

“The Group Therapy Experience” by Lou Ormont

A 8-Week Training/Reading Group for Therapists

Zach Bryant, Ph.D., CGP

Training Summary

The goal of this 8-week training (limited to 10 people) is to help participants learn about modern analytic group leadership while also getting a sense of what it's like to be in a modern analytic group. Participants will read Lou Ormont's book “The Group Therapy Experience” - a useful book about the practical applications of modern analytic techniques. Many of the techniques and dynamic conceptualization are useful for individual therapy as well.

In addition to describing how group can be helpful to clients in a variety of ways, Ormont delineates practical suggestions for group therapists on how to form groups, how to deepen group members' subjective engagement, how to foster communication between members that is emotional in nature and progressive, and how to resolve resistances and transference relationships that play out in a group. He also clearly demonstrates how group can help people in ways individual therapy alone cannot.

Group participants will meet and work as a training group for 75 minutes each meeting. This will include general process work and reflections on thoughts/feelings regarding the reading for the week. There will be 15 minutes of didactic instruction and discussion and questions following each group. Each group member will need to purchase “The Group Therapy Experience” book and schedule a single session to discuss the group agreement and their goals for joining the group.

Learning Objectives

- Understand the role of the group agreement in group therapy
- Identify individuals who are likely to benefit from group treatment
- Understand the role of immediacy in group therapy
- Identify and some common resistances in group settings
- Implement the technique of bridging to enhance group cohesion
- Understand the role of transference and countertransference in group dynamics
- Identify progressive emotional communication between group members
- Integrate feedback mechanisms to enhance group effectiveness

When: Fridays (5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/13, 6/20) from 8:00 - 9:30 a.m.

Where: 4205 Hillsboro Pike, Suite 310, Nashville, TN 37215

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

CUEs: 12.00 APA Approved Continuing Education Units will be made available for individuals who attend all sessions.

Contact Zach Bryant at (615) 975-0346 or zacharyebryant@mac.com with questions or to register.

About Zach

I am 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.

I have been an integral part of bringing group therapy trainings to Nashville and currently lead five ongoing interpersonal process groups for adults - one of which I co-lead with my partner/wife, Ruth Bryant, LCSW. We have been married since 2005 and have a teenage daughter and son along with a new puppy.

I continue to be involved in ongoing group process experiences myself and think being in well-led groups is one of the most powerful ways to learn and grow as a person. More information about my practice can be found at www.zachbryant.com.



Registration is open to licensed professionals and students in mental health related fields and individuals who want to learn more about group process. This workshop is appropriate for professionals of all levels of expertise: introductory, intermediate, and advanced.

Instructional methodology: Didactic, experiential exercises, case examples.

ADA: If you have accessibility needs please, contact Zach Bryant at (615) 975-0346.