



# MEN & HEALING

*Training and Consultation*

## Group Theory & Practice:

a two-day training on group therapy for mental health service providers

### Description

As healing *cannot* occur in isolation, group work is a preferred model of intervention with vulnerable populations of all genders: it lessens the isolation faced in individual counselling, reduces shame, allows one's testimony to be witnessed and creates a supportive learning atmosphere that can benefit all participants. Group practice can also help facilitate community re-integration for survivors of abuse and trauma. However, practitioners often do not have the skill set to carry out group practice.

This training teaches both the necessary group processes as well as group intervention skills to allow for dynamic yet safe engagement with clients. Group theory will be explored in terms of conceptual approaches as well as examining the differences between psycho-education versus process work. Participants will gain experience using group techniques such as Opening Circle, Testimony, as well as others. Ultimately, **Group Theory & Practice** will create the confidence for counsellors to expand their services to groups – regardless of the service provided.

### Audience

This training is ideal for healthcare professionals, case counsellors, addiction workers, victim services advocates as well as other front-line staff who clinical engage with clients.

Note: Due to the experiential nature of this training, we recommend two *Men & Healing* trainers to deliver **Group Theory & Practice**.

*“5++ for presenters. Exceeded expectations! Will be attending another training. So very glad I signed up for all the sessions. This was very much more than I expected and I will do more research (books, etc.) on my own. Thanks!” - Training Participant*



## Curriculum Detail

Day I - 9:00 a.m. to 4:30 p.m.

### Welcome and Introductions

#### Structure of Safety & Trust:

- Opening Circle
- Group Guidelines
- Rituals

#### Nature of Therapy Groups:

- Group Formation
- Preparation
- Assessment
- Group Composition
- Group Size
- Closed vs. Open
- Brief vs. Long Term

### Evidence-Based Group Therapeutic Factors

#### TIM Theory

#### Fish Bowl I: The Group Experience

#### Four Main Stages of Group Therapy

#### Closing Remarks

## Curriculum Detail

Day 2 - 9:00 a.m. to 4:30 p.m.

Welcome to the Day

Leadership

Co-facilitation

Fish Bowl II: Enhancing Leadership Skills

The Role of Psycho-Education

Fish Bowl III: Enhancing Psycho-educational Engagement

Group Trauma Therapy:

- Gendered Reconciliation with Group Work
- Interpersonal Repair with Group Work
- Structure for Trauma Programming

Closing Remarks & Evaluation

## Lead Trainer

### **Rick Goodwin, MSW, RSW** **Clinical Director**

Rick is a clinician and trainer on issues concerning men's mental health. Much of his work over the past 20 years has focused on male sexual trauma – managing both regional and national initiatives in Canada. Aside from being the Clinical Director for *Men & Healing: Psychotherapy for Men*, he is also the Clinical Trainer for the American non-profit organization *lin6, Inc.* where he conducts training for professionals on issues of trauma and recovery as well as facilitates their online trauma recovery group programming.

His training work on engagement strategies concerning gender, violence and trauma has taken him throughout Canada and the USA as well as Jamaica, England, Japan, Guam, South Korea, Cambodia and India.

Among his publications, Rick co-authored *Men & Healing: Theory, Research and Practice with Male Survivors of Childhood Sexual Abuse* (2009) – a guidebook is now being used to formulate services internationally. He also co-authored the upcoming Australian guidebook *Foundations* (2017) and contributed to three other edited books on the subject. Additionally, Rick was the author for Health Canada in their investigation concerning the correlation between men's experience of HIV and sexual violence.

Rick is the inaugural recipient of the *Attorney General's Award of Distinction* for his work in “developing and implementing innovative victim service programs” (2007).

## Additional Information

- Participant handbooks with copies of all presentation materials and other useful resources can be made available.
- Training content can be adapted to the needs of specific audiences.
- An evaluation can be conducted, including a summary of findings prepared for organizers and/or funders.

### **For training fees and scheduling, please contact:**

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