

COURSE DESCRIPTION

COURSE TITLE:	<i>THE SECRET TO AN EFFECTIVE THERAPEUTIC GROUP</i>
SUBJECT/CONTENT/SKILLS:	COUNSELING SERVICES/EVIDENCE-BASED MODALITIES/GROUP COUNSELING SKILLS/WORKING WITH RESISTANT CLIENTS
OHIO CONTENT AREAS:	PREVENTION R1 CHEMICAL DEPENDENCY C3
COURSE FORMAT:	ONLINE COURSE; DIGITAL WORKBOOK/ONLINE TEST & COURSE EVALUATION/ INSTANT TEST SCORES/DOWNLOADABLE COMPLETION CERTIFICATE
INTENDED AUDIENCE:	THIS COURSE IS APPROPRIATE FOR PRACTITIONERS OF ALL LEVELS AND IS APPLICABLE WITHIN VARIOUS PROFESSIONAL SPECIALTIES (ADDICTION, MENTAL HEALTH, ETC.) AND SETTINGS (CLINICS, SHELTERS, JAILS, ETC.)
CE HOURS:	10
COST (INITIAL/RENEWAL):	\$80/\$40
NUMBER OF PAGES: (INCLUDING INTRO MATERIALS)	84
NUMBER OF POST-TEST QUESTIONS:	30

NAMES/CREDENTIAL(S) OF PRESENTER/AUTHOR:

Kelly Sinclair-McClintock, MA, LICDC-CS, MCAP

Kelly has spent the better part of her career working with a criminal population, often within the walls of the jail system, and (oddly enough) has loved every moment of it. Kelly says, "it's easy to enjoy being institutionalized-when you have the keys to the joint"! (So true).

Since 2005, she has served as the CEO of Project Solutions, a social service organization that provides counseling services to a criminal population. Kelly has authored numerous professional training manuals and is a sought-after speaker/presenter.

EDUCATION/ACHIEVEMENTS:

- AA/BS Degree Criminal Justice/Sociology
- Master of Arts Degree, Professional Counseling
- Licensed Independent Chemical Dependency Clinical Supervisor (Ohio)
- Certified Masters Addictions Professional (Florida)
- Find Your Strong Campaign findyourstrong.info
- Graduate Leadership Stark County, 18th Class
- Commendations Stark County Jail Treatment Program 2006, 2010
- Recipient Bliss Scholarship Akron University, 1991
- Internship Capitol Hill, 1991

COURSE DESCRIPTION:

Therapeutic groups can be tricky! After all, the clinician is outnumbered in a group setting and that can be intimidating.

This candid course discusses what it really takes to operate an effective group. These innovative group principles were gathered during the author's

20+ years working in "real life" social service. Learn how to deal effectively with resistant clients, inspire meaningful change in behaviors, and specific clinical strategies to ensure an effective group. Discover the #1 benefit of group counseling (from the client's perspective) and learn *the simple test* that can tell you how well your clinical group is functioning.

This course is appropriate for practitioners of all levels. Course content applies to various client populations (i.e., addiction, mental health, etc.) and is relevant for services provided in a variety of settings (clinics, shelters, jails, etc.).

GOAL:

Participants will gain valuable knowledge and learn practical techniques to improve their group facilitation skills.

OBJECTIVES:

1. Participants will be able to identify, understand, and describe the key elements of an effective therapeutic group.
2. Participants will be able to identify, understand, and describe the benefits of client-centered therapy.
3. Participants will be able to identify, understand, and describe the importance of developing a rapport and establishing clear boundaries.
4. Participants will be able to understand and describe techniques to cultivate communication within a group.
5. Participants will be able to identify, understand, and describe techniques to effectively deal with resistant clients.
6. Participants will be able to identify, understand, and describe techniques for banishing denial and promoting accountability.
7. Participants will be able to identify, understand, and describe

effective confrontation methods to inspire meaningful change.

COURSE OUTLINE

- I. Introduction Materials (Tech Support, How it works, About the Author, Welcome, Disclaimers)
- II. Pre-test
- III. Good Groups are Easy, Right?
- IV. You're Stuck with Group
- V. Don't Get in a Group Rut
- VI. You're Dreaming of a Beautiful Group
- VII. An Effective Group; Suggestions, Tips, Tidbits, & Critical Steps
 - a. It's Not About You
 - b. Rapport, Boundaries, & Accountability
 - c. Group Rules & Enforcement
 - d. Clients Need Not Like You
 - e. Benefits of Group
 - f. Communication
 - g. Goals
 - h. Resistance & Confrontation
 - i. Meet the Clients Where They Exist & Inspire Baby Steps
 - j. Curriculums & Activity-based Exercises
 - k. Getting It
 - l. Never Allow a "Victim Stance"
 - m. Admission is Not Free
 - n. Back Pocket Strategies
 - o. Co-Facilitation
 - p. Do Not Waste Time
 - q. Spread the Love
 - r. The Litmus Test for an Effective Group

- s. A Sacred Place
- t. Love What You Do
- VIII. That's a Wrap
- IX. References/Bibliography/Good Reads
- X. Post-test
- XI. Course Evaluation/Survey