 **The Group Project: Training Weekends in Gestalt Group Therapy**

[www.thegroupproject.org](http://www.thegroupproject.org)

The Group Project -- Overview:

Weekend I (October 26th and 27th, 2013): *Structure, Structure, Structure!*

Saturday:

* What is Gestalt Group Therapy? – The Basics
* Dialogue and Inclusion
* Setting up Structures that will enhance communication and maintain a moment-to-moment focus
* How to start a new therapy group with development of specific plans for each participant who wants to start a new group
* Group Supervision – all will take part in supervision of participants ongoing groups utilizing a structured supervision/feedback model
* Discussion of assigned readings
* Experiential Group to learn by doing; all participants will take part in the experiential group which will be followed by discussion

Weekend II: (January 18th and 19th, 2014): *Engagement; Deepening Authentic Communication*

* Tracking emergent phenomena
* Ways to help group members present “outside issues” while maintaining an experiential frame
* Using Gestalt experiments in group
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* Discussion of assigned readings
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Weekend III: (April 12th and 13th, 2014): *Attunement and Development*

* Hearing the “unsaid”, Seeing the “unshown”
* Attending to the group-as-a-whole
* Countertransferential Issues in groupwork
* Self-disclosure, transparency, and what not to share
* Dealing with group “stuckness”
* Conflict in group
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Weekend IV: (June 7th and 8th, 2014): *Field Inclusion*

* Field theory in groupwork
* Bringing often overlooked aspects of “ground” into awareness
* The dynamics of power, privilege, and oppression in groupwork
* How awareness of the “cultural ground” of the therapist and the participants can be explored and used in the group
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* Discussion of assigned readings
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Weekend V: (September 20th and 21st , 2014): *Endings*

* Future and ongoing work – helping group participants identify their “growing edges” and focus on the work they need to do, both within the group and outside of it.
* Types of terminations in group therapy; when individual participants leave, when the whole group ends, ending time-limited groups.
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