

Group Facilitation Skills to Promote Positive Group Climate, Cohesion & Momentum

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Los Angeles & San Diego

**TWO DAY
INTERACTIVE
SKILLS WORKSHOPS**

Los Angeles

June 13 & 14, 2019

San Diego

June 18 & 19, 2019



Therapeutic groups can be as effective as individual services for many problems. But successfully facilitating groups can be challenging.

Groups are often at risk of becoming dull affairs where there is little participation, yet can also easily overheat and become places where conflict becomes destructive.

Managing “conversational traffic” and facilitating open sharing among people with different experiences, goals, styles and beliefs are critical skills for group leaders. Effective leaders must be well-prepared to address unexpected situations and maintain therapeutic bonds with individual group members while facilitating a conversation among the whole group.

Incorporating Motivational Interviewing Group skills developed by the trainers and collaborators, this workshop guides participants in successful group leadership, refocusing groups away from rehashing problems and toward inspiring positive change.

Participant comments:

“I liked the hands-on learning and having sessions with presenters to learn from as role models.”

“I liked learning how to use our strengths and values to solve problems and find solutions.”

“The practice sessions gave me lots of inspiration and ideas of how to work with groups in my clinic.”

“The activities were spectacular and very instructive”

“The group activities were very engaging and very real! Helps to take something away immediately rather than having to go back and ‘try it with clients’”

“Personally, this turned out to be a very powerful time for growth and change!”

This two-day interactive experiential workshop will assist you to:

Los Angeles

Suite 215A
12304 Santa Monica Blvd
Los Angeles, CA

San Diego

UCSD Price Center
Thurgood Marshall Room
9500 Gilman Drive
La Jolla, CA

9am to 4pm each day

Resource materials
Beverages and Snacks
Certificates of Completion
Post-workshop consultation

REGISTRATION

\$395 early registration &
groups of 2 or more

\$450 regular

Los Angeles

June 13-14 2019

REGISTER NOW

San Diego

June 18-19 2019

REGISTER NOW

For more information please
contact us



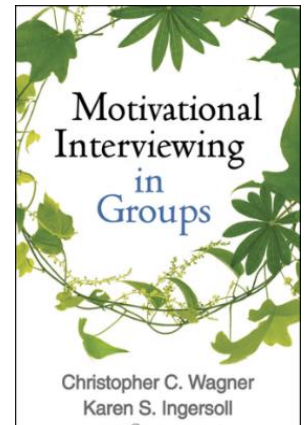
1. Shift from providing individual counseling in a group setting to facilitating group interactions that promote growth and wellness
2. Model a warm, healthy, relaxed, and accepting way of being
3. Foster a positive group climate
4. Deepen cohesion between members
5. Use techniques such as linking, working in pairs and subgroups, and group activities
6. Broaden and deepen group conversations for optimal success
7. Build group momentum to move together toward change
8. Bring the best out of people with challenging interpersonal styles
9. Turn group conflict into moments of growth
10. Use group activities such as exploring values, past successes, harnessing strengths, envisioning a better future, and planning
11. Use the MI strategies of Exploring and Broadening Perspectives, Building Momentum, and Moving into Action

Reviews of *Motivational Interviewing in Groups* book:

This book is a response to the yearning for greater knowledge and skills and the practical integration of different perspectives...offers an exceedingly practical, accessible, and helpful roadmap to its use. This book comes at a much-needed time in the field. —*Social Work with Groups*

This book will be a key reference point for the developments of MI in groups in the years ahead. —*Addiction*

Motivational Interviewing in Groups promises to be an important—perhaps even seminal—book that may usher group MI into its eventual heyday of research and practice. —*Contemporary Psychology: APA Review of Books*



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