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www.PsychotherapyTools.com for therapists

The Healing Power of Groups

RECOMMENDED READING AND RESOURCE LIST

1. Abernethy, A. D. (2002). The power of metaphors for exploring cultural differences in groups. *Group*, 26 (3), 219-231. doi:10.1023/A:1021061110951.
2. Brown, N.W. (2018). *Psychoeducational groups: Process and Practice*. New York, NY: Routledge.
3. Gentry, M.T. (2019). Evidence for telehealth group based treatment. A systematic review. *Journal of Telemedicine and Telecare* , 25 (6): 327–342. <https://www.ncbi.nlm.nih.gov/pubmed/29788807>
4. Hardy, K. V., Laszloffy, T. A, The Cultural Genogram: Key to Training Culturally Competent Family Therapists (1995) *Journal of Marital and Family Therapy*. Vol. 21, No.3, pp 227 – 237.
5. Post, J.M., Robins, R.S (1993) *When Illness Strikes the leader: The Dilemma of the Captive King*, Yale University Press.
6. Singleton, G. (2014). *Courageous Conversations About Race: A Field Guide for Achieving Equity in Schools* (2nd ed). Corwin, CA: Corwin Press.
7. Steiner, A. (2019) *Help Your Group Thrive: A Workbook and Planning Guide*. Routledge, London.
8. Steiner, A. (2020). 3rd edition: *How to Create and Sustain Groups that Thrive: Therapist's Workbook and Planning Guide*. Routledge, London.
9. Steiner, A. *The Therapist's Professional Will: Guidelines for Managing Planned and Unplanned Absences*. Downloadable system, includes forms and templates. <http://www.PsychotherapyTools.com>

10. von Bertalanffy, L. (1969). *General system theory: Foundations, development, applications*. George Braziller Inc.

Vaclav Havel quote read about hope read during Centering ...

“Hope is a state of mind, not of the world. ...
It’s an orientation of the spirit. ...
Hope in this deep and powerful sense is not the same as joy
that things are going well ...
but rather an ability to work for something because it is good. ...
It is hope ... that gives us strength to live
and to continually try ...
even in conditions that seem ... hopeless ...
[for] ... life is too precious ...
[for] living ... without meaning, without love, and, finally, without hope.

Hope is not found; it is created.
Creating hope is far more possible when we do it with one another.”

RESOURCES

The *American Group Psychotherapy Association*: www.AGPA.org provides a wide range of resources, including tips for leading trauma survivor groups, as well as important Diversity, Equity and Inclusion statements, Access Guidelines, etc.

The American Psychological Association offers helpful resources and information. For example, <https://www.apa.org/topics/covid-19> provides helpful COVID-19 Information and Resources

GROK Cards: Identifying feelings and needs, available from: Center for Nonviolent Communication (name your feelings and needs cards) <https://cnvc-bookstore.myshopify.com/collections/helpful-tools/products/new-grok-card-games>

Online Video tips:

- Make sure that your audio is clear
- When using slides make them accessible: use sans serif fonts, with high contrast colors
- Enable closed captioning
- Have back-up plans:
 - For if a group member has an emergency and you need to contact someone, always know where the person is located in case emergency or medical attention is needed
 - Technical problems with the online platform: switch to phone etc.

Self-Care for Group Leaders

Reminders:

Working on Zoom is tiring

Modeling self-care is powerful!

Ergonomics Matter!

Kathy Burwell, OTR/L Ergonomics Specialist

<https://www.facebook.com/Kathy-Burwell-OTRL-105215618029305>

Online Ergonomic Self-assessment Tool: <https://ergo-assessment.com/> click on the free version and go through 7 sections of how to set up a work station (office or at home).