

Group Play Therapy

Overview

Group work can be challenging, but it also is extremely interesting and rewarding. Many issues have been found to be better treated through group than individually. This course will help participants strengthen their knowledge and skills in being able to run effective groups involving children and adolescents. Participants will learn how to make critical decisions when forming groups and to establish what their role should be to maximize effectiveness. Participants will also learn how to deal with conflict and utilize group issues as "learning moments".

Learning Objectives:

- 1) Articulate the rationale for group treatment;
- 2) Identify how to set up a group to have the best outcome;
- 3) Identify group phases and group interventions at each phase;
- 4) Describe how to develop and support group cohesion;
- 5) Describe group roles and how to intervene therapeutically;
- 6) Develop techniques to deal with group conflict and other problems that occur;
- 7) Identify specific activities/tools/games to use with groups and how to alter groups to fit specific populations.