**AGPA Connect 2023 Presenter Information**

**Course Code:** 205

**Course Title:** The Oneness Framework: Getting to Know Me…Getting to Know You

**Course Times:** 7:00 - 8:00 AM

**Course Dates:** Friday, March 10

**Instructors:** Paula De Franco

**Course Description:** The literature on processes that distinguish maladaptive from adaptive self-reflection continues to grow; however, self-reflection from a cultural lens is not well understood. This workshop aims to expand our understanding of how racial and cultural biases influence our perceptions of ourselves and others. Applying the two-step mechanism of the Oneness Framework, a relational tool from which to examine self and other, participants will create a personal picture highlighting the various roles they embody and identify behavioral triggers that influence their psychological world.

**Learning Objectives**

The attendee will be able to:‎

1. ‎Define the two-step mechanism underlying self-awareness offered by the Oneness framework.‎
2. ‎Explain the roles they embody in their everyday life.‎
3. ‎Create a personal Oneness behavioral blueprint.‎
4. ‎Identify their behavioral triggers and be aware of their cultural biases.‎
5. ‎Explain the abstract “open mind space” within the O framework.‎

**Significant Articles:**

1. Baruss, I., & Mossbridge, J. (2017). Transcendent mind: Rethinking the science of consciousness. ‎American Psychological Association.‎
2. Hoffman, L., Jackson, T., Mendelowitz, E., Wang, X., Yang, M., Bradford, K., & Schneider, K. J. (2020). ‎Challenges and new developments in existential-humanistic and existential integrative therapy. In E. ‎van Deurzen (Ed.), The Wiley world handbook of existential therapy (pp. 290–303). Wiley & Sons.‎
3. Okoli, C. (2015). The view from giants’ shoulders: Developing theory with theory mining systematic ‎literature reviews. Concordia University.‎
4. Steffens, N. K., Wolyniec, N., Okimoto, T. G., Mols, F., Alexander, H., & Kay A. A. (2021). Knowing me, ‎knowing us: Personal and collective self-awareness enhances authentic leadership and leader ‎endorsement. The Leadership Quarterly, https://doi.org/10.1016/j.jeaqua.2021.101498.‎
5. Vago, D. R., & Silbersweig, D. A. (2012). Self-awareness, self-regulation, and self- transcendence (S-‎ART): A framework for understanding the neurobiological mechanisms of mindfulness. Frontiers in ‎Human Neuroscience, 6, 1–30. https://doi.org/10.3389/fnhum.2012.00296‎

**Agenda:**

1. Intro/Program Outline (3 min, PPT/Discussion)
2. Sociometric warm-up to showcase to participants the diversity and commonalities shared among the group. (5 min, Experiential Discussion)
3. The Oneness Framework: (15 min, obj. 1 & 2, Lecture/Group Activity/Q&A)
	1. The research anchoring the Oneness Framework (Jung, Moreno, DST, CBT)
	2. Self-awareness – a two-step mechanism
	3. How many hats do you wear? (Participants to note their various roles)
	4. Triggers – blindsided by the sub-conscious
4. Drawing your behavioral blueprint (10 min. obj. 2 & 3, Lecture/Group Activity)
	1. Participants will draw an empty O framework
5. Case Study: Pedro and his blind spots (7 min. obj. 1 & 3, Case Study/Q&A)
6. Filling in your behavioral blueprint (5 min. obj. 3 & 4, Group Activity/Discussion)
	1. Using the O Framework created earlier participants identify and fill in the roles and triggers
7. The intersectionality between you and me (10 min. obj. 4 & 5, Q/A/Sharing)
	1. Sharing and connecting with group members review of key takeaways/insights
8. Participant Evaluations (5 min.)

**Assessment Questions:**

Question 1 (include possible answers)

1.  The Oneness Model is grounded in the following theories: A.   Jungian Psychology B.   Cognitive Behavioral Theory C.   Systems Theory D. Morenian Theory E. All of the Above

Correct Answer 1

E

Question 2 (include possible answers)

2. Self-Awareness consist of a two-step mechanism that includes: A.   Biased Processing and Self-Reflection B.   Triggers and Unbiased Processing C.   Self-Reflection and Triggers D.   Unbiased Processing and Self-Reflection E. None of the above

Correct Answer 2

D

Question 3 (include possible answers)

3.The O Framework is a universal framework accommodating: A.   Race, Culture, Socioeconomic Status, and Bias B.   Everyone has problems C.  People are suffering D. Medical conditions E. All of the above.

Correct Answer 3

A

Question 4 (include possible answers)

4. The O-Model is a novel framework demonstrating that behavior is: A. Static B. Linear C. Dynamic D. Unchangeable

Correct Answer 4

C

Question 5 (include possible answers)

5. The Oneness Framework serves as a: A. Behavioral Tool B.  Personalized Blueprint C. Catalyst deepening the relational space with self and others D. A state of the art learning tool E. all of the above.

Correct Answer 5

E

Question 6 (include possible answers)

6. The mapping of the roles we occupy at any given time are fundamental for: A.   Identifying Triggers B.   Uncovering bias C.   Bringing to light the intersectionality between Defining the boundary our surplus reality and a self-aware reality D.   Understanding the influence of race, culture and socioeconomic status E. All of the above

Correct Answer 6

E

Question 7 (include possible answers)

7.   Diagraming the O Model as a personal behavioral blueprint provides insight A.   Helped reinforce the concept of ego. B.   Helps in making new friends C.   How cultural and racial bias are part of surplus reality D.   All of the above E. None of the above

Correct Answer 7

C

Question 8 (include possible answers)

The Oneness Model is a relational tool integrating theory and techniques such as: A.   Journaling B.   Role reversal, doubling and Role theory C.   The Medical Model D.   Self-Determination Theory E.   all of the above

Correct Answer 8

B

Question 9 (include possible answers)

The Oneness Model is a Model of: A.   Personality B.   Psychosis C.   Self-Awareness D.   Bad Behavior E. All of the above

Correct Answer 9

C

Question 10 (include possible answers)

The O Model is a Behavioral Blueprint taking into account: A.   The array of roles we embody at any given time B.   Behavior is a system, dynamic and in constant flux C.   Learning is not a “one size fits all” model D.   Triggers are activated by a role or a combination of roles E.   All of the above

Correct Answer 10

E