



the brookline center
for COMMUNITY MENTAL HEALTH

Frequently Asked Questions: Observation Groups

What is an observation group?

An observation group is a therapeutic process group in which clinicians who are learning to run groups may watch and learn from experienced leaders. The groups serve adults with a range of clinical issues.

Who leads these groups? When do they meet?

The Center hosts two observation groups

Observation Group 1	Observation Group 2
Thursdays 10 – 11:45am	Tuesdays 10:15am – 12 noon
Leaders: Annie Weiss, LICSW & Tracy MacNab, PhD	Leaders: Arnie Cohen, PhD & Julie Anderson, PhD

How does the observation course work?

Groups run for an hour and fifteen minutes, followed by thirty minutes of discussion after the members leave. Members make an informed consent to participate in the group, knowing that their experiences are both confidential as well as contributing to the professional development of clinicians. Observers sit silently off to the side during the group, and the discussion period is primarily focused on the choices and interventions that leaders make during the group, as well as the reactions evoked in the leaders and observers.

Who may observe these groups?

Observation is open to mental health professionals who are interested in learning more about running groups and others by request.

What are the expectations of observers?

A fuller explanation of expectations for observers is available from the adult group therapy program co-coordinator.

Where are the groups?

Groups are held in the main conference room at The Brookline Center for Community Mental Health, located at 41 Garrison Road, Brookline, MA.

How can I get there? Is there parking?

The Brookline Center is easily accessible from either the C or D lines on the T. There is on-street parking in the neighborhood. Brookline has a two-hour parking limit on the street, and observers should be prepared to pay close attention to their parking arrangements.

What is the observation fee?

Observers commit to either a 20-week interval in the fall or winter for a fee of \$400, or a 10-week interval in the summer for a fee of \$200. Payment is expected in full at the start before observing.

What if I want to attend, but I know that I will miss some of the sessions?

Observers commit to a length of time for both the benefit of the group and for their learning. For the group, it is important to have stability with respect to individuals in the room. For learning purposes, it is important to be able to watch the process unfold and have continuity over time. We understand that sometimes life happens and observers have scheduling conflicts. Just as the members do, observers should ask themselves if this is the right moment to make a regular commitment to attending. Also, the Center has a “no make-ups” policy for observers; if you miss a session, then that does not extend your window of observation. Please consult with the adult group program coordinator if you have further questions.

Further questions?

Please email adult group program co-coordinator Jeff Brand, PsyD, at jeffbrand@brooklinecenter.org or call him at (617) 277-8107.