

## **GROUP RADICAL OPENNESS (GRO) Foundation level training**

**Two day workshop: 13 & 14<sup>th</sup> January, 2022 9:30 – 4:30**

**£240 plus vat**

The GRO Foundation level training is a two-day introduction, enabling delegates to understand an overcontrolled presentation and how it might be addressed in a group-only format. By the end of the course, delegates will have a full understanding of how to assess for overcontrol and how the format fosters change.

Recently, there has been much interest in the construct of overcontrol. It appears that too much control underpins a range of mental health difficulties including treatment resistant depression, particular eating disorders, and difficult to treat forensic presentations. Group Radical Openness (Booth, Egan & Gibson, 2018) is a group therapy with a growing evidence base (Egan, Long, McElvaney & Booth, 2021), specifically adapted for this population. Although initially informed by the work of Tom Lynch, GRO is fundamentally different from the RO DBT model. The approach draws on both Group Therapy and Polyvagal Theory.

**Dr. Richard Booth** recently retired as Director of Psychology at St. Patrick's Mental Health Services, Dublin. He specialised in the treatment of overcontrol in recent years. He pioneered skills-only classes and published in this area before co-developing Group Radical Openness (GRO). He was lead author on the GRO paper in the *Behavior Therapist* special edition on Radical Openness (2018). He is a regular lecturer on postgraduate clinical psychology courses and is an Honorary Fellow at University College, Dublin.

**Dr. Rachel Egan** is a Principal Clinical Psychologist at St. Patrick's Mental Health Service, Dublin. She has over 12 years' experience in running groups (including group work with sex offenders and using compassion focused therapy in a group format). For the past six years, she has been instrumental in developing the model of GRO and was co-author on the first paper on GRO (2018). She was lead author on "GRO: A Feasibility Study", recently published in *Counselling & Psychotherapy Research*. She has presented widely on this area and her trainings have a reputation for being lively, entertaining and thoughtful.

Richard and Rachel's book for clinicians on Group Radical Openness is due to be published next year.