

FALL 2026 GROUP WORK CONTINUING EDUCATION SERIES

Using Adventure-Based Activities in Clinical Social Work

Saturday, September 19, 2026

9 a.m. -1 p.m. Central Time | Heller Nature Center, Highland Park, IL | 4 CEUs

This workshop explores the impact of using novel activities with therapeutic groups. The facilitator shares the theoretical foundations of Adventure-Based Counseling and then leads participants through a sequence of experiential activities. The workshop concludes with a discussion about applying the techniques to one's own groups. Some time is spent engaged in activities on an outdoor challenge course, although no special athletic ability is required.

At the end of this session, participants will be able to:

- Explain how to effectively incorporate novel activities within a variety of groups.
- Describe how to use metaphoric transfer of learning to heighten the therapeutic impact of activities.
- Select specific activities based on the group's stage of development and primary purpose.

Fees: General \$95

Loyola Alum/Intern Supervisors \$75

Students \$25

20% discount if enrolled in 3 or more sessions

**To register, email
cgosselin@luc.edu**



Barney Straus, LCSW, CGP, AGPA-F

Barney Straus is an adventure-based therapist in private practice in Chicago, treating people recovering from addictions and compulsive behaviors. He is a part-time faculty member at Loyola University Chicago's School of Social Work, Roosevelt University's Department of Psychology, and New Mexico Highlands University's School of Social Work. He is the founder of Adventure Forward Therapy, a practice dedicated to integrating adventure into the therapeutic process, and is the author of the book *Healing in Action: Adventure-Based Counseling with Therapy Groups*, and co-author of the 4th Edition of *Group Psychotherapy with Addicted Populations*. He is also a fellow of the American Group Psychotherapy Association.

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International Association for
Social Work with Groups, Inc.

Contact Caroline Gosselin at cgosselin@luc.edu
for additional info and scholarship options.

FALL 2026 GROUP WORK

CONTINUING EDUCATION SERIES

Group Work: Engaging, Empowering, & Facilitating Groups

Friday, October 9th, 2026

12 pm – 4 pm Central Time | Zoom | 4 CEUs

Would you like to improve your group work practice with children, adolescents, young/older adults in settings such as schools, hospitals, addictions, and/or mental health agencies?

This interactive session provides theoretical and practical strategies for planning and facilitating effective groups. It addresses purpose, time and duration, composition and diversity, engagement, contracting, facilitator role and expectations, stages of group development, member and agency needs, use of activities, and assessment and feedback.

At the end of this session, participants will be able to:

- Harness the power of group work principles to create meaningful connection and change.
- Understand how groups develop and change over time, including what to expect from members at each stage, and the role of the leader throughout the process.
- Plan more effective group interventions for a wide variety of practice settings and populations.

Fees: General \$95

Loyola Alum/Intern Supervisors \$75

Students \$25

20% discount if enrolled in 3 or more sessions

**To register, email
cgosselin@luc.edu**



Greg Tully, Ph.D.

Dr. Tully is a Professor in the Social Work Department at West Chester University in West Chester, Pennsylvania. He has presented numerous group work lectures across the globe, published in internationally recognized journals, and served as President of the International Association for Social Work with Groups (IASWG), the professional association supporting group work practitioners and educators working with children, adolescents, young/older adults, in a variety of practice settings across five continents.

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FALL 2026 GROUP WORK

CONTINUING EDUCATION WORKSHOP

Creating, Promoting, and Facilitating Successful Groups in Private Practice

Friday, November 13th, 2026

1 pm – 4 pm Central (Chicago) Time | Zoom | 3 CEUs

This interactive workshop is designed to equip practitioners with the tools and strategies to create and facilitate effective groups in private practice. Learn how to plan, design, and implement groups tailored to your clients' needs.

The session combines didactic information with case examples and shares practical knowledge about group structure, participant selection, marketing strategies, and best practices.

At the end of this session, participants will be able to:

- Develop strategies for creating, marketing, promoting and evaluating group offerings.
- Differentiate between psycho-educational, support, and process-oriented groups, and identify the facilitator's role within various types of groups.
- Screen and select participants to ensure effective group composition and alignment.

Fees: General \$95
Loyola Alum/Intern Supervisors \$75
Students \$25
20% discount if enrolled in 3 or more sessions

To register, please email
cgosselin@luc.edu



Kendra A. Vargas, LCPC, PMH-C

Kendra A. Vargas (she/her), is a perinatal psychotherapist certified in perinatal mental health, group practice owner, clinical supervisor, retreat host, trainer, and consultant with over a decade of experience in community mental health and private practice. She is the founder of Authentically You Psychotherapy, a group practice that provides individual and group therapy services focused on reproductive and perinatal mental health. Kendra also offers consultation and trainings on topics related to creating and running groups in private practice, as well as topics on perinatal mental health. Kendra recently received an award as an Outstanding Group Practitioner in the Chicago area at the ASGW (Association for Specialists in Group Work) conference February, 2026.



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