

EMBODIED AND RELATIONAL GROUP PSYCHOTHERAPY

An Experiential Process Group

Group Facilitators



Jeannie Songer, LPC, CGP

<https://www.jeanniesonger.com/>



Carlos Canales, Psy.D., CGP

<https://vidapsychotherapy.com/>

Inspiration

The need to be related to others is as basic as any biological need.

We are born for cooperation, like feet, like hands, like eyelids.

There is more wisdom, insight, and power in a therapy group than could ever come from one person.

Description

Life is experienced in relationships. Group psychotherapy provides an opportunity to explore our connection to ourselves, our bodies, and others in real time. This two-session demonstration is designed to showcase the transformative potential of facilitated group psychotherapy through a relational psychodynamic and somatic lens.

In current psychotherapy, the body is no longer viewed as a container for experience but is widely recognized as a fundamental participant in the co-construction of meaning. Utilizing the body in group work represents the cutting edge of psychological work.

We invite up to 10 clinicians to participate in this training. Participants will engage as group members while also having opportunities to discuss clinical decision points, observe group dynamics, and reflect on their experience.

Whether you are new to group work or seeking to deepen your understanding of group dynamics, this training offers you an opportunity to learn about yourself and enhance your appreciation of the complexities and possibilities inherent in group psychotherapy.



Location and Schedule

1235 SE. Division St, Suite 203B, Portland, OR 97202

8:30 Introduction

8:45 Session 1

10:30 Session 2

Cost

\$200 - If you need financial assistance in order to participate, please let us know.

How to Register

If you have any questions or would like to register, please email jeannie@jeanniesonger.com

