

Definition of a Therapeutic Group

Why is it important for a Counsellor to have experience of being part of a therapeutic group?

Being a participant and receiver within a group is a valuable experience for counsellors for personal development and in building reflective practices.

As a participant in the group a person learns to:

- actively and respectfully listen
- receive feedback from others
- stop and reflect
- interact in meaningful ways with others
- respond in considered and respectful ways with others
- be mindful of and learn about group dynamics

Overall a participant gains an increased knowledge of self and others with the opportunity for change and growth.

What sort of groups could meet these criteria?

Facilitated Groups: Psychodrama, Stress Management, Grief groups, Assertiveness groups, Personal growth, Psychotherapy groups, Anger Management etc.

Group work while studying could also be included.

Non-facilitated Groups: A group of people meeting to talk on a topic relevant to them, e.g. relationship difficulties, where the participants discuss the topic freely and a person gains new information, is set thinking and reflecting on their new learnings.

What is required in the application?

The applicant is asked to outline their personal experiences, self-examination, insights gained and reflections in their application. This may include writing about their vulnerabilities, personality features, gifts, strengths and areas for future development.