

Run by Trauma Informed Schools and Communities UK (TISCUK) and Institute for Arts in Therapy and Education (academic partner of University of East London)

Advanced Certificate in Therapeutic Group Work: online (Children – aged 9 upwards, Teenagers and Adults)

Written and designed by **Dr Margot Sunderland**, leading psychotherapist and acclaimed child mental health author and **Graeme Blench Senior Psychotherapy Trainer** running therapy groups for over 30 years.

Unlock the power of group therapy with this dynamic, practice-based training designed to equip you with the skills and confidence to run transformational therapeutic groups for children, teenagers and adults. Guided by leading facilitators, you'll explore emotion-focused therapy, art therapy interventions, and psychoeducation to help people name, express and process painful life experiences. Learn how to empower all group members with the life skills of empathy, reflection, and emotional awareness whilst experiencing a true sense of belonging, often for the first time.

Discover key models of Group dynamics, Emotion focused therapy, Transactional Analysis, and trauma-informed practice, while gaining hands-on experience in small home groups, under the expert supervision from the trainers.

Many people tell us that these therapeutic groups have saved their lives

This makes perfect sense as studies show that thwarted belongingness, feeling worthless, disconnected from others, not valued are all very powerful drivers of suicidal ideation. In contrast, in these psychologically safe groups, people feel seen, understood and valued for who they are. Self-hate is undone with self-compassion, trauma-based shame with assertiveness, and feeling isolated and alienated with a strong sense of belonging.

Frightened at the thought of running groups?

Don't be! The training will enable you to feel very confident to offer this provision. The model we use is both time-structured and response-structured, so everyone feels emotionally 'held' throughout. The training also includes supervised facilitation practice in small home groups.

Course content includes:

- What makes a group therapeutic?
- Emotion focused therapy in groups
- Theory and practice of group facilitation
- Supervised practice of group therapy skills
- Using the arts in therapeutic groups
- From alexithymia to naming the pain
- Using psychoeducation in groups
- Supporting group members to develop empathy/psychological awareness
- Key theories of group dynamics
- Psychological games (T.A.) played in groups
- How community groups heal
- Family group dynamics reflected on not re-enacted
- Selection process, safeguarding and knowing when to refer on

Admissions

Counselling or psychotherapy qualification, or counselling/psychotherapy trainee status meaning at least 100 live training hours with a tutor present. And/or TISUK Diploma or wellbeing training equivalent.

Work based learning

You can attend the training even if you don't want to run groups at the moment. That said, for the award you will need to carry out work-based learning with a minimum of 8 therapeutic group sessions. You can always return at a later date when you have run groups, to take the assessment.

Fees: (early booking recommended due to limited places) £745 including the assessment day, or £645 without the assessment.

Courses starting termly

For more information

www.trauma-informed.uk or

email: info@traumainformedschools.co.uk

