



N G P S

Nashville Group Psychotherapy Society (NGPS) Presents:

4-Week Experiential Process Group

Christina Oliver, LPC-MHSP, CGP

Workshop Summary

The Nashville Group Psychotherapy Society (NGPS) seeks to promote awareness of the benefits of group therapy and to provide learning opportunities for people interested in group.

Learning through experience (being a participant in a group) is a hallmark of group training and helps give practitioners the necessary skills to start and lead the kinds of groups that can change people's lives over time.

This four-week group (limited to 9 participants) will give folks a sense of what it's like to be in a modern analytic/interpersonal co-led process group, provide a forum to discuss and ask questions about the group process, including interventions made, and an introduction to how to start and lead a group in one's practice.

Group participants will meet and work as a group for 75 minutes each meeting, and there will be 15 minutes for discussion and questions following.

Learning Objectives

- Experience a felt sense of what it's like to work in a group
- Identify people who are likely to benefit from being in a group
- Describe some of the unique benefits of group treatment
- Address concerns that keep therapists from starting groups
- Understand the importance of a clear group agreement

When: Wednesday mornings
(4/1, 4/8, 4/15, 4/22) from 8:00-9:30 am

Where: 1901 Acklen Avenue, Nashville, TN 37212

Cost: \$50 total for all four sessions. We encourage people of all stages of professional development to attend.
There will be no CEUs provided for this event.

Registration is first come first served.

Workshop limited to 9 participants!

Register by visiting:

<https://www.nashvillegps.org/#/>

ADA: If you have accessibility needs, please contact Christina Oliver at (615) 973-1090.



About Christina

Christina is a licensed professional counselor and certified group therapist who has been practicing in Nashville since 2011. In her private practice, she works with adults in both individual and group therapy and enjoys helping people working through life transitions, grief, family of origin issues, trauma, and exploring creative pursuits.

Christina currently leads five weekly process groups in her private practice, including one for therapists. Christina's training in group process has been ongoing since 2012.

When she's not working, Christina enjoys making documentary films with friends and looking for birds with her husband.

Learn more about her practice at:

www.christinaolivertherapy.com