



## DVD 1 Contents

### Motivation, group process, leadership style, managing anxiety

Copyright and DVD usage warning

Chapter 1	Susie's introduction	(2.20)
Chapter 2	In the beginning there were groups	(8.00)
Chapter 3.1	Maslow's Hierarchy	(2.37)
Chapter 3.2	Security needs	(3.52)
Chapter 3.3	Social needs	(1.00)
Chapter 3.4	Self esteem needs	(1.00)
Chapter 3.5	Self actualization needs	(1.36)
Chapter 3.6	Unconscious motivations	(5.08)
Chapter 4.1	Tuckman and Jarman Model	(1.08)
Chapter 4.2	Forming	(1.24)
Chapter 4.3	Storming	(1.48)
Chapter 4.4	Norming	(1.32)
Chapter 4.5	Performing	(0.25)
WARNING MENU		
Chapter 4.6	Performing	(36.38)
(SEQUENCE ONLY AVAILABLE THROUGH WARNING MENU SELECTION)		
(contracting, regression, role play, resourcing, psychodrama, abreaction, dissociation, reassociation, future pacing)		
Chapter 4.7	Adjourning	(4.48)
Chapter 5.1	Comparing Motivation & Group Stage	(1.09)
Chapter 5.2	Applying the Model / Forming	(2.00)
Chapter 5.3	Storming	(5.57)
Chapter 5.4	Norming	(1.20)
Chapter 5.5	Performing	(1.06)
Chapter 5.6	Adjourning	(2.00)
Chapter 6.1	Hersey & Blanchard - Situational Leadership	(6.24)
Chapter 6.2	Mismatch of leadership styles	(1.22)
Chapter 6.3	Comparing the motivation, group stage & leadership models	(2.00)
Chapter 7	Managing anxiety	(6.04)



## DVD 2 Contents

### Theoretical Structure for Group Psychotherapy, The Healing Process

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Chapter 1 Susie's Introduction	(2.20)
Chapter 2.1 Theoretical structure for group psychotherapy	(1.40)
Chapter 3 The Healing Process	(0.58)
Chapter 3.1 Making the unconscious known	(10.37)
Chapter 3.2 Using Regression introduction	(1.19)
WARNING MENU	
Chapter 3.3 Grieving painful experience (SEQUENCE ONLY AVAILABLE THROUGH WARNING MENU SELECTION) (Contracting, role play, resourcing, psychodrama, abreaction, future pacing)	(16.20)
WARNING MENU	
Chapter 3.4 Re-enacting trauma to change it's impact (SEQUENCE ONLY AVAILABLE THROUGH WARNING MENU SELECTION) (Contracting, regression, role play, resourcing, psychodrama, abreaction, triggering, future pacing, celebration )	(29.10)
Chapter 5 Celebration	(1.00)

## DVD 3 Contents

### Part Three - Therapeutic Challenges at each stage of the group

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Chapter 1 Susie's Introduction	(2.20)
Chapter 2 Therapeutic Challenges at each stage of the group	(1.20)
Chapter 3.1 Therapeutic challenges in the Forming Stage	(0.40)
Chapter 3.2 Safety & Trust	(7.00)
Chapter 3.4 Taking responsibility for oneself	(1.06)
Chapter 3.5 The contracting process	(1.14)
Chapter 3.6 Unfinished business	(5.00)
Chapter 4.1 Therapeutic Challenges in the Storming Stage	(1.51)
Chapter 4.2 Identifying Projection	(3.30)
Chapter 4.3 Managing Transference	(3.31)
Chapter 4.4 Managing Counter transference	(8.52)
Chapter 4.5 Sexual and other attractions & repulsions	(4.26)
Chapter 5.1 Therapeutic Challenges in the Norming Stage	(1.00)
Chapter 5.2 Rescuing behavior	(3.32)
Chapter 5.3 Hidden agendas	(2.44)
Chapter 5.4 Clique formation	(2.56)
Chapter 5.5 Dependency on the leaders	(3.00)
Chapter 6.1 Therapeutic Challenges in the Performing Stage	(4.48)
Chapter 6.2 Managing individual work	(2.40)
Chapter 6.3 Bidding	(3.22)
Chapter 6.4 Setting up individual work in the group	(1.24)
Chapter 6.5 Role plays	(4.19)
Chapter 6.6 Triggering	(1.53)
Chapter 6.7 Supporting & Coaching	(3.12)
Chapter 6.8 Debriefing after individual work	(3.28)
Chapter 6.9 Witnessing & Feedback	(4.48)
Chapter 7.1 Adjourning	(6.05)



## DVD 4 Contents

### Part Four - Techniques of psychotherapy in groups

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Chapter 1	Susie's Introduction	(1.10)
Chapter 2.01	Techniques of psychotherapy in groups	(21.20)
Chapter 2.02	Contracting	
Chapter 2.03	The structure of individual work in the group	
Chapter 2.04	On debriefing	
Chapter 2.05	Witnessing & feedback	
Chapter 3.01	Specific Tools	(43.00)
Chapter 3.02	Concretising	
Chapter 3.03	Line-ups	
Chapter 3.04	Sociograms	
Chapter 3.05	Psychodramas	
Chapter 3.06	Body awareness	
WARNING MENU		
(SEQUENCE ONLY AVAILABLE THROUGH WARNING MENU SELECTION)		
Chapter 3.07	Body work <i>(17 minute psychotherapy session)</i>	
Chapter 3.08	Dissociation & reassociation	
Chapter 4.01	Therapy Strategies <i>(19 minute multi-modal psychotherapy session)</i>	(19.00)