



Psychology Club
PROGRESS

ფსიქოლოგიის კლუბი

Psychology Club (Monday-Tuesday 15:35-16:45)

Group meetings - Gestalt therapy

Psychologist/psychotherapist - Martha Kacharava;
Psychologist - Nino Ananiashvili

Goal / Idea

Anxiety, low mood, and decreased motivation are common among school students due to changes in life rhythms and making important decisions.

In this process it is important to create a supportive environment that will give the adolescent support to manage various stressful situations.

This program is aimed at strengthening internal support.

Group meetings will allow students to:

Express emotions, talk about challenges, get helpful support and feedback to deal with challenges, manage emotions and stress.

Gestalt therapy is a form of psychotherapy that is centered on increasing a person's awareness, freedom, and self-direction. It's a form of therapy that focuses on the present moment rather than past experiences.

Group meetings with adolescents will be flexible and adapted to their needs, therefore, the syllabus can be changed according to current issues here and now.

	Topic	Goal	Activity
1.	Introductory meeting	Getting to know the participants/ The structure of the group meeting, the importance of feedback / the importance of the check in	Check in "Name game"
2.	Being in Here and Now	Importance of being in Here and Now / how do we lose the present	Check in, breathing exercises Grounding



3.	Support	What does support means? How can is support myself/ a friend?	
4.	Control	Releasing from controlling the environment	Art Therapy
5.	Working with shame and disgust	Meaning of shame and disgust/ expressing	
6.	Working with anger and aggression	Working with anger and aggression	
7.	Responsibilities	The meaning of responsibilities/ my responsibilities	
8.	Current issues	Theme of the meeting will be decided by the students	
9.	Creating the character / psychodrama	Creating disgusting/ lovable characters / understanding myself	
10	Who am I? anti-hero	Understanding myself / my role and my place.	
11.	Who am I? anti-hero	Understanding myself/ my role and my place.	
12.	Family portrait psychodrama	How do I see my family / what can I change	
13	Family portrait psychodrama	How do I see my family/ what can I change	