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Erasmus+ Programme
of the European Union

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MOOC 2

Learning Unit 4

Group Training



**Psychological
Early
Intervention**

Project Number: 2020-1-PL-KA202-082075

Learning Unit 4: Group Training

TOPIC DESCRIPTION

Group interventions in the aftermath of crisis, disasters and humanitarian emergencies represent a major area of theory, research and practice when dealing with trauma. For each phase or type of intervention you will improve your:

- **Knowledge** about key assumptions and philosophy of theoretical approaches concerning trauma
- **Skills** for intervention, meaning basic principles, methods and techniques applied
- **Competences** to respond, including specific aims and practice in order for the therapeutic outcome to be achieved

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Introduction

Chapter 1 – Phases of Early Group Interventions

1.1 The Impact phase

1.2 The Immediate 'Post-Disaster' Phase

1.3 Recovery Phase

Chapter 2 – The Therapy Phase: Group Approaches

2.1 Group Dynamics and Interventions

2.2 Group-Analytic Approach to Trauma

Chapter 3 – Group Supervision

3.1 Reflective Practice

3.2 Group Supervision: Led or Peer

3.3 Trauma-Informed Supervision

3.4 Trauma-Informed Principles and the Discrimination Model of Supervision

Conclusion

References

Introduction

For a number of traumatized people, the traumatic event is not effectively integrated leading to the emergence of a variety of symptomatic forms of trauma reactions with emotional, cognitive, behavioural, physical and spiritual dimensions. Sometimes these initiating responses to trauma reemerge months or years after the event is over, falling into the category of what is called Post-traumatic Stress Disorder, indicating professional help; group interventions, counselling or/and therapy.

Trauma interventions differ and are shaped according to the respective phase and victims' strength to recovery, all represented in distinctive approaches to the theory and practice of working with groups, while supervision, either in dyadic or group formats, is considered a source for professional growth and development.