



YWCA Edmonton Counselling Services Presents:

EXPERIAM-I

“I test. I practice. I try.”

Description:

Experiam is a group intended for counsellors and psychologists who are interested in conducting their own psychotherapy & processing group by creating a realistic, cohesive and practical learning environment. The program allows group leaders to practice counselling skills and learn how to handle common challenges in group settings such as leader’s pre-existing fear of groups due to previous negative experiences, low self-efficacy arising from a lack of knowledge of group leadership, and helps remove anxiety around the requirements of filling the leadership role. The group is designed to promote safety and risk-taking, and focuses on micro-skills to establish and maintain cohesion in groups through scenario work and guided feedback.

Requirements: In order to participate in this group, participants must be a practicing clinical mental health professional (e.g. psychologist, counsellor, social worker) interested in conducting groups, or a Masters of Counselling Psychology Student from an accredited university.

Previous training and/or experience in group facilitation is not required. Please indicate your level of training or experience at time of registration. Group participants will receive extra training in group leading microskills.

Facilitated by: Dr. Stu Hoover

Dr. Hoover obtained his doctorate in Counselling Psychology from UBC and specializes in experiential interventions for processing trauma in group contexts. He is currently in private practice in Edmonton, and has worked for the award-winning Early Psychosis Intervention Clinic at AHS, the YWCA, and several national charity organizations providing trauma-based group psychotherapy. Dr. Hoover also serves as an adjunct professor at the University of Alberta, where he supervises graduate students in Counselling Psychology.

Additional Information:

Start Date/End Date: TBD

#400, 10080 Jasper Avenue Edmonton, Alberta Canada T5J 1V9
780.423.9922 | info@ywcaedm.org | www.ywcaofedmonton.org

Time Frame: 6 weeks

Length of each session: 3 hours (total of 18 hours)

Start Time: 6:00 pm

Required Number of Participants: 6 (2 spots will be reserved for students)

Cost: 18 hours of experiential instruction for \$1,134.00 (includes GST) / For students: \$567.00 (includes GST).

Registration screening: A short interview by telephone or in person will be conducted to answer any questions you may have, and to ensure the group will be a good fit for all participants.

Refund Policy:

Participants are entitled to a full refund if notice of withdrawal from the group is received 48 hours prior to start date. Participants will receive a 50% refund of costs if notice is provided to facilitators by the end of the first group meeting. No further refunds will be issued if notice is received after the first group.

*Participants may defer payment to another group start if mutually agreed upon between facilitator and participant.

How to Sign-up:

Please contact our Service Coordinator for more information, and to register for the program. If you have any further questions please call us at 780-970-6501 or email us at counselling@ywcaedm.org.