



# Sacramento

CENTER FOR PSYCHOTHERAPY

## GROUP THERAPY TRAINING PROGRAM in Indonesia: **Introduction course**

Directed by Dr. Haim Weinberg

The Sacramento Center for Psychotherapy in California, USA, together with CAE in Indonesia, offer a **training program in group psychotherapy** for Indonesian psychotherapists and counselors. This is a hybrid program integrating online meetings with face-to-face workshops. It includes an introductory course (see below) that is equivalent to the American Group Psychotherapy Association (AGPA) principle course, fulfilling the requirements for the theoretical part for becoming a Certified Group Psychotherapist (CGP), an experiential process group, an advanced course and a supervision group (fulfilling the requirement of 75 hours of supervision to become a CGP).

### **The introductory course Online**

**Dates: 7 November 2020 – 13 March 2021**

**Saturday 9-10:30 AM Jakarta time**

#### **Course Description**

This course will focus on basic concepts and theories in group therapy, Foundations of Group Therapy, the group leader, Group Dynamics and Group Process and the Change Process in Groups. It will cover concepts such as the here-and-now, content vs. process, boundaries, resistance, regression, transference and countertransference in groups. In addition, we will discuss theories of group developmental stages, the tasks of the group therapist and different roles of group members. We will briefly touch different approaches to groups and kinds of groups.

**This course fulfills the 15 hour theory required to become a Certified Group Psychotherapist (CGP) by the American Group Psychotherapy Association (AGPA).**

#### **Course Objectives**

In this course you will:

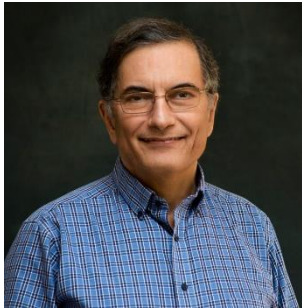
1. Define basic concepts and terms in group process
2. Apply knowledge in theories of group therapy/counseling
3. Identify stages in group and team development



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4. Compare different approaches to group therapy/counseling
5. Discuss the tasks of the group leader/counselor
6. Identify resistance, transference, and countertransference in groups
7. Compare different kinds of groups
8. Evaluate the effectiveness of group psychotherapy
9. Describe group therapy differences in different cultures.
10. Demonstrate culturally sensitive interventions.
11. Analyze advantages and disadvantages of group vs. individual therapy.
12. Discuss group-as-a-whole interventions.



**Instructor:** Haim Weinberg, PhD, is an internationally renowned clinical psychologist and group psychotherapist. He is a group analyst and Certified Group Psychotherapist in private practice in Sacramento, California. He is the past President of the Israeli Association of Group Psychotherapy and of the Northern California Group Psychotherapy Society (NCGPS). Dr. Weinberg was the Director of International Programs at the Professional School of Psychology in which he created and coordinated an online doctoral program in group psychotherapy, with cohorts of students in SE Asia. He co-edits a series of books about the social unconscious, published books on Internet

groups & online therapy and co-authored a book on Fairy Tales and the Social Unconscious. His latest book is about online therapy.

**WHO SHOULD ATTEND?** This course is recommended for psychiatrists, psychologists, counsellors, pastors and allied health staff including social workers, play therapists, occupational and physio therapists.

**Requirement:** Minimum Undergraduate degree/Master's degree in any mental health discipline.

**Structure:** 10 online meetings, 1.5 hour each, every other week.

The group will be open only with a minimum of 10 participants.

The course will be bi-lingual, with translation from English to Indonesian.

**Certificate:** will be given by the Sacramento Center of Psychotherapy to those completing the entire course.

**Fee:** US\$490, paid by 15 of October 2020.

**Cancellation policy:** full amount reimbursed if canceled by 1<sup>st</sup> of November 2020.

**Early bird discount** of 10% will be given to those enrolling by the 1 of September 2020.



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**Questions? Ready to enroll?** Please contact Dr. Haim Weinberg at [haimw@group-psychotherapy.com](mailto:haimw@group-psychotherapy.com) or Alice Arianto at CAE [aliceariantoptindo@gmail.com](mailto:aliceariantoptindo@gmail.com)