



Using Metaphors to Bridge Cultural Differences in Groups The Influence of the Therapist's Cultural Narrative

Saturday, March 17, 2018

9:00am - 1:00pm

Presented by

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Nile Hall, Preservation Park
668 13th St., Oakland, CA

4 CEs



Exploring cultural differences as they emerge in the process and content of groups provides a rich opportunity for growth and learning. Group therapists who are more attuned to their own cultural narrative will be more able to address the way culture influences communication with their clients. Attending to metaphors that arise in the group provides a creative resource for the therapist and group members to bridge differences and deepen their mutual understanding. Through the use of lecture, discussion, experiential exercises, and a demonstration group, Dr. Abernethy will assist participants in bridging cultural understanding.

This symposium is offered by the Group Therapy Training Program, a one-year training program offering an in-depth study of the theory and practice of group therapy facilitation. The faculty includes senior group therapists and experts in group psychotherapy from TPI and the larger Bay Area community.

Alexis D. Abernethy, PhD, CGP, FAGPA, is a Clinical Psychologist and Professor in the Graduate School of Psychology at Fuller Theological Seminary. She graduated from Howard University with a BS in Psychology and received her MA and PhD from the University of California, Berkeley. She has conducted workshops nationally on Cultural Competence and Spirituality in Group Therapy. Dr. Abernethy is a Certified Group Psychotherapist and Fellow, as well as the Annual Meeting Co-Chair, of the American Group Psychotherapy Association. Her publications include, "Working with Racial Themes in Group Psychotherapy" (1998) and "The Power of Metaphors for Exploring Cultural Differences in Groups" (2002) in *Group*.

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