



**SGH  
PGAHI**

POSTGRADUATE  
ALLIED HEALTH INSTITUTE

# Basics of Group Psychotherapy: Theory and Experiential Learning

3 June 2022

## Introduction

Implementing group psychotherapy goes beyond imparting content and skills.

Therapeutic change during group sessions is a complex process involving intricate interplay of group interactions and human experiences. Therefore, trained group leaders who are equipped with knowledge of group theories find themselves more effective in maximising the gains of the group setting.

Interested to engage in some experiential learning and observe a live demonstration of group theories and development? Join us at this course!

## Course Objectives

This course aims to enable participants to:

- Identify stages of group development
- Identify group dynamics and resistance
- Process the here-and-now
- Gain direct experience of group theories through experiential learning

## Course Outline

- The value and therapeutic factors of group psychotherapy
- A group leader's tasks at each stage of group development
- Essential components of pre-group meetings
- Overview of group process and its utility
- Examples of group resistance and how to address them

## Target Audience

Healthcare Professionals

## Quick Links

[FAQs](#)

[PGAHI Programmes](#)

[Training Calendar and Directory](#)

## Course Details

Date	: 3 June 2022
Duration	: 4 hours
Time	: 1pm to 5pm
Class size	: 30 participants
Device required	: Laptop/ Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date.)
Fee	: S\$180 (SingHealth) (inclusive of 7% GST) S\$200 (Regular)
	With VCF Funding*: S\$146 (Singaporean/PR) S\$173 (WP/EP/S Pass Holder)

*\*For NCSS member agencies and MSF-funded agencies only. Should PGAHI's reimbursement with NCSS be unsuccessful, the balance of course fees will be billed to the participant's organisation.*

## Teaching Faculty

**Ms Liew Shi Min** is a Clinical Psychologist at Singapore General Hospital and a Certified Group Psychotherapist with America Group Psychotherapy Association (AGPA). Her clinical work involves providing individual and group psychotherapy at both inpatient and outpatient settings. She also conducts public talks and training workshops for mental health professionals. A group psychotherapy specialist and member of the Science to Service Taskforce at AGPA, Shi Min established time-limited process group services in local hospitals and organised experiential learning groups for local clinicians.

## Registration

To register (Internet access is required), scan the following QR code or click on the web link. Registration closes on

**13 May 2022.**



<https://form.gov.sg/62319f7df50044001221b348>

Upon registration, you agree to [Terms & Conditions](#) of PGAHI.