



# Trauma-Informed Group Psychotherapy

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I am very excited to offer this unique training on group psychotherapy. I want to share my knowledge, experience and passion in hopes that you will also become possessed by the magic of groups. This training provides a high quality, intimate environment where you can begin the process of becoming a top notch group psychotherapist. If you are ready to grow leaps and bounds as a human being, this is the training for you.

## Training

Trauma-Informed Group Psychotherapy consists of two 90 minute training sessions per month over a six month period of time. The first training session of each month will cover a topic in group psychotherapy. These sessions will involve didactic, writing and experiential activities.

The student will then apply this material in their own groups and return two weeks later for a supervision session. In these supervision sessions we will process your experiences in applying the material, look at difficult cases and work towards refining your group therapy skills.

The training will be limited in size from 7-9 students. This smaller class size will create a more experiential environment where students can get to know themselves and each other more intimately. Ideally, students will develop relationships in this training that will continue long after the completion of the course.

## Pre-Requisites

Applicants must possess a degree in counseling, psychotherapy, social work, psychiatry or psychology-related field to enroll in the training. Applicants are also required to be leading a psychoeducational or process group to enroll in the training. These requirements will foster a deeper, more experiential learning environment.

## Objectives

Conducting a real process group can be a difficult endeavor within the confines of residential and outpatient settings. Frequently we are trying to help highly traumatized patients with personality disorders, addiction and severe emotional deficits. A traditional process group tends to be over-stimulating for these patients.

The primary objective is to train therapists to conduct effective psychoeducational and process groups for these populations. This training will teach therapists how to create a group that is both safe and helpful to these patients at their stage of development. Students will receive 18 CEUs for attending all of the training sessions.

## Application Process

If you meet the pre-requisites for this training and have a passion for group therapy, I would love to work with you. The cost is \$60 for each 90 minute session. Feel free to contact me at 503.757.3141 or [sean@pdxgroups.com](mailto:sean@pdxgroups.com) with any questions.