



the brookline center
for COMMUNITY MENTAL HEALTH

Guidelines for Clinician Participants in the Observation Groups

We hope you will have an exciting, engaging and educational time observing our ongoing psychotherapy group. Prior observers have reported this to be an exceptional learning experience, and we hope you will find it so, too.

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

Your participation

There are some “rules of the game” you must accept in order to participate as observers in this experience. They are all designed to enrich your learning experience and to protect the patients in the group.

1. You must enter the group room prior to the group’s beginning. If you find you are running late and the group has already begun, do not enter the room. You are free to join us for the didactic period following the group.
2. Do not bring food or drink.
3. Do not take notes.
4. Do not speak, even if spoken to by a group member. (The members know this rule so they would just be testing you.) If a member speaks to you outside the group you may be cordial but do not get involved in a discussion.
5. Maintain the strictest rules of confidentiality regarding everything you hear and observe in this group.
6. The fee arrangement for observing is: \$400 for 20 weeks; no make-ups, though you are welcome to re-up in denominations of 10 (an additional \$200). During the summer, there is an option to sign up for an initial 10 week period for \$200. Decisions to re-up need to be made 4 weeks prior to initial end date. Once you have a seat as an observer you can continue to hold the seat as long as you keep up with your payment. Observers commit to observing the same group during the designated period, and payment is expected in full at the start.

Recommended reading

Rutan, Stone, & Shay Psychodynamic Group Psychotherapy (4th Edition), Guilford, 2007.

Recommended approach

As you go through your observation experience you may find it helpful to vary the focus of your observation. For example, you may observe the leader, the group process, the process of a single individual, the continuation of particular themes from week to week, the “whole group” dynamics, the body language of the members, etc. You can vary your focus from session to session. It will be useful for you to note your first impressions of individual members and to compare them with your impressions of the same members later.

We look forward to working with you.

Regards,

Arnie Cohen, PhD
Julie Anderson, PhD
Annie Weiss, LICSW
Tracy MacNab, PhD