an integration of theoretical frameworks and hands-on exercises, participants will develop competency in group facilitation, understanding group dynamics and managing therapeutic processes.



DURATION: 3 DAYS

The 3-day workshop covers core elements including group structure, therapeutic factors and development stages. Through experiential learning and role-play exercises, participants will master practical skills in group formation, member selection and pre-group screening. Special emphasis is placed on developing appropriate group agreements across different therapeutic modalities, from psychoeducational to process-oriented groups.

PROGRAMME CONTENT

This programme comprises the following learning topics:

- Historic and Contemporary Developments of Group Therapy
- Towards Multicultural and Diversity Proficiency
- Group Structure and Levels of Analysis
- Group Therapeutic Factors
- Anti-therapeutic, Defensive, Regressive, and Challenging Group
- Preparing to Begin a New Group
- Group Development
- Basic Leadership Tasks
- Advanced Skills
- The Ethical Group Psychotherapist

TARGET AUDIENCE



Clinical psychologists working in hospitals, mental health clinics, counselling centres, or private practice who wish to expand their therapeutic repertoire to include group interventions or enhance their existing group facilitation skills

LEARNING OUTCOMES

At the end of the programme, participants will be able to:

- Demonstrate comprehensive understanding of group psychotherapy principles and therapeutic factors, including their practical application in clinical settings through assessment of group dynamics and implementation of appropriate interventions
- Apply evidence-based frameworks for group formation, including conducting pre-group screening assessments, selecting appropriate members, and establishing therapeutic agreements tailored to different group modalities
- Facilitate therapeutic group processes effectively by identifying developmental stages, managing group dynamics, and implementing appropriate clinical interventions while maintaining therapeutic boundaries
- Evaluate and respond appropriately to challenging group situations through demonstrated competency in managing therapeutic ruptures, addressing resistance, and maintaining group cohesion across different clinical presentations
- Design and implement structured group agreements and protocols suited to various therapeutic modalities, from psychoeducational approaches to process-oriented group therapy, while accounting for specific clinical needs and contexts

METHODOLOGY

This programme is designed to be an interactive learning experience for participants. Methodologies used will include:



Small and big group discussions



Didactic lectures



Role play



Experiential Group



Video screening



Self-paced learning and reflection

TRAINING CAPACITY

35 participants per run

ABOUT THE ORGANISER

Officially established on 19 July 2002, the NHG College plays an instrumental role in facilitating the continuous learning and development of our workforce, as well as, promoting systems improvement and driving leadership development in NHG Health. NHG College collaborates with renowned institutions and industry partners to build the pipeline and collective capacities of our leaders, educators, healthcare professionals and staff to support NHG Health in serving and managing the health of our patients and the population.

For enquiries on Continuing of Clinical Education courses, please visit our website by scanning the QR code below or email us at: nhggroup.college@nhghealth.com.sg.

