Group Strategies in Education, Health, and Mental Health

Registration Form

Date: _________________________________
Participant Name: _____________________
Address: ______________________________________
_________________________________________________
Email Address: ____________________________
Phone: _____________________________________

Payment of $95 per person/one day; $175 per person/two days; UMaine students $50 per student/one day; $95 per student/two days is required at the time of registration and includes lunch and refreshments. A limited number of need-based scholarships are available.

☐ I plan to attend on ____________________________
☐ I am a UMaine student
☐ I have enclosed a check made payable to the University of Maine.
☐ I request a certificate of CEU’s at a cost of $20.*
*Please note that you will be issued a certificate of contact hours at no charge.

To register online: hutchinsoncenter.umaine.edu/
Refund Policy: Full refund if canceled within 14 days of start date.

Program Goals and Outcomes

At the conclusion of the program, participants will:
• develop respect, enthusiasm and a skill base for group work,
• understand the barriers and strategies for initiating group work practice,
• gain insight into the dynamics, process and skills involved in group practice,
• appreciate the team model in mental health, educational and health care settings,
• have experienced the roles of member, leader and observer in a group,
• become aware of personal issues and biases, counter-transference that may interfere in their role as group leader, and have an experiential and intellectual understanding of group work.

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**Group Work is Alive and well...**

*This workshop will spark or reinforce an already present interest in groups, as well as a skill base in your professional lives.*

**Workshop Facilitator**

Dr. Wendy Satin Rapaport, PsyD, LCSW is a licensed clinical psychologist on the faculty at the University of Miami School of Medicine Diabetes Research Institute and the University of Maine, Graduate School of Social Work and is in private practice in Boca Raton, Florida. She has specialized in individual, marital, family and group therapy for more than 30 years.

A professional writer, Dr. Rapaport has published more than 35 articles on this subject and lectures around the country. She was awarded the National Health Information Award for her book, “When Diabetes Hits Home: The Whole Family’s Guide to Emotional Health”.

Additional books authored by Rapaport include, “Approaches to Behavior: Changing the dynamic between patients and professionals in care and education”, “On the Couch with a Good Enough Poet”, and “Friendship Matters: Memoir, Life Lessons, Laughter”.

Email Wendy Rapaport at wen4jim@gmail.com

**Day One**

- Introduction to the power of groups in creating support, mood and changing behaviors
- Therapeutic or curative factors that make groups work, e.g., universality, catharsis, altruism, socializing and hope
- Psychosocial issues in health care addressed in groups
- Personal issues and biases and countertransference that may interfere in your role as group leader
- Experience the effectiveness of groups as a group member and as an observer
- Practice group work skills, diversity and sensitivity

**Day Two**

- The power of group work in team meetings, professional meetings and in healthcare environments
- Insight into how to predict, normalize and handle problems in leading groups
- Appreciation for the stages of groups
- Teach your clients, patients or students how to recognize and regulate emotions
- Dealing with conflict within the group.
- Experience the effectiveness of groups as a group member and observer
- Expand practice in group work skills
- Encourage communities, clients and their families to become interested in group work

**The Value of Group Process**

The assets of group process, beyond cost effectiveness and reduced isolation for patients and leaders alike, can be utilized in varied situations: teaching, team meetings, psycho-educational issues in healthcare, workshops, communities, organizations, businesses, sports teams, counseling and psychotherapy. The combination of cognitive and experiential learning in this program will leave you with a solid understanding and commitment to initiate group work practice in your professional settings. You will become aware of your own responses to your clients (patients, students) and improve your ability to regulate your affect with thought and good judgment.