

GOALS OF THE COURSE

The goals of the Principles of Groups Psychotherapy Course are to:

1. Fulfill 12 hours of course work required for certification by the National Registry of Certified Group Psychotherapists;
2. Develop an understanding of the historical and theoretical foundations of group psychotherapy practice (*Foundations of Group Therapy*);
3. Develop a conceptual understanding of fundamental group dynamics and process, and conceptualize the interrelationship between group process and personality dynamics in creating a therapeutic group experience for all group members (*Group Process and Group Dynamics*);
4. Learn how to use the group psychotherapy treatment modality in order to change and improve the patient's level of psycho-social functioning (*The Change Process in Groups*);
5. Learn methods, approaches, and strategies to lead a psychotherapy group according to the highest ethical standards of the mental health profession (*Role of the Group Leader*);
6. Learn the theory, practice, and techniques of therapy groups that are short-term, structured, and theme-centered (*Short-Term Group Therapy*).

