

Training programme in group psychotherapy

El-Sherbini, Amr M.

Menia Univ. (EGY). Fac. of Med.

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Groups are fundamental to human existence. Groups influence how the individuals see themselves and how they live their lives. Groups are intrinsic to growth. Although some individual and family therapy skills are common also to group therapy, the reality is that group counseling and therapy are different from other forms of mental health delivery, that is its strength. Because of such differences, specific training in group therapy is essential. The aim of the current presentation is to discuss program outlines (organizational development, defining the goals of the training program, formation of process groups, program core elements, supervised practice of trainees as a group leaders, recording group experience, other activities parallel to the group experience) The study also includes program evaluation (successes, drawbacks and recommendations).