

Toronto Centre For Psychotherapy And Counselling Education

Group Process In Psychotherapy

Fall and Winter - Years 2 and 3

Mondays 1:00 to 4:00

COURSE DESCRIPTION

This 4 semester practicum-oriented course integrates group process and professional functioning in psychotherapy from the perspective of the CRPO competencies. Focus of Group Processing include:

- Group supervision
- Monitoring students' relational style, listening, and emotional processing
- Group dynamics
- Collaborative practice
- Leadership
- Safe and Effective Use of Self (SEUS)

The afternoon sessions will be an experiential learning opportunity in which issues of practice and professional collaboration are the focus. Students are required to have a concurrent clinical placement site where students can complete at least 5 direct client contact hours of psychotherapy per week.

COURSE FORMAT

The class will meet weekly on Monday afternoons from 1:00 pm to 4:00 pm. The course format will consist of the following: case presentations, skills development, integration of morning teaching where appropriate, and interpersonal relations. Students will participate in this course during Year 2 and Year 3 throughout the program in the fall and winter terms.

COURSE OUTCOMES

This component of the TCPCE program is aimed at monitoring each student's capacity to integrate the formal academic teaching of the program into their client work. Familiarity with the personal style of each student is a critical part of supervisory oversight in this psychotherapy education program. There will be a team of RP Clinical Supervisors present and monitoring students during this component of the program. The supervisory team will provide feedback and commentary to the student's individual Supervisor, as necessary, to ensure that the student receives as much support as required to develop a safe and effective therapeutic practice.

From a teaching philosophy perspective these 3-hour long sessions are a vital part of the integrated program being offered by TCPCE. The fostering of relationship both with Supervisors and with peers is the basis of this teaching method. Safe and effective use of self is the key to good therapeutic practice and in this component of the program, close monitoring of students is the focus. The aim is to provide students with individualized support to foster both therapeutic technique but also personal awareness aimed at personal and professional growth.

GROUP SUPERVISION

This component of the afternoon session will be focused on group supervision and discussion of clinical cases presented by students from their concurrent clinical work. Students will be required to present cases for discussion according to the class roster which will be provided at the beginning of the term. Students are also required to participate fully in the discussion of the cases of other students throughout the term.