

**Developed by an  
experienced  
clinician  
for clinicians**

**Group Therapy is  
ideal for:**

- Relationship issues
- Social Skill Deficits
- Obesity
- Trauma/Abuse
- Intimacy problems
- Self-esteem issues
- Substance abuse

**This Workshop is  
for:**

Qualified health  
professionals e.g.

- Psychologists
- Psychiatrists
- Social Workers
- Counselors
- Dietitians
- GPs

**When & Where**

**BRISBANE**

**27 February 2010**

**MELBOURNE\***

**9 May 2010**

**PRICING**

Earlybird \$345

Group 4+ \$295

Full price \$395

\*The group rate will also  
apply if you attend Dr  
B-W's workshop on the  
preceding 2 days  
see website for details

## **One Day Workshops 2010**

**What does group therapy offer that cannot be achieved 1-to-1?**

**In which conditions is it more effective than 1-to1?**

**Where does its power come from?**

**What can go wrong?**

### **WHY CONSIDER GROUP THERAPY?**

*“In individual therapy, the patient is the focus of concentrated attention by a dedicated individual who attempts to minimize the effect of his or her own agenda. That in itself is an extraordinary state of affairs—one that is encountered in ordinary life rarely, if ever.” - Hillel Swiller*

This workshop will be very hands on and clinically orientated. It will include both demonstrations and case studies. Participants will leave the group with a clear understanding of both the potential and pitfalls of running groups. The focus will be on outpatient, longer term, insight-oriented, single & multi-diagnosis groups, but many principles will apply to other group formats.

There are things that can go wrong in group therapy that are simply not a problem in 1-to-1 therapy and these issues will be a focus of the workshop.

### **WORKSHOP TOPICS**

Dr Blair-West will take you through the process of running groups from beginning to end

- Planning a group, Practical issues
- What kind of group: Homogeneous Vs Heterogeneous; Open Vs Closed
- Assessing Suitability: Who is & Isn't
- Which conditions respond?
- How groups work
- Briefing for group
- Men in groups
- Starting a new group
- New members
- The role of the Therapist
- The group format
- To use a co-therapist or not
- A Story-telling and Authoring Approach
- Managing conflict
- Managing sub-grouping
- The Therapist under fire
- Termination

**TO BOOK or ENQUIRE Call 02 9692 0533 or  
VISIT [www.changechampions.com.au](http://www.changechampions.com.au)**

### **ABOUT THE PRESENTER**

Dr Blair-West is a private psychiatrist in Brisbane who relies on group therapy in his three areas of clinical work: couple/relationship therapy, trauma therapy and obesity. After speaking of the role of group therapy in his Psychology & Sabotage of Weight Loss workshops over the last three years he has been repeatedly asked to run a workshop on this therapy.

He ran his first group in 1991 but after lacklustre results (for reasons he

will explain) he attended workshops, sought supervision and focussed on the group therapy work of Irvin Yalom—who became his major influence.

He has now run 3-4 groups per week for 15yrs totalling over 2,500 groups. In this time he has seen most of what can go right and wrong in group work. Don't make the same mistakes he did by coming and sharing his experiences of the power and the pitfalls of this unique, and at times, very emotionally moving modality.