



Palm Beach County  
Board of County Commissioners

Palm Beach County  
Youth Services Department  
Residential Treatment and Family Counseling Division  
Education and Training Center



# Absolutely Nearly Everything You'll Need to Know about Group Therapy: A Survival Guide for Group Therapists

**Presented by Mitchell R. Gordon, Ph.D., ABPP**

**Wednesday, October 26, 2022**

9:30 am - 11:30 am

**\*Location: Zoom Remote Video Conference\***

Once registration is confirmed, link to access the training will be provided

## **Registration Fee:**

There is no cost associated with this presentation

## **Continuing Education:**

No CE credits will be offered

## **Registration Link:**

<https://www.surveymonkey.com/r/WTBF5QF>

*If you have trouble accessing the survey, please copy the link and paste it directly into your browser.*

Registration closes at 3:00 pm on October 25, 2022

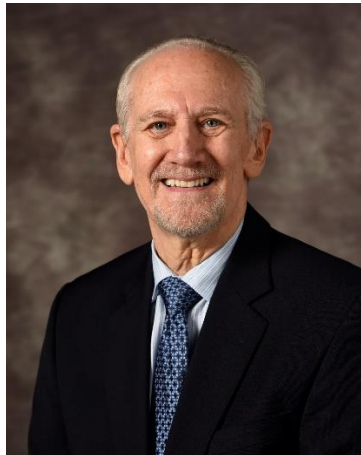
## Description:

This presentation is intended for those conducting group therapy in mental health settings. It will cover an overview of group therapy, preparation for group work, advantages of group therapy, therapeutic factors, stages of group development, group size and duration, client selection, transference and counter transference, and working with a co-therapist. It will also address different types of groups that the group therapist is likely to experience, such as psycho-educational groups, interpersonal groups, theme groups, and self-help groups. Specific issues to be addressed include fees, treatment notes, group exercises, and maintaining a process focus.

## Learning Objectives:

- 1) Participants will be able to summarize the important aspects about group therapy
- 2) Participants will be able to identify essential elements in preparing to conduct a group
- 3) Participants will be able to identify issues of importance for consideration by group leaders

## Presenter:



**Dr. Mitchell Gordon** is Board Certified in Clinical Psychology, and Clinical Child and Adolescent Psychology. He received his Ph.D. from the University of Mississippi and is a Fellow of the American Academy of Clinical Psychology and the American Academy of Clinical Child and Adolescent Psychology. Dr. Gordon directed multi-disciplinary day treatment programs for severely emotionally disturbed children and adolescents and their families in Miami for 30 years and was the Director of Training for an APA-accredited doctoral internship program. He now resides in Jacksonville and is in private practice, seeing children, adolescents, families, and couples and individual adults. He chairs APA doctoral internship accreditation site visits nationally and is on faculty in the graduate psychology program at Nova Southeastern University. Dr. Gordon is on faculty at the University of Florida medical school, training and supervising psychiatry residents and fellows at their Family Therapy Clinic. Dr. Gordon extensively studied group therapy in graduate school, becoming the focus of research for his doctoral dissertation. He conducted many therapy groups in various settings, teaches graduate group therapy courses, and supervised doctoral practicum students and interns in group therapy for nearly 40 years.

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**Disclaimer:** The information presented in this program is based on methodological, theoretical, research, or practice knowledge base. The program is based on information from professional resources. Limitations of the content being taught are acknowledged, recognizing that there are additional resources available not referred to in this program. There is no commercial support for this program.

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**Space is Limited:** Registration is accepted on a first-come, first-served basis. Only the first 200 registrants will be able to access the training link.

**What to Bring:** A pen and paper for taking notes. You may wish to use your personal headsets/earbuds for enhanced audio quality.

**Accommodations for the differently abled:** Individuals needing special accommodations, please contact [Cristal Montepeque](#) at (561) 233-4460.

**Registration contact person:** Cristal Montepeque at (561) 233-4460 or [CMontepeque@pbcgov.org](mailto:CMontepeque@pbcgov.org)

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## Zoom Instructions

If you have never used Zoom before, you will need to click on the attendee link (below). Once you click join you will be prompted to download and install Zoom. You may also download the Zoom app on a computer or mobile device.

Please register for the webinar and make sure that software is working prior to Wednesday's 9:30 webinar.

### How to Ask Questions During Zoom:

1. Click the Chat icon in the top toolbar.
2. Use the "Send to" drop-down menu to select the recipients of the message.
  - **Everyone** – All participants will see the message in their Chat pane.
  - **Organizer(s) only** – All organizers will see the message in their Chat pane.
  - **Individual attendee** – Only the selected organizer or attendee will receive the private message.
3. Type your message in the text field, then click **Send**.

Please click the link below for more help:

<https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>