



Sacramento

CENTER FOR PSYCHOTHERAPY

Online Training Process Group for Therapists

“Every therapist should have a therapy group for themselves to prevent burnout and for their continued professional and personal growth”. (Irvin Yalom)

One of the best ways to develop professionally and personally is to participate in a training process group. In a group you can learn about your communication style, relationship patterns, group dynamics, and the roles you take interpersonally. This is especially important during our current world crises, when we all need support. A process group is not a therapy group, although it can have a therapeutic impact on the members.

Martha Gilmore and Haim Weinberg have each already led several online training process groups for therapists in the USA and in China, using videoconferencing (through Zoom), so that all the members can see one another even though they sit in front of their computers. The results are fascinating.

Together, we are opening another training group for therapists starting in January 2022. This is a long-term slow-open unstructured group. The group will meet every Thursday, from 12-1:30 PM US West coast, 3-4:30 PM East coast, 8-9:30 PM UK, 9-10:30 PM Central Europe, 10-11:30 PM Middle East.

Structure: 1.5-hour weekly sessions composed of 1 hour and 20 minutes of **unstructured** process group and 10 minutes of didactic discussion. The weekly meetings start on 20 January 2022 after an intensive opening (“Institute”) on January 8-9 composed of three 1.5 hours sessions a day. This Institute will occur every year, either online or in-person (after discussion and agreement of all group members).

Interview: Each candidate will be interviewed for suitability before entering the group and sign a group agreement.

Commitment: When entering the group, members commit for 6 months of participation.

Fees: US\$100 per session. Screening interview - \$200. Intensive two-day opening Institute: \$500. Reduced fees available for those in disadvantaged countries and circumstances. Please contact us for details.



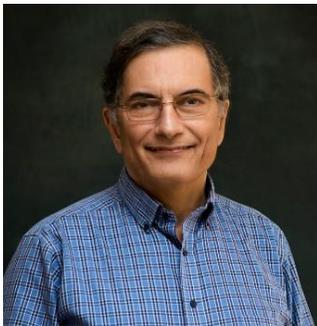
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Instructors:



Martha Gilmore, PhD, CGP, is a licensed psychologist and Certified Group Psychotherapist with the Sacramento Center for Psychotherapy in Davis and Sacramento, California. She has over thirty years of experience conducting psychotherapy groups and extensive experience in the training and supervision of group psychotherapy at local, national, and international levels. She is a Life Fellow of the American Group Psychotherapy Association and Clinical Professor at the UC Davis Department of Psychiatry & Behavioral Science.



Haim Weinberg, PhD, CGP, is an internationally renowned clinical psychologist and group psychotherapist. He is a group analyst and Certified Group Psychotherapist with the Sacramento Center for Psychotherapy. 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. His latest book is about online therapy. He co-edits a series of books about the social unconscious, and co-authored a book on Fairy Tales and the Social Unconscious.

Interested? Want to hear more details? please contact us at marthagilmorephd@gmail.com, +1-530-757-6861 or haimw@group-psychotherapy.com, +1-916-212-6424,