

Education and Training Guidelines – Group Psychology and Group Psychotherapy

1. The program should have a training philosophy and purpose consistent with professional psychology standards and with the specialty's standards to emphasize the uniqueness of group psychology and group psychotherapy.

2. The program has a curriculum that ensures that the preparation includes sufficient knowledge, skills, and competencies at the doctoral level for the following topics.

- The history and development of group psychology and group psychotherapy.
- Theories and systems of group psychology and group psychotherapy.
- An understanding of group development theories and process.
- The role of group therapeutic factors for group members' healing, growth and development.
- Group leaders' skills, tasks and techniques.
- Empirically supported group interventions.
- The impact and roles for culture and diversity for group members, the group, and the leader.
- Group leaders' personal development, self-reflection, and monitoring of countertransference.
- Ethical, legal and professional standards relevant to group.
- Scholarly inquiry for groups that includes methods, data collection and analysis, and appropriate use for findings.
- Selection and use of assessment and measurement appropriate for groups.
- Group planning, facilitation, outcome assessment and follow-up.
- Applications for target audiences, settings and conditions. Examples include but are not limited to audiences such as children, adolescents, adults and the elderly; for settings such as inpatient, outpatient, schools, colleges and universities, business and industry; and for conditions such as medical illnesses mental and emotional disturbances, life transitions, personal development, and interpersonal relating and communication skill development.
- Supervised practice in leading groups.
- Consultation and supervision theories, issues and skills relevant for groups.

4. Additional provisions are in place to provide appropriate venues and considerations for obtaining the knowledge, skills, and experiences required in the curriculum. Provisions can include a combination of the following.

- Credit for previous formal learning experiences about group psychology and group psychotherapy such as doctoral level classes, practica, and internship.
- Documentation of supervised training, didactics, and the like during the APA approved internship.
- APA approved continuing educational units (CEU).
- Formal academic classroom instruction during doctoral level preparation.
- Supervised group leadership practice during doctoral level training, and/or the internship

5. The curriculum must include a minimum of 96 contact hours of approved didactic instruction. This is the equivalent of two university courses (48 hours each) and can be obtained in a variety of ways as described in item #4.

Group leadership skills development can occur at the practicum and internship levels and are expected to total a minimum of 50 contact hours as a group leader during which time there is also a minimum of 30 supervision hours. The program must ensure that the supervisor had the appropriate training and/or credentials to function in this capacity.