

# PETER KELLY

Addiction Training, Therapy & Supervision

## Spring Training 2020

### Group Work Training Programme

7<sup>th</sup> February 2020 – 6<sup>th</sup> March 2020

#### Addiction Training & Therapy Ireland

Is pleased to offer a five-week Group Work training programme for those in the fields of: addiction, homelessness, residential care, youth work, social care etc. and looking to develop or expand their group work skill-set and to widen their knowledge base. This training programme is an opportunity for individuals to gain an understanding of both conscious and unconscious processes and dynamics that permeate all groups. It will offer participants opportunities to reflect on their own experiences of and in groups and on their professional practice. The programme will commence on **Friday 7<sup>th</sup> February 2020 – 6<sup>th</sup> March 2020** and will run for 5 weeks in total. **It offers fifteen CPD points.** This training is for anyone with a serious interest in and a deep curiosity about groups and working with them on either a paid or voluntary basis.

<b>Title:</b>	<b>Exploring the efficacy of groupwork as a medium for change in addiction settings</b>
<b>Course leader:</b>	Peter Kelly MSc Psychoanalytic Psychotherapy: <b>Addiction Training &amp; Therapy Ireland</b>
<b>Venue:</b>	The Carmelite Centre 56 Aungier St, D.2 10.00 a.m.—1 .00 p.m. 5 × weeks
<b>Schedule:</b>	5 × Friday mornings from 10.00 a.m. to 1.00 p.m. commencing on Friday 7 <sup>th</sup> February 2020—6 <sup>th</sup> March 2020
<b>Eligibility:</b>	This training is for anyone with a serious interest in the area of group work and who interacts in either a paid or voluntary capacity with people in a variety of professional settings.
<b>Cost:</b>	€250.00  €50.00 <b>non-refundable</b> to secure your place on the programme €200.00 on first day of the event

**How to apply:** Course application forms are attached to this advertisement, and can also be obtained from the website Peter Kelly addiction training & therapy Ireland and/or by contacting Peter at [kellygerpeter@gmail.com](mailto:kellygerpeter@gmail.com)/or at 085-743-8629.

**Closing Date:** Closing date for receipt of application forms is **Friday 24<sup>th</sup> January 2020.**

#### AIMS OF THE GROUP WORK TRAINING ARE TO:

- Give participants a theoretical and practical understanding of group processes from interpersonal and relational perspectives and their linkages to addiction contexts
- Explore the efficacy of group work as a treatment modality and vehicle for change in addiction settings
- Reflect on the preconditions that facilitate the group work modality as an effective treatment approach.
- Provide an understanding and experience of the conscious and unconscious, here-and-now processes at work in groups, and how these influence group behaviour and dynamics
- Develop an awareness of the role of authority and power in groups in terms of the dynamics between group members and facilitators (transference and transparency) and how these get 'played out' in group interactions via managing conflict/hostility in groups.
- Facilitate a learning experience whereby participants can integrate the theoretical, application, and process aspects of group work both from conscious and unconscious perspectives, but also from within the overall framework of addiction and its mechanisms
- Reflect on the utility of group psychoeducation techniques i.e. RT/REBT in helping clients to use the group process to manage addiction symptoms

#### LEARNING OUTCOMES: ON COMPLETION PARTICIPANTS WILL.....

- Understand the rationale for group work from both relational and unconscious perspectives and its connection to addiction pathologies.
- Appreciate the efficacy of group work as a treatment modality in terms of both strengths and challenges and be able to distinguish between process and task, styles of facilitation, and stages of group development
- Recognise the therapeutic factors that make for a good group experience, the shaping of a helpful group culture, and the necessary decisions that are important when forming a group
- Be more attuned to the role of transference and transparency in groups, authority and power, and how to engage these dynamics in terms of managing conflict and hostility in groups
- Recognise and understand the range of emotional dynamics at play within the group especially the less obvious and hidden dynamics that are difficult to identify and name. These 'here-and-now' issues that can often be hard to recognise and get in the way of group/team cohesion and effectiveness
- Be more aware of one's own stance in groups, the characteristic role one adopts, and learn to 'take up' one's role in a more conscious and mindful way
- Have gained a competency in the use of group therapeutic factors i.e. psychoeducation/use of RT/REBT to enable clients to manage addiction symptoms, such as managing compulsions and urges, and dealing with ambivalence.

## **GROUPWORK TRAINING**

**7<sup>th</sup> February 2020 –6<sup>th</sup> March 2020**

<b>Session 1:</b>	Introduction/Experience of Groups/Hopes/Fears/Task.
<b>Theory</b>	What is group work/Why group work/What is facilitation? Process and Task, Styles of facilitation, Stages of Group.
<b>Application</b>	Best Experience/Worst Experience
<b>Process</b>	Thinking about the here-and- now of this group
<b>Session 2:</b>	Creating a Group Culture/Preparing for Group.
<b>Theory</b>	Basic Task of the Facilitator
<b>Session 2:</b>	Therapeutic Factors that make for a Good Group Experience.
<b>Application</b>	Applying learning to my work
<b>Process</b>	Thinking about the here-and-now of this group
<b>Session 3:</b>	Transference and Transparency in Groups.
<b>Theory</b>	exploring transference/transparency in group
<b>Application</b>	Applying learning to my work
<b>Process</b>	Thinking about the here-and now of this group
<b>Session 4:</b>	Working in the here-and-now.
<b>Theory:</b>	Group Experience of the here-and-now.
<b>Application</b>	How does this get played out in my work?
<b>Process</b>	Thinking about the here-and-now of this group
<b>Session 5:</b>	Dealing with Conflict/Hostility in Groups.
<b>Theory</b>	Conflict/Hostility in a Group
<b>Application</b>	How does this get played out in my work?
<b>Session 5:</b>	Evaluation/Wind down/group discussion.

**Spring Training 2020**  
**Group Work Training Programme**  
**7<sup>th</sup> February 2020—6<sup>th</sup> March 2020**

**Please complete this application form and return it to the address below.**

NAME \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

TEL (HOME) \_\_\_\_\_ TEL (WORK) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

ORGANISATION (IF ANY) & ADDRESS  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What role do you have in your organisation?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is your experience of group work?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please list any previous academic or other qualifications you hold (if any).  
\_\_\_\_\_  
\_\_\_\_\_

Where did you hear of this workshop?  
\_\_\_\_\_  
\_\_\_\_\_

**A non-refundable fee of €50** to secure your place on the programme is payable to Merchants Quay Ireland should be returned with this form.

Closing date for applications is **Friday 24<sup>th</sup> January 2020.**

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

Return to: Course application forms are attached to this advertisement, and can also be obtained from the website <http://peterkelly-addictiontraining.com/> or by contacting Peter at [kellygerpeter@gmail.com](mailto:kellygerpeter@gmail.com) or at 085-743-8629.

<b>PETER KELLY</b>	Addiction Training, Therapy & Supervision Ireland	<a href="http://www.peterkelly-addictiontraining.com">www.peterkelly-addictiontraining.com</a> <a href="mailto:ketergerpeter@gmail.com">ketergerpeter@gmail.com</a> +353 85 743 8629
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