



TREVOR ARMITAGE HERE AND NOW THERAPY

PSYCHOTHERAPY, GROUP THERAPY, SUPERVISION & TRAINING

www.hereandnow.com.au

WORKING WITH “HERE-AND-NOW” IN CLINICAL PRACTICE

October 2026 Workshop

In clinical practice, irrespective of modality or clinical focus, attention to the therapeutic relationship is essential for positive outcomes. Exploring **Here-and-Now** interpersonal interactions within the therapeutic relationships, in Individual and Group Therapy settings can enhance deep interpersonal learning, self-understanding, and healing. However, as practitioners we may find it challenging to effectively address these moments as they arise in both individual and group therapy settings.

This workshop explores the therapeutic power of interpersonal learning and provides opportunities to develop skills and knowledge of using the **Here-and-Now** within counselling and psychotherapy practice.

Workshop Aims:

- Expand knowledge of the theory of Interpersonal Process Approach.
- Understand how to use **Here-and-Now** in both individual and group therapy
- Explore the power of interpersonal learning and feedback.
- Expand your skills by facilitating the **Here-and-Now** process emerging in the workshop
- Gain understanding of therapeutic benefits of using **Here-and-Now** process.
- Discuss the complexities of setting-up and sustaining group therapy in private practice

Facilitator: Trevor Armitage : **<https://www.hereandnow.com.au/about/>**

Trevor is a highly experienced group therapist, counsellor, workshop trainer, educator, and clinical supervisor. In his private practice he runs group therapy for his clients as well as professional development process groups for clinical practitioners. Trevor provides practical guidance and hands-on experience of facilitating the **Here-and-Now** process and he establishes a safe, respectful and supportive container allowing time to reflect, debrief and integrate learning.

Assisting and co-facilitating the workshop is **Marryam Chehelnabi**, a highly experienced interpersonal group therapist. See **<https://changes-psychotherapy.com/about-me/>**

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."

When: **Friday 2nd October 2026, 6 to 8pm, (online).**
 Sat 3rd & Sun 4th October 2026. 9.00am to 5pm, (in person)
Where: **Suite 2, 35 Hume St, Crows Nest, NSW 2065**
Cost: **\$800 (incl GST)**
CPD: **PACFA 15 hours Cat A, ACA 10 points OPD**

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

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INFORMATION FOR PARTICIPANTS

Preparation before Workshop

Prior to the workshop you will receive a pdf of the slides, a summary of relevant theory, and 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 workshop 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 activating the **Here-and-Now** by working with your peers in the workshop.
- Practical tips will be provided on how to bring a **here-and-now** focus.
- 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.



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Practice sessions

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

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

You will receive feedback from me and your workshop peers 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.