



SPR - WORKSHOP



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Chairperson: Angelo COMPARE, Ph.D.

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Discussants:

- **Gianluca LO COCO, Ph.D, University of Palermo, Italy**

The Society for Psychotherapy Research - Italian Chapter and University of Bergamo together present this workshop & streaming event

Principles of Group Psychotherapy

*** 27 maggio 2015 ***

La partecipazione ai workshops è gratuita. Il numero di posti in presenza è limitato.
I video dei workshops verranno caricati sulla piattaforma  <https://goo.gl/xuS8Di>
È richiesta una mail d'iscrizione da inviare a: seminari.unibg@gmail.com



SOCIETY FOR
PSYCHOTHERAPY
RESEARCH

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UNIBG-SPR WORKSHOP

Introduction

The goal of this workshop is to discuss and illustrate clinical concepts related to conducting effective psychotherapy groups. Groups are an effective way of delivering psychological interventions. For many disorders group therapy is as effective as individual therapy, and in many cases group therapy may be more cost effective. Although some principles of individual therapy may apply to the group context, there are real and emergent properties that are unique to group therapy and for which knowledge of individual therapy processes are not enough. Group members have their own individual dynamics, members interact with each other and the therapist, and the group may be seen as an entity in and of itself. And so a straight forward concept like alliance (i.e., patient alliance to therapist) can have multiple levels of functioning (patient alliance to another patients, or patient alliance to the group). These multiple levels of interactions make groups more complex, which requires the therapist to have specific knowledge about how groups work and to be attentive to group processes. This workshop will contain both didactic and experiential components. In each segment, the participant will learn about the concepts being discussed and then experience the issues through video presentation and discussion or experiential learning. The presenters will use attachment and interpersonal-dynamic theories to frame their clinical presentations. The focus will be on practical applications of the concepts.

Selected References

- Bernard, H., Burlingame, G., Flores, P., Greene, L., Joyce, A.S.,...Feirman, D. (2005). Clinical practice guidelines for group psychotherapy. *International Journal of Group Psychotherapy*, 58, 455-542.
- Tasca, G.A., Mikail, S., & Hewitt, P. (2005). Group psychodynamic interpersonal psychotherapy: Summary of a treatment model and outcomes for depressive symptoms. In M.E. Abelian (Ed.) *Focus on psychotherapy research* (pp.155-188). New York: Nova Science Publishers.
- Tasca, G.A., Francis, K., & Balfour, L. (2014). Group psychotherapy levels of interventions: A clinical process commentary. *Psychotherapy*, 51, 25-29.
- Yalom, I.D. & Leszcz, M. (2005). *The theory and practice of group psychotherapy*. New York: Basic.

Learning Objectives

The learner will be able to:

- 1) Assess and prepare patients for group therapy in order to improve patient outcomes.
- 2) Make decisions about interventions that are appropriate to stages of group development
- 3) Complete a case conceptualization based on an interpersonal dynamic model of individual and groups
- 4) Identify transference and countertransference in groups and decide on best interventions related to these issues.

Video sharing:  <https://goo.gl/xuS8Di>

Schedule

9:00-9:30 - **Introduction**

Prof. Compare Angelo, Ph.D Chairperson, UNIBG
Prof. Gianluca Lo Coco, Ph.D University of Palermo, Italy

9:30-11:00 - **Patient selection and preparation for groups**

- a. Video presentation

11:00-11:30 *Break*

11:30-13:00 - **Stages of Group Development**

- a. Experiential group

13:00-14:30 - *Lunch*

14:30-16:00 - **Interpersonal Psychodynamic Principles in Groups**

- a. Video presentation

16:00-16:30 *Break*

16:30-17:30 - **Transference and Countertransference in Groups**

- a. Video presentation

Intended Audience

Graduate students in clinical psychology. Health professionals who wish to learn about group psychotherapy processes. Intermediate level.

Where

h. 8.00-13.00 - AULA 13 - CANIANA (UNIBG - via dei Caniana)

h. 14.00-15.30 - AULA 16 - CANIANA (UNIBG - via dei Caniana)