



## **926 (Elective)**

### **Beyond the Couch: The Art of Group Process**

**Instructor:** Donna J. Harris, LCSW, MA, CGP, AGPA-F  
**Antoinette Calabria Guest Lecturer in Psychoanalysis**

**Meeting Dates:** Thursdays  
**January 15, 2026 through March 12, 2026**  
(No class on March 5<sup>th</sup>)

**Time:** 5:00 PM – 7:00 PM Eastern  
(Time and Dates Subject to Change)

**Location:** Zoom/Virtual

**# of Credit hours:** CME Credits: 16 hours / APA CE: 16 clock hours / NBCC: 16 clock hours / All others: Letter of Attendance

**Target Audience:** This course is intended for clinicians at beginning through intermediate levels.

**Format:** This online class will combine lecture and seminar formats; student participation is encouraged. PCC courses include group discussions, which require participants to read and synthesize the materials presented. PCC faculty ensure that gaps in knowledge are addressed  
*Class is limited to 30 participants.*

**Prerequisites:** Clinicians at any level who bring interest in learning about psychoanalytic thinking and group therapy.

**Description:** This 8-session elective introduces participants to group therapy through a psychoanalytic lens, exploring how the unconscious life of the group emerges in interactions among members and between the group and its leader. Through a blend of didactic and experiential learning, the course highlights stages of group development, levels of analysis, and the distinctive curative factors that make group work a powerful treatment modality. Attention will be given to transference, countertransference, resistance, and cultural enactments as they unfold in the group matrix, as well as the leader's role in facilitating insight, engaging unconscious processes, and navigating group dynamics. By the end, participants will gain a richer appreciation for the artistry and complexity of group process as a psychoanalytic endeavor.

**Course Syllabus:** [Art of Group Process](#)

**Training Program Credit:** Students who successfully complete this course can earn elective credit in the training programs that require elective hours.

**Continuing Education Credit:** At the end of the course, participants must complete the evaluation form to receive continuing education credit. In order to qualify for Category A credits, Psychologists must fully attend

every session (per APA guidelines). The instructor(s) have no relevant financial relationships with ineligible companies to disclose.

#### **About the Instructor:**

**Donna J. Harris, MA, LCSW, CGP, AGPA-F**, is an African American and has practiced as a licensed clinical social worker for over 30 years. She is the Director of Intercultural Counselling, LLC, located in the western suburbs of Philadelphia, which provides individual and group psychotherapy and psychoanalysis to adults. She is certified in Relational Psychoanalysis and in Mindful Facilitation, which along with an affirmative social justice lens informs all her work. Currently she facilitates trauma support groups as well as BIPOC and Intercultural training process groups for therapists.

Ms. Harris founded Intercultural Network LLC to address the needs of organizations in their efforts to become more equitable and inclusive. She designs and facilitates customized training for clinical, educational, and religious institutions, and other non-profit organizations. For 20 years, Ms. Harris served as faculty at Bryn Mawr College's Graduate School of Social Service and Social Research. She is the Past-President of the Philadelphia Area Group Psychotherapy Society (PAGPS) and serves on the Board of the American Group Psychotherapy Association. Ms. Harris is a Certified Group Psychotherapist and Fellow of the American Group Psychotherapy Association.

**Contact:** Donna J. Harris, [djharrislcsw@gmail.com](mailto:djharrislcsw@gmail.com)

***Registration and Tuition Deadline is December 21, 2025.***

#### **Tuition**

PCC Matriculated Students: **\$350**

Graduate Students and Residents: **\$450**

All others: **\$490**

*Registration Fee: \$25 per term (Matriculated Students are exempt from registration fee).*

*Payment plans can be arranged with the Business Manager, [Lisa Long](#).*

[Course Cancellation Policy](#)

**[Register Here](#)**

#### **Course Learning Objectives**

Class participants will be able to:

1. Identify 2 influential theories and historical figures and early contributions to the field.
2. Discuss the group level factors, processes, and mediators that lead to therapeutic change.
3. Identify three (3) issues in selection and composition of groups.
4. List the requisite tasks in successfully forming a psychotherapy group.
5. Describe the basic and universal therapeutic skills in conducting therapy groups.

6. Identify two types of bridging in group process.
7. Demonstrate increased sensitivity and proficiency in cultural responsiveness in groups.
8. Identify two ethical considerations in working with gender diverse group members.
9. Explain at least two (2) group leadership functions.
10. Compare and contrast resistance in group versus individual therapy.
11. Assess trauma-informed principles in groups.
12. Discuss how racial inequities may manifest amongst group members.
13. Distinguish different types of cultural enactments.
14. Discuss how cultural enactments manifest in groups.
15. Identify three challenges to conducting online process groups.
16. Analyze the termination process in group therapy.

**Confidentiality Statement:** All case material will be carefully disguised. We ask that participants agree to hold all material presented with the utmost care, following ethical and professional guidelines.

Course Participants agree to review and abide to the following:

[Professional and Ethical Guidelines for the Classroom](#)

**Accommodation Statement:** To request an accommodation for this program, please contact the Administrator at [Kayla@CarolinaPsychoanalytic.org](mailto:Kayla@CarolinaPsychoanalytic.org) by two weeks before the start date.

**CE & CME Disclosures:**

The Psychoanalytic Center of the Carolinas has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6518. Programs that do not qualify for NBCC credit are clearly identified. The Psychoanalytic Center of the Carolinas is solely responsible for all aspects of the program.

The Psychoanalytic Center of the Carolinas is approved by the American Psychological Association to sponsor continuing education for psychologists. The Psychoanalytic Center of the Carolinas maintains responsibility for this program and its content.

Social workers will receive a letter of attendance documenting their hours of continuing education. This certificate may not be acceptable verification in all states.

**ACCME Accreditation Statement**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of American Psychoanalytic Association and the Psychoanalytic Center of the Carolinas. The American Psychoanalytic Association is accredited by the ACCME to provide continuing medical education for physicians.

**AMA Credit Designation Statement**

The American Psychoanalytic Association designates this live activity for a maximum of 16 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Disclosure Statement**

The APSA CE Committee has reviewed the materials for accredited continuing education and has determined that this activity is not related to the product line of ineligible companies and therefore, the activity meets the exception outlined in Standard 3: ACCME's identification, mitigation and disclosure of relevant financial relationship. This activity does not have any known commercial support.

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**Contact:** [Kayla@CarolinaPsychoanalytic.org](mailto:Kayla@CarolinaPsychoanalytic.org)

Kayla Schilke, Training and Education Program Manager

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