

## MOOC 1

### Learning Unit 6



#### Chapter 1. Group Psychological First Aid (Group-PFA) Tips (i)

- In the context of the group, the conductor focuses on boundary issues, bonds between members as well as therapeutic alliance. The therapeutic alliance is reinforced also by dealing with simultaneous and concrete intrusions outside the therapeutic context
- The group processes increase the ability to trust the other on an interpersonal level allowing a reflective, shared understanding within the group context. This will be followed by an increased ability to symbolize on intrapersonal level
- Sometimes during a session, a member of the group presents concrete problems which need practical solutions. That represents a factual intrusion into the therapeutic space. In order to avoid this kind of factual intrusions, it is useful to have a 30-minute drop-in prior to the start of the session, during which members could seek direction on practical issues
- The conductor must decide whether to address a practical issue within the group or whether to take practical issues outside the group, of course depending on the urgency of these issues. Putting practical issue outside the group reinforce a group culture of reflection and emotional support