

Exploring “The Group Therapy Experience” by Lou Ormont, Ph.D. and “Group” with Elliot Ziesel, Ph.D.

*Two separate 12-week reading/process groups for therapists and people interested in group process
Led by Zach Bryant, Ph.D., CGP*

Mondays: 3:30-5:00 p.m via Zoom

or

Fridays 8:30-10:00 a.m. In Person

These groups are for anyone interested in diving deeper into the world of group process—whether you’re a therapist looking to learn or enrich your skills or someone curious about how group dynamics can foster growth.

During each of the 12 meetings, participants will meet as a working process group for the first 75 minutes, followed by 15 minutes of questions/answers along with didactic instruction. During the process portion of the groups, members will be encouraged to share their thoughts and feelings about the readings and videos as well as about the dynamics unfolding in the group.

Participants will read Lou Ormont’s book “The Group Therapy Experience” over the first 8 weeks, which is a useful book about the practical applications of modern analytic group techniques.

Ormont offers guidance on forming groups, deepening emotional engagement, resolving resistances and transference, and fostering transformative connections unique to group work. Many of the techniques and dynamic conceptualizations are useful for individual therapy as well.

In the last 4 weeks, participants will watch “Group,” a dramatization inspired by Irvin Yalom’s book *The Schopenhauer Cure* where the group therapist in the series (“Ezra”) is actually played by one of Lou Ormont’s students, Elliot Ziesel, Ph.D.. It is an interesting fictional depiction of a working group.

Each participant must purchase the book and schedule one individual session to review the group agreement and discuss fit and goals for joining the group.

Times/Location: Online option or in-person option:

Mondays via zoom (1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/9, 3/16, 3/23, 3/30) 3:30 - 5:00 p.m.

Fridays in person (1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/13, 3/20, 3/27, 4/3) 8:30 - 10:00 a.m.

Cost: \$80/group session and \$200 for the single individual session

Register: Contact me directly at (615) 975-0346 or

Other: I welcome you to participate in more than one of my groups if you’re interested.



I’m a licensed psychologist who has been in private practice in Nashville since 2011. Some of my areas of interest include relationship issues, family of origin concerns, existential struggles, addiction/codependency/ACOA recovery, and grief. I provide individual, couples, and group therapy for adults, and if I had to do one kind of work all day everyday it would be to lead ongoing process groups with folks who are motivated to learn and grow. Learn more about my practice and groups at: www.zachbryant.com