

Dr. Marvin Westwood's

Level 2: Advanced Group Facilitation and Life Review

Join us for 2.5 days of in class training & practical skill
applications developed by Dr. Westwood:

Learn how to
Facilitate Story/Life Review within small groups
Ease group members into the group environment
Develop group cohesion



Dr. Marvin Westwood

Dr. Marvin Westwood is Professor Emeritus of Counselling Psychology, in the University of British Columbia's Faculty of Education. His major areas of teaching and research focused on development and delivery of group-based approaches for counselling clients and as a result, Dr. Westwood developed UBC's Group Counselling Graduate Program. He developed the **Veterans Transition Program** to help promote recovery from war related stress injuries for which he received both the Queen's Golden and Diamond Jubilee Medals in 2005 and 2013. In 2012 he established the **Centre for Group Counselling and Trauma**, and is currently its Senior Advisor.

* Please note that in light of the evolving **COVID-19** situation we are ensuring that we comply with **CDC Guidelines**, and thus are taking every precaution to ensure the safety of our participants. If necessary, an **online format** will be adopted to ensure social distancing protocols are respected.



May 15th-17th, 2020
UBC Vancouver Campus
Cost: \$749.00 CAD

The Power of Life Review

Level 2: Advanced Group Facilitation and Life Review extends upon the foundational knowledge of Level 1 by incorporating the therapeutic intervention of Life Review as developed by Dr. Westwood. Life Review is an information-sharing and group building strategy which helps members to not only acquire perspective and understanding of key events in their lives, but to also nurture and support group experiences. This training is a requisite to advance towards the remaining Levels of the Centre's Five-Level Training Model.

What You'll Learn

Many of us have difficulty disclosing personal narratives from our lives, let alone in a group context amongst strangers. To ameliorate these concerns, the Life Review helps group members to think about life narratives, to write about them, and to recount them in a group context. This process allows other group members to listen and to convey the impact of these stories on them. Individuals in this training will learn to help group members speak about their lives, including critical incidents they may have experienced, and to help members acquire new perspectives and understanding of meaningful events. This training will consist of a large group lecture format with in-depth video examinations and practice in small groups with specialized facilitators.

Get Results

Over the past 20 years, the Centre for Group Counselling & Trauma has developed and refined group-based programs to address psychological health & performance in military veterans' transition and has gained international recognition through its partnerships & collaborations worldwide:

- Australia - Invictus Games: Ride to Survive
- Afghanistan - Kabul University, Kabul
- China - Tongi University, Shanghai
- Germany - Trauma Counselling Center, Dachau
- India - Christ University, Bangalore
- UK - Cambridge University & House of Commons, London
- USA - National Center for PTSD, Honolulu

