**AGPA Connect 2023 Presenter Information**

**Course Code:** 15

**Course Title:** Uniting Groups by Working Through Destructive Anti-Group Tendencies

**Course Times:** 2:30 PM - 5:00 PM

**Course Dates:** Thursday, March 9

**Instructors:** Rena Pollock

**Course Description:** This course will provide an in-depth introduction to Morris Nitsun’s excellent and essential book for group therapists: “The Anti-Group: Destructive Forces in Group and their Creative Potential”. Through lecture, discussion, and experiential learning you will learn about the destructive forces in group, prepare for working with the anti-group so that you can harness its creative potential, identify the anti-group forces within you as an individual and learn how to screen for anti-group attitudes in potential clients.

**Learning Objectives**

The attendee will be able to:‎

1. ‎Explain the three core components of Dr. Nitsun’s theory of the anti-group.‎
2. Prepare for anti-group enactments when they occur in future groups.‎
3. Utilize Dr. Nitsun’s theory of the anti-group to promote creative outcomes in groups.‎
4. Analyze the difference between regular aggression and anti-group aggression.‎

**Significant Articles:**

1. Black, A. (2017) On Attacking and Being Attacked in Group Psychotherapy, International Journal of ‎Group Psychotherapy, 67:3, 291-313.‎
2. Gerhart, J., Holman, K., Seymour, B., Dinges, B., & Ronan, G. (2015) Group Process as a Mechanism of ‎Change in the Group Treatment of Anger and Aggression, International Journal of Group ‎Psychotherapy, 65:2, 181-208.‎
3. Kleinberg, J. (2014) The Dynamics of Corruptogenic Organizations, International Journal of Group ‎Psychotherapy, 64:4, 421-443.‎
4. Nitsun, R. (1996) The Anti-Group: Destructive forces in the group and their creative potential London: ‎Routledge
5. Nitsun, R., (2015) Beyond the Anti-Group London: Routledge.‎

**Agenda:**

1. What is the anti-group (20 min., ,Obj. 1, PwrPnt, lecture)

* fear and anger directed towards group
* destructive capacity
* individual and group
* existing on many levels
* recognition is necessary and constructive

1. Identifying anti-group is present? (10 min, Obj. 2, PwrPnt, lecture)

- therapist feelings of hopelessness

* covert expression
* lateness, irregular attendance
* overt expression
* anger, fear, criticizing

1. Determinants of anti-group attitudes (25 min, Obj. 3, PwrPnt, lecture)

* Paradox of group
* Client’s psychology
* Therapist’s anti-group attitude

1. Interventions for working with anti-group (15 min, Obj. 4, PwrPnt, lecture)

* Therapist resilience and attitude
* The connecting function
* Recognizing paradox
* Working with aggression
* Maintaining group position

1. Group Experience (45 min, Obj. 1,2,3,4, demonstration)
2. Q&A (30 min., Obj. 1,2,3,4, discussion)
3. Participant Evaluation (5 min.)

Assessment Questions: Question 1 (include possible answers)

Question 1 (include possible answers)

1. What do modern analysts define as a neutral source of energy that can be channeled in either positive or negative communications? Chaos Anger Aggression Libido

Correct Answer 1

Aggression

Question 2 (include possible answers)

If the group leader has a need for a happy family, the leader is engaged with her: Countertransference Contact function Progressive emotional communication Countertransference resistance

Correct Answer 2

Countertransference resistance

Question 3 (include possible answers)

Indirect aggression can appear as: Somatization Tears Flirtation All of the above

Correct Answer 3

All of the above

Question 4 (include possible answers)

The group leader smiles when a group member criticizes her. This could be an example of: Countertransference resistance Subjective countertransference Complementary countertransference All of the above

Correct Answer 4

All of the above

Question 5 (include possible answers)

Women group leaders whose familial history has made them afraid of aggression can resort to methods that tamp down feelings. This phenomenon is an example of: Subjective countertransference Objective countertransference Concordant countertransference All of the above

Correct Answer 5

Subjective countertransference

Question 6 (include possible answers)

A female group leader who gets a headache during group may be experiencing A bridging response A treatment-destructive resistance An induced countertransference reaction All of the above

Correct Answer 6

An induced countertransference reaction

Question 7 (include possible answers)

The woman group leader’s need to be liked is known as: Countertransference resistance A treatment-destructive resistance The narcissistic defense Complementary countertransference

Correct Answer 7

Countertransference resistance

Question 8 (include possible answers)

What are subcategories of countertransference Emotional and logical Somatic and logical Objective and subjective Dynamic and reactive

Correct Answer 8

Objective and subjective

Question 9 (include possible answers)

Intersectionality may refer to: Gender Race Body size All of the above

Correct Answer 9

All of the above

Question 10 (include possible answers)

If the group leader has a need to not feel hate, she can be understood to be engaging in: Countertransference resistance Containment Healthy self-management Avoidance

Correct Answer 10

Countertransference resistance