

PAGPS Consultation Group Statement of Purpose

As humans, we are all subject to the same successes, disappointments and pain and suffering as our clients.

As therapists, we experience or will experience the full range of feelings that our clients and groups experience.

Our feelings and identifications with our clients are our most powerful tools to understanding our groups.

While training and experience helps the group leader know where (individual, subgroup, group as a whole) how and when to intervene, most often the leader's confusion is a result of defended against uncomfortable feelings towards or in concert with the group/members.

The consultation group members help one another surface, identify and better tolerate feelings that arise in the group and the leader, whether they are induced or come from one's own subjective experience.

The ability to hold the groups feelings and one's own leads to the development of the leader's "professional ego" and a greater capacity to understand and effectively lead groups.

The consultation group leader's role is to help group members develop their professional ego as well as help identify possible interventions arising out of a better understanding of the presented group's dynamics.

Consultation group members are invited to present situations that are confusing to them. The group is invited to respond freely with their own reactions without regard to "right or wrong, appropriate or inappropriate or "professional or unprofessional." This open discussion is meant to help the presenter allow into awareness what they might have suppressed, as well as the creation of a parallel process that helps illuminate the process in the "case" group.

Expectations

Group members are asked to come on time and leave on time.

Please turn off all distractions and treat this group as if it were the group you are running.

In the service of containing and using inevitable anxieties, please do not eat or drink while participating.

Please treat all material as confidential.

If you won't be at the next group, let us know at the beginning of the session.

And above all, engage and have a good time.