



TRAUMATOLOGY INSTITUTE

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Group Approaches with Trauma Survivor Clinical

Course Outline

Become Trauma Informed Today



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Course Outline

TI-205 – Group Approaches with Trauma Survivor - Clinical

Course Description:

Group Work with Trauma Survivors explores clinical models of group intervention with trauma survivors. Therapeutic group approaches with recovery and personal awareness components will form the basis of this program. Various types of program promotions and intake/admission procedures will be addressed.

Who Would Benefit From Participation:

This course will benefit psychologists, social workers, master's level counselors and other skilled mental health professionals who work with trauma survivors or wish to gain skills to do so. Participants will enhance their practice specialty in the area of trauma recovery with a specific focus on group work for those who have been directly exposed to trauma.

Learning Objectives:

- Group treatment approaches for work with trauma survivors that include:
- Supportive, Therapeutic, and Resiliency Enhancement Models
- Group intake procedures
- Promotion and program development approaches
- Learn underlying principles of group dynamics
- Addressing the needs of trauma survivors in a group format
- Selecting an appropriate group model for the needs of your treatment setting and client base
- Practical applications of group models with trauma survivors

Course Evaluation:

Students are required to complete all training components in order to successfully complete this program

Required Course Reading:

Group Approaches with Trauma Survivors (Manual for Course TI-205).



TI-205 – Group Approaches with Trauma Survivor – Clinical Contents

Unit I – Professional Issues in Group Work

- ◆ What qualifies as trauma?
- ◆ The value of doing trauma work in a group format
- ◆ Overview of Different Models for Group Work
 - ◆ Types of Groups
 - ◆ Definition of purpose and goals of group
 - ◆ Group member selection
 - ◆ Group Protocols
 - ◆ Participant Fit
 - ◆ Participant Needs
- ◆ Group Dynamics
- ◆ Promotion and Program Development

Unit II -- Resiliency & Recovery Model

- The Resiliency and Recovery Model
- Stressors, Triggers & Early Warning Signs
- Psycho-Education Stress Reactions
- Stabilization
 - Stabilization Exercises
 - Grounding & Containment Exercises
 - Deep Breathing Exercises
 - Deep Relaxation & Imagery
 - Safe-Place Visualization
- Self-Reflection
 - Mindfulness Exercises
 - Feeling in Your Body vs. Alexithymia
 - Journaling
 - Pain monitoring
 - Being your own Wise Counsel (Positive Self-Talk)
- Memorials
 - Letting Go
 - Rituals
- The value of doing trauma work in a group format

Unit III -- Evaluation Assignment

- Group Program Template
- Identify a clientele who might benefit from group work
- Rationalize what type of group work that would be of most beneficial for the clientele
 - Briefly describe how each of the issues below would be addressed in preparation of your group:
 - Types of Groups
 - Definition of purpose and goals of group
 - Group member selection
 - Group Protocols
 - Participant Fit
 - Participant Needs
 - Group Dynamics
 - Promotion and Program Development