

Please email, phone, or go to our website to get an application for this practicum.

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Stephen R. Andrew LCSW, LADC, CCS, CGP, MINT is a storyteller, trainer, social worker, group worker, community organizer, author, and the CEO (Chief Energizing Officer) of Health Education & Training Institute. He maintains a compassion-focused private practice in Portland, Maine USA where he also facilitates a variety of interpersonal support groups for men, co-ed, women, and caregivers.

He is the co-founder of Agape Inc. which supports the Men's Resource Center of Southern Maine whose mission is to support boys, men, and fathers and to oppose violence and Dignity for People Using Opiates, a radical movement to change the conditions that promote the opiate epidemic in our communities.

Stephen was awarded Certified Trainer by the MINT Board of Directors in 2019 and he provides coaching and training domestically and internationally (Singapore, Iceland, China, Canada, Holland, Sweden, Poland, Turkey & UK), as well as supervising a coding/coaching laboratory and simulation lab and training for Motivational Interviewing.

10% of our profits are given to Agape, Inc., a non-profit supporting an end to violence, and to InnerEdge, compassionate care to help people have healthy relationships.

Health Education & Training Institute
Group Work
25 Middle Street
Portland, Maine 04101



Mutual Aid Support Group Practicum

“We were hurt by the crowd and
will be healed by the crowd.”

Program Description

Groups are powerfully influenced by the members' attitudes, values, and perceptions. Most people rely on social interaction to process life information and to face life's dilemmas. There is an extensive body of supportive evidence about groups and their efficacy, and yet we spend little time practicing group work. This internship will explore the richness of group work for many diverse concerns and will, hopefully, inspire workers to lead groups and be interested in learning about all that empathy and compassion might have to offer in the healing process.

We hope that this intensive practicum will be useful to a broad audience and hope to expand our work into more groups to build healthy communities. Our hope is to be helpful and to be a primary support for those who work in caregiving professions, healthcare, corrections, substance use and misuse, and traditional psychotherapy. We have created this practicum in an effort to increase workers' comfort and experience doing effective evidence-based focused care in a support group environment.

"Thank you, as the practicum has been a life-changing experience for me."
- Sarah Siegel 2021

Objectives:

- Define the meaning of and discriminate between the group tasks, group cohesion, and the maintenance dimensions and functions.
- Define and clarify the meaning of a mutual aid support group.
- Identify various reasons for people to consider group work.
- Identify various kinds of groups including self-help support groups, psychotherapy, interpersonal, and expressive therapy groups. Our focus will be on mutual therapeutic support groups.
- Distinguish the various kinds of leadership and functions required for different types of groups, different developmental stages of the group, and in the role of boundaries.
- Identify and elaborate the contribution in the therapeutic process that the individuals make the pairs make in the group as a whole in creating safety and an atmosphere of acceptance and compassion.
- Review the major therapeutic factors discussed in the literature and identify them in groups..
- Identify factors to consider when selecting people for group work playing out contradictions and characteristics of people most suitable for support group work.
- Identify the use of empathy and compassion for preparing people to make use of a group and list the major factors of preparation and the advantages of a good pre-group preparation in screening.
- Practice and achieve competency utilizing Motivational Interviewing in groups.

Program Details:

The individual practitioners involved in this program will be expected to attend a mutual support group as a participant, as an observer, and towards the end of the program, as a leader. This is a weekly one-and-a-half hour group meeting and an attendance rate of 85% is expected over the 33 week course of the program.

The individual practitioner will keep a journal and provide recordings of their work first in individual sessions and later on as the leader of a group. For this, the minimum investment would be half-an-hour per week.

The individual practitioner is encouraged to have one hour of individual and/or group supervision each week.

The total practicum is 99 hours over a 33 week period.

Cost: \$2500. Maybe paid monthly. There may be extra costs related to coding the recordings of practitioner's work.

(Generally the cost is \$40 per recording.)

"The next best thing to being wise oneself is to live in a circle of those who are."

C.S. Lewis