

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

*A 12-Week Training/Process Group for Therapists and People Interested in Group Process*

Led by Zach Bryant, Ph.D., CGP

Fridays: 8:00-9:30 a.m. - Nashville, TN (Green Hills) - \$80/session

This 12-week experience (limited to 10 participants) offers an experiential introduction to modern analytic group participation and leadership.

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 group, members will be encouraged to share their thoughts and feelings related to the readings and videos along with 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 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 Shopenhauer Cure* where the group therapist in the series (“Ezra”) is actually played by one of Lou Ormont’s students, Elliot Ziesel, Ph.D.. It’s an interesting depiction of a working group.

Each participant must purchase the book and schedule one individual session to review the group agreement and discuss 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 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 (9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12)

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 individual session

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



My name is Zach Bryant, and 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 played an integral role in bringing group therapy trainings to Nashville and currently lead a variety of groups for adults, one of which I co-lead with my partner/wife, Ruth Bryant, LCSW ([www.ruthbryant.com](http://www.ruthbryant.com)). We have been married since 2005 and have a teenage daughter and son. More information about my practice can be found at [www.zachbryant.com](http://www.zachbryant.com).

I love working with folks from all walks of life and am especially drawn to helping people who are eager to learn, committed to personal growth and who want to be more present in life. I am also committed to making more group therapy experiences available to therapists.

Scan the QR code below to read my article "[Why Join An Interpersonal Therapy Group?](#)" or to see my current group offerings.

Contact me directly at (615) 975-0346 or [zacharyebryant@mac.com](mailto:zacharyebryant@mac.com) if you are interested in joining a group or would like additional information.



[www.zachbryant.com](http://www.zachbryant.com)

**Note for therapists:** I welcome your interest in any of my groups, not just those specifically for therapists, and would be glad to connect!