



Peer Consultation Group for Psychotherapists Working With Couples

Information Sheet

The basics of the group: Join in a continuing, relatively unstructured dialog with about eight experienced, licensed mental health professionals who specialize working with couples. This is a leaderless, clinically oriented group. The group members focus on two major areas: 1. “case” presentations -- and the ensuing feedback and exchanges of points of view relevant to this; and 2. discussions about pertinent, clinical issues that transcend individual cases – including reactions of the therapists to their clients. Since there is no supervisor present, there is no charge for participation. The group meets once a month, in Boca Raton, for an hour and a half. The format of this group will be further refined by the members of the group.

Who is eligible to participate in this group? Florida licensed mental health professionals with special education, training, experience, and/or interest in working with couples.

The backgrounds of the members in the group: One of the appealing features of being involved with this group is the diversity of its participants. The members of this group come from the major mental health disciplines – including Marriage & Family Therapy, Clinical Psychology, Clinical Social Work, and Mental Health Counseling.

Further, participants in the group come from a variety of theoretical orientations and couple therapy approaches. Theoretical orientations represented in the group include the following: systems, psychodynamic/ psychoanalytic, cognitive-behavioral, experiential, neuroscientific, mindfulness, NeuroLinguistic Programming, and solution focused.

In terms of specific couples therapy approaches, some of the people in the group are trained/certified in the (John) Gottman method, Emotionally Focused Therapy (EFT), or Imago Therapy (originated by Harville Hendrix).

Some of the benefits of participating in this group:

- Have the opportunity to engage in ongoing, lively interactions and interchanges with other psychotherapists in the community who have a passion – as you do – for working with couples.
- Learn more about a variety of theoretical and pragmatic approaches to doing couples therapy. Take advantage of expanding your knowledge base and theoretical horizons and perspectives, and better mastering your emotional sensitivities and vulnerabilities. Learn what colleagues are doing in terms of clinical and practice “management.”
- Present your difficult and challenging “cases” in order to get valuable feedback (including multiple perspectives and understandings) from experienced and talented professionals in the field.

(Note: Those who currently are in peer supervision/ consultation groups who don’t provide sufficiently satisfying responses to their presented couples “cases” can gain an important advantage from this couples therapy focused group. As you know, working with couples can be very different from working solely with individuals, and can be much more challenging to master.)

- Bring up for group discussion, challenging clinical and countertransferential issues, ethical dilemmas, and highly complex interactional client dynamics that transcend individual “cases.”
- Share articles you have written on couples therapy so as to get important feedback.
- Share and receive information about upcoming professional workshops, seminars, and trainings. Discuss books and journal articles that are pertinent to our shared therapeutic specialization.
- There are no fees or other costs involved in participating in this group.
- Whatever is discussed in this group remains confidential. This includes any clinical – including countertransferential – or personal disclosures. We need to feel safe and trusting of one another in order for this group to be effective.
- Get the many benefits that come from networking with colleagues. Specifically, make and receive referrals from colleagues who have gotten to know, trust, and value for the quality therapeutic work that they do.

Expectations for clinicians participating in this group: For the sake of all the members of the group—and for the continuity and success of the group itself – it is very important that participants in the group commit to attending every group meeting (whenever possible), and arrive on time for meetings.

For more information about this group, or to recommend other clinicians to this group, contact Lawrence (Larry) Kaufman, at 561-302-0568, contact@kaufmancounseling.com, kaufmancounseling@gmail.com, or through the contact page at www.kaufmancounseling.com.

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