



TREVOR ARMITAGE **HERE AND NOW THERAPY**

PSYCHOTHERAPY, GROUP THERAPY, SUPERVISION & TRAINING

www.hereandnow.com.au

WORKING WITH HERE-AND-NOW: OCTOBER 2023 WORKSHOP

In clinical practice the therapeutic relationship and group therapy cohesiveness are essential for positive outcomes. Exploring **Here-and-Now** interpersonal interactions in therapy settings can enhance deep interpersonal learning, self-understanding, and healing. However, as practitioners we may find it challenging to address these moments as they arise in our clinical work.

In this PACFA and ACA Endorsed workshop **Trevor Armitage** will explore the therapeutic power of interpersonal learning in Individual and Group Therapy settings and provide practical guidance and hands-on experience of facilitating the **Here-and-Now** process.

Facilitator: Trevor Armitage

Trevor is highly experienced as a group therapist, psychotherapist, workshop trainer, educator, and supervisor. He has run many process groups for psychotherapist trainees as well as professional development process groups for clinical practitioners. In his private practice he runs group therapy for his clients.

Workshop Aims:

- Explore the power of interpersonal learning and feedback and observe others' facilitation skills.
- Expand your skills by facilitating the **Here-and-Now** process emerging in the workshop
- Understand how to use **Here-and-Now** in both individual and group therapy
- Gain understanding of therapeutic benefits of utilising **Here-and-Now** process.
- Widen your knowledge of theory of Interpersonal approach to individual and group therapy

Trevor establishes a respectful and supportive container allowing time to reflect, debrief and integrate learning. The experiential workshop environment encourages participants to:

- step into the facilitator role under his guidance
- explore interactions between participants.
- give and receive feedback about your style of working with **here-and-now**
- discuss how the whole group is functioning.

Participant Feedback:

"The workshop was fantastic! I wouldn't change a thing! I was really impressed by how you started off with process with you as facilitator, then went to theory, then we each got a taste of facilitating. The dual process of having my own real-life triggers running parallel to my learning meant that what I learned really stuck with me. Thank you for a great experience, as always, challenging, thought provoking and ultimately shifting and changing me at depth."

Where: Suite 2, 35 Hume St, Crows Nest

When: Online, Friday evening, 6 - 8pm, 13th October 2023

In person, Sat 14th and Sun 15th October 2023. 9.00am to 4.30pm

Cost: \$700 + GST

To register please contact Trevor on 0411 125 153 contact@hereandnow.com.au.

CPD: 14 hours PACFA & ACA Endorsed CPD



INFORMATION FOR PARTICIPANTS

Preparation before Workshop

Prior to the workshop you will receive a summary of the relevant theory, a copy of the chapter I contributed to the book entitled 'Groupwork in Australia'. I encourage you to review the material before the workshop and note any questions you would like to ask.

What to expect

Maximum of 12 participants

Tea/rest breaks at mid-morning and mid-afternoon. Lunch break (1 hour).

CPD certificates will be emailed following the workshop.

The online session will comprise introductions and teaching content which includes a summary of relevant theory. Via the share screen function of Zoom, I will present the content using power point slides. Using the zoom breakout rooms, we may do some small group discussion and activities.

Workshop Structure

- A mutual aid learning approach is adopted; this includes sharing experiences, discussions, and brainstorming.
- Personal and group goals and agreements will be established.
- Exploration and discussion about taking a **here-and-now** approach in clinical practice.
- With my guidance you can practise **working with Here-and-Now** by leading the group.
- Practical tips will be provided on how to bring a **here-and-now** focus to the group.
- Ample time will be provided for debriefing, individual reflection, asking questions and integration of theory and practice.
- You are encouraged to explore your own interpersonal style/behaviour and to be open to giving and receiving interpersonal feedback and support.
- Sometimes strong feelings can be evoked in experiential process work - this means you taking responsibility for your own learning and well-being.
- My commitment is to support your personal/professional learning and the development of your skills of **Working with Here-and-Now**, whilst also maintaining a supportive and respectful workshop environment.



Practice sessions

The aim is for participants to have the opportunity to facilitate the group process for approximately 20min followed by approximately 20min of feedback and reflection. Your task as the facilitator will be to guide the group into examining the group process. With my support, you are invited to bring to the group's attention:

- non-verbal behaviour and participation
- group norms and cohesion and whole group dynamics
- expression of power and influence
- Individual behaviour of, and relationships between participants
- group roles and group stages

You will receive feedback from me and the group members about your facilitation. Depending on time constraints it may not be possible for all participants to facilitate separately, and some may need to pair up and co-facilitate the group process.

Online Session:

The zoom link will be emailed beforehand. To maximise your workshop experience, I propose the following guidelines:

- Set yourself up in a quiet area/room with good lighting.
- Try to arrange privacy and ask others to not disturb you during the workshop.
- Have drinks, pens and note pads, and wear comfortable casual clothing.
- Use a laptop, PC, tablet etc and not a smart phone. On the small smart phone screen, it not possible to see all the other participants.
- If you are not familiar with the zoom platform, I recommend you make sure you have downloaded the free version of zoom and familiarise yourself with it. Please ensure you select "gallery view" during the workshop.
- The zoom link will be sent the day before, so for the Friday evening session, at/just before 6pm, please click on the link to join the workshop.
- During the online session it may be necessary to mute your microphone when someone else is talking. Remember to turn on your microphone when you want to speak.
- At times internet service may drop out, or the audio or video freezes. We all need to be patient if this happens and reconnect as soon as possible. I will provide time to catch up if/when this occurs.