

The University of Hong Kong  
Department of Psychology

*Departmental Seminar*

***What's different about group psychotherapy?  
What a group therapist needs to know***

Date: May 23, 2012 (Wednesday)  
Time: 11:30 a.m. to 12:30 p.m.  
Venue: Room 624, Knowles Building, HKU  
Speaker: Dr. Nina Thomas, Ph.D., ABPP, CGP  
Adjunct Clinical Associate Professor  
Chair, Specialization in Trauma and Disaster Studies  
NYU Postdoctoral Program in Psychotherapy & Psychoanalysis  
U.S.A.

Group psychotherapy has been demonstrated to be an effective modality for relieving patients' suffering and improving their functioning in personal and professional contexts. The application of a practitioner's skills, often learned with individuals, to group contexts requires a shift in the theoretical bases for understanding what is going on in the clinical encounter -- from dyadic to systemic to group dynamics.

This presentation will focus on developing the clinician's awareness of group and system dynamics alongside the developmental, dyadic and interpersonal understandings that the therapist brings. Along with a discussion of the various processes present within a therapy group, I will address the therapist's task of tracking both individual and group processes and determining where and when to intervene. Clinical examples will enhance attendees' learning about process and choice points for the therapist.