

Coming this May!

“Fundamental Principles of Modern Analytic Group Therapy”

Instructors: Avi Dressler, LMFT, CGP & Christina Oliver, LPC-MHSP, CGP

This 10-week course is designed to support therapists in forming and leading productive and dynamic psychotherapy process groups. Students will read two articles per week covering a broad range of theory and technique, beginning with a basic introduction to modern analytic group therapy. Each 90-minute session will include didactic instruction, interpersonal process, and discussion.

Topics include *Getting Started with a New Group*, *Basic Techniques*, *Transference and Countertransference*, *Affect Education*, *The Role of Contact*, *Regression*, *Mentalization & Epistemic Trust*, *Attachment and Mattering*, *Challenges in Group*, and *The Group Therapist's Professional Ego*.

15 CEUs Available

Learning Objectives:

- Identify criteria for readiness and formulate a preparation process for potential group members
 - Identify the basic techniques of modern analytic group leadership
 - Define the elements of progressive emotional communication
 - Identify the hallmarks and healing potential of regressive self-states in group
 - Explain the concept and functions of the secure base in attachment theory
 - Provide examples of productive and destructive expressions of aggression in group
 - Define mentalization and describe its relationship to epistemic trust
 - Identify the five major sources of counter transference resistance in the group leader
 - Articulate the potential impact of the therapist's shame on group leadership and the importance of making mistakes
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Time: Wednesday mornings from 8:00-9:30 a.m.

Dates: 5/6, 5/13, 5/20, 6/3, 6/10, 6/17, 6/24, 7/8, 7/15, 7/22

Location: 1901 Acklen Avenue, Nashville, TN 37212

Cost: \$75 per session

15 CEUs will be available for this course for an additional \$39.99 upon completion. Attendance at all ten meetings is mandatory in order to obtain CEU's.

To register: contact Avi Dressler at avi.dressler@gmail.com

About Christina



I am a certified group psychotherapist and licensed professional counselor who has been practicing in Nashville since 2011. I work with adults in both individual and group therapy. I enjoy helping people working through life transitions, creative challenges, grief and loss, family of origin concerns, anxiety, interpersonal issues, and trauma.

I have advanced training in EMDR and modern analytic group process from the Center for Group Studies and the American Group Psychotherapy Association. I'm the immediate past-president and current treasurer of the Nashville Group Psychotherapy Society, which was founded to foster a vibrant group therapy culture in Middle Tennessee. I am also past chair of the Nashville Psychotherapy Institute.

I currently lead five weekly process groups in my private practice, including one for therapists. I have participated in ongoing training groups myself since 2012, which I consider a key part of my personal and professional development.

Learn more about my practice at www.christinaolivertherapy.com

About Avi



I am a certified group psychotherapist and licensed marital and family therapist who has been practicing in Nashville since moving from Rochester, New York in 2019. In my private practice, I work with individuals (adolescents and adults), couples, families, and groups. I take an integrative approach to my work, blending psychoanalytic, psychodynamic, and family systems frameworks.

I have trained in modern analytic group process at the Center for Group Studies and the American Group Psychotherapy Association. I trained in the clinical application of Self-Determination Theory during my time at the University of Rochester Medical Center. I'm the current secretary and president-elect of the Nashville Group Psychotherapy Society and a past board member of the Nashville Psychotherapy Institute.

I currently lead a weekly process group for therapists in my private practice, as well as a monthly Somatic Abolitionism group for therapists in association with the Nashville Psychotherapy Institute. My interest in group therapy began in 2009 and has not let up since – it is a modality that has helped me personally and professionally more than any other.

Learn more about my practice at www.avidressler.com