



## THE CENTER FOR GROUP STUDIES

### WORKSHOP PROGRAM

The Center for Group Studies offers single- and multi-session workshops, both online and in-person, on various topics about theory and technique related to leading groups. Workshops are designed for professionals who work with groups, including therapists, coaches, clergy, business persons, educators. Anyone with an interest in working effectively with groups is welcome to participate. Workshops aim to integrate theory with participants' lived experience, and participants can expect a stimulating mixture of didactic and experiential learning.

### FEBRUARY – JULY 2024 WORKSHOPS

*New! In Person Workshop in April!*

Course	Date(s)	Location	Hrs	Page
<a href="#">OW2424</a> - What the Therapist Feels: Understanding Countertransference and Induced Feelings	February 4	Online	2.5	3
<a href="#">OW22524</a> - Creating a Group Flow	February 25	Online	2.5	3
<a href="#">OW32424</a> - Cultivating Progressive Emotional Communication in Group Psychotherapy	March 24	Online	2.5	3
<a href="#">IP41424</a> - Working with Aggression in Groups - <i>In Person</i>	April 14	<i>In Person</i>	2.5	4
<a href="#">OW42124</a> - Life in the Group: Transference and Countertransference	April 21	Online	2.5	4
<a href="#">OW51924</a> - The Power of Immediacy: Working in the “here and now”	May 19	Online	2.5	4
<a href="#">OW6224</a> - Group Consultation Series	June 2 & June 9	Online	5	5



# WORKSHOP PROGRAM REGISTRATION

## February–July 2024 Workshops

Click [here](#) to register online or complete and return the registration form below to the address above.

*The Center strives for diversity, equity, and inclusion. We seek a rich range of students who work in social service, educational, organizational, and private practice settings. Tuition assistance for the Weekend Training Program is available.*

Name (please print): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Alt. Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Prof. Discipline and/or Degree \_\_\_\_\_ Work Setting \_\_\_\_\_ New Student

License # \_\_\_\_\_ State \_\_\_\_\_ Discipline \_\_\_\_\_

License # \_\_\_\_\_ State \_\_\_\_\_ Discipline \_\_\_\_\_

How did you hear about us? \_\_\_\_\_

Course	Title	Dates	Location	Tuition	Amount
OW2424	What the Therapist Feels: Understanding Countertransference and Induced Feelings	February 4	Online	<input type="checkbox"/> \$100 I plan to attend	\$
OW22524	Creating a Group Flow: Sustaining Connections in Group	February 25	Online	<input type="checkbox"/> \$100 I plan to attend	\$
OW32424	Cultivating Progressive Emotional Communication in Group Psychotherapy	March 24	Online	<input type="checkbox"/> \$100 I plan to attend	\$
IP41424	Working with Aggression in Groups - <b><i>IN PERSON!</i></b>	April 14	<b><i>In Person</i></b>	<input type="checkbox"/> \$100 I plan to attend	\$
OW42124	Life in the Group: Transference and Countertransference	April 21	Online	<input type="checkbox"/> \$100 I plan to attend	\$
OW51924	The Power of Immediacy: Working in the “here and now”	May 19	Online	<input type="checkbox"/> \$100 I plan to attend	\$
OW6224	Group Consultation Series	June 2 & June 9	Online	<input type="checkbox"/> \$190 I plan to attend	\$
<b>Registration Fee</b>					\$10
<b>Charitable Donations</b> of any amount are appreciated and help fund tuition assistance					\$
<b>Total</b>					\$

### FEES, CANCELLATION & REFUNDS

A \$10 registration fee is due each time a registration form is submitted. Students may request a full refund for cancellations made up to seven days before the workshop begins or in the event the Center cancels a workshop. Refunds are not available after a workshop begins.

### PAYMENT METHODS

Check: Made out to “The Center for Group Studies”

Online:  PayPal or  Zelle using our email address [info@groupcenter.org](mailto:info@groupcenter.org)

Credit Card #: \_\_\_\_\_ Exp: \_\_\_\_\_ Sec: \_\_\_\_\_  Amex |  Mastercard |  Visa

Name (as it appears): \_\_\_\_\_ Signature: \_\_\_\_\_



## FEBRUARY – JULY 2024 WORKSHOP DESCRIPTIONS

### **OW2424:** *What the Therapist Feels: Understanding Countertransference and Induced Feelings*

Every therapist contends with feelings, both induced by the group members as well as those originating from the therapist's own past. Understanding these sources enables therapists to develop appropriate interventions. This didactic and experiential workshop will address and demonstrate appropriate techniques for dealing with countertransference feelings.

Participants will be able to:

1. Describe three reasons why it is important to identify one's own feelings.
2. Define and differentiate between induced and subjective feelings.
3. Identify three keyways the leaders can increase self-recognition and awareness of countertransference.

**Instructor:** Marie Sergent

**Date/Time:** February 4, 2024, 4:00 – 6:30 p.m. EST

**Contact Hours:** 2.5

**Location:** Online via Zoom

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### **OW22524:** *Creating a Group Flow: Sustaining Connections in Group*

Modern analytically trained group leaders use a variety of techniques to help the group become the primary agent of change, rather than the leader. A core technique is bridging. Through didactic and experiential learning, this workshop will describe and demonstrate how bridging, transient identification, and other joining techniques, are used to create and sustain a flow of connection between members that helps the group evolve.

Participants will be able to:

1. Define the technique of bridging.
2. List 3 different types of bridging.
3. Explain the concept of transient identification.

**Instructor:** Caryn Rothauer

**Date/Time:** February 25, 2024, 4:00 – 6:30 p.m. EST

**Contact Hours:** 2.5

**Location:** Online via Zoom

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### **OW32424:** *Cultivating Progressive Emotional Communication in Group Psychotherapy*

Ormont stated that progressive emotional communication is a hallmark of effective group functioning. This includes three ingredients: members put their feelings into words, they express those feelings towards others in the group, and the process should produce new, meaningful emotional content. This didactic and experiential workshop explores the role of progressive emotional communication in group psychotherapy and describes ways it can be cultivated to benefit the group.

Participants will be able to:

1. Describe progressive emotional communication in a group psychotherapy context.
2. Highlight communications which are not emotional, nor direct or progressive.
3. List 3 group characteristics that foster progressive emotional communication.

**Instructor:** Wayne Ayers

**Date/Time:** March 24, 2024, 4:00 – 6:30 p.m. EST

**Contact Hours:** 2.5

**Location:** Online via Zoom



## **IP41424:** *Working with Aggression in Groups* - **New! In-person workshop**

Successful group work requires leaders to accept all feelings. Working with aggression, especially in groups, can test even the most seasoned group leader. In this didactic and experiential workshop, members are encouraged to explore, examine, and become sensitized to issues of aggression in their groups. Interventions using appropriate techniques will be demonstrated.

Participants will be able to:

1. Name three defenses against experiencing aggressive feelings from group members.
2. Name two common defenses used by leaders against experiencing aggressive feelings towards group members.
3. Study and name their internal reactions to aggressive feelings and list two appropriate interventions to deal with these aggressive situations.

**Instructor:** Jeff Muller

**Date/Time:** April 14th, 2:00pm – 4:30pm EST

**Contact Hours:** 2.5

**Location:** **In Person at the CGS Office - 107 W 82nd Street, Suite P103, New York, NY 10024**

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## **OW42124:** *Life in the Group: Transference and Countertransference*

Transference and countertransference feelings in group provide powerful information about a member's history as it reveals itself in the immediacy of the group. Repetitions occur in group and offer opportunities for studying and understanding each member's history and unmet needs, allowing for attuned interventions that promote maturation and development. This didactic and experiential workshop will explore types of transference, countertransference, repetition, and resistance and their usefulness in group.

Participants will be able to:

1. Define transference and countertransference.
2. Name the difference between subjective and objective countertransference.
3. Name how transference and countertransference are useful in group.

**Instructor:** Ellen Wright

**Date/Time:** April 21, 2024, 4:00 – 6:30 p.m. EST

**Contact Hours:** 2.5

**Location:** Online via Zoom

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## **OW51924:** *The Power of Immediacy: Working in the "here and now"*

Groups that are primarily focused on interpersonal relationships as they present in the here-and-now are vital and exciting and offer opportunities for progressive communication. At the same time, group members often construct obstacles to connecting with each other in-the-moment. Through didactic and experiential learning, this workshop addresses ways to bridge people and to resolve blocks to emotional immediacy.

Participants will be able to:

1. Define the concept of bridging and its relationship to immediacy.
2. Name three ways group members divert from being 'in the present.'
3. Identify three techniques the leader can use to resolve blocks to immediacy.

**Instructor:** Martha Gunzburg

**Date/Time:** May 19, 2024, 4:00 – 6:30 p.m. EST

**Contact Hours:** 2.5

**Location:** Online via Zoom

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## OW6224: *Group Consultation Series*

This two-session consultation workshop primarily focuses on working with groups. The phenomena of parallel process and the use of induced feelings are examined. Additionally, the workshop recognizes the roles of transference and resistance as well as countertransference feelings that arise in the therapist during the group. Participants are invited to present cases of their choosing. Case examples of diversity and inclusion are encouraged and will be viewed through that lens. This series is open to those working in all settings including private practice, agencies, education, organizations, etc. It is open to those with diverse theoretical frameworks and is based, in part, on the premise that a working knowledge and foundation of psychodynamic principles and modern group techniques are applicable to all groups— long-term, short-term, themed and others. Attention will be given to issues around technology and working online.

Participants will be able to:

1. Define induced feelings.
2. Identify transference reactions in group.
3. Formulate interventions to address resistance.

Instructor: Lucy Holmes

Date/Time: June 2 and 9, 2024, 4:00 – 6:30 p.m. EST - *attendance in both sessions required to receive credit*

Contact Hours: 5

Location: Online via Zoom

### Earn Continuing Education Credits

**Creative Arts Therapists:** The Center for Group Studies is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed creative arts therapists #CAT-0002. Each workshop offers 2.5, 5 or 7.5 CE contact hours.

**Marriage and Family Therapists:** The Center for Group Studies is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists #MFT-0004. Each workshop offers 2.5, 5 or 7.5 CE contact hours.

**Mental Health Counselors:** The Center for Group Studies is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC-0005. Each workshop offers 2.5, 5 or 7.5 CE contact hours.

**Physicians:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Medical Society of the State of New York (MSSNY) through the joint providership of The Rochester Academy of Medicine and The Center for Group Studies (CGS). The Rochester Academy of Medicine is accredited by the Medical Society of the State of New York (MSSNY) to provide continuing medical education for physicians.

The Rochester Academy of Medicine designates this single live activity for a maximum of 17.5 AMA PRA Category 1 Credit(s)™ and 17.5 MOC (Maintenance of Certification) points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Each Weekend offers 15.75 CE contact hours Virtual / In-Person. Each In Person / Online Workshop offers 2.5, 5 or 7.5 CE contact hours.

**Psychoanalysts:** The Center for Group Studies is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed psychoanalysts #P-0003. Each workshop offers 2.5, 5 or 7.5 CE contact hours.

**Psychologists:** The Center for Group Studies is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0021. Each workshop offers 2.5, 5 or 7.5 CE contact hours.

**Social Workers:** The Center for Group Studies is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0121. Each workshop offers 2.5, 5 or 7.5 CE contact hours.

*Partial credit is not offered. Participants must complete the entire workshop and submit all paperwork in order to receive a certificate of completion.*

