**AGPA Connect 2023 Presenter Information**

**Course Code:** 17

**Course Title:** Creatively tracking the stages of group development through art

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

**Course Dates:** Thursday, March 9

**Instructors:** Deborah Sharp

**Course Description:** Using artwork to track the stages of group development over time, this workshop will offer the opportunity for participants to use their own creative processes along with viewing art created by presenter's group members to look at individual development, group as a whole development and the impact of members joining and leaving over time. The main focus will be on understanding the stages of group development with creativity along the way.

**Learning Objectives**

The attendee will be able to:‎

1. ‎Identify the stages of group development.‎
2. ‎Identify two ways that art can be used within a group to enhance cohesion and progressive ‎communication.‎
3. ‎Identify one benefit to using symbolism in group. ‎
4. ‎Identify the potential differences in group development for a Women's Group vs mixed gender.‎

**Significant Articles:**

1. Jung, C. (1964) Man and his symbols. New York: Bantam Doubleday Dell Publishing Group.‎
2. Kane, Y.I., Masselink, S.M., Weiss, A. (Eds) (2022) Women, Intersectionality, and Power in Group ‎Psychotherapy Leadership. Routledge. New York.‎
3. Kuchuck, S. (2021) The relational revolution in psychoanalysis and psychotherapy. Confer, London.‎
4. Nitsun, M. (2015) The anti-group; Destructive forces in the group and their creative potential. ‎Routledge, Sussex.‎
5. Schiller, L. Y. (1997) Rethinking Stages of Development in Women's Groups: Implications for Practice, ‎Social Work with Groups, 20:3, 3-19, DOI: 10.1300/J009v20n03\_02‎

**Agenda:**

5 minutes - Introductions and goals - Obj. 1,2,3, 4

* Please state your name, professional discipline, practice setting, whether you are running groups now and if so, what type and one thing you are hoping to take away from today’s workshop

20 minutes Didactic on Art exercise and then practice by participants

* Using the outlines and art supplies provided, illustrate emotions = Mad, Sad, Glad, Afraid, Disappointed, Disgusted, Ashamed. Obj. 2,3

20 minutes Stages of group development didactic - illustrated through art of a group member

20 minutes Practice by participants - Illustrate, using paper and art supplies provided, What stage of development your group, or eventual group, is right now.

10 minutes Break

15 minutes Art exercise - What does it mean to be a woman? – Obj. 1, 2,3,4

45 minutes Process group – Obj. 1, 2,3,4

15 minutes Debrief and evaluations - Obj. 1.2.3.4

Assessment Questions: Question 1 (include possible answers)

Question 1 (include possible answers)

True or false. According to many authors the Stages of Group development are the same for Women's Groups as they are for mixed gender groups or Men's Groups.

Correct Answer 1

False

Question 2 (include possible answers)

Using art in a process group can do which of the following: A) Access right brain ways of knowing that are not yet accessible to language B) Incorporate symbolism to convey a whole rather than parts C) Ensure that everyone feels performance anxiety

Correct Answer 2

A and B

Question 3 (include possible answers)

Which of the following is a challenge with a gender homogenous group? A) Hostility may initially be focused outside of the group B) Other genders, particularly men, may be scapegoated C) Both A and B

Correct Answer 3

C

Question 4 (include possible answers)

Which of the following is one of the benefits of a gender homogenous group? A) Initial safety in perceived similar experiences B) Aggression may take longer to surface C) There are no benefits to a gender homogenous group

Correct Answer 4

A. B is also true but not a benefit.

Question 5 (include possible answers)

Which of the following are ways to set a frame around diversity and microaggressions in group? A) In the Group Guidelines or Contract B) Verbally in group regularly and as needed in response to events in group C) When a new member joins D) All of the above

Correct Answer 5

D

Question 6 (include possible answers)

What are the benefits of a body mapping exercise early in a group? A) Aids in members identifying where they feel emotions in their body B) Can help with surfacing resistance to cooperation C) Gives people something to do

Correct Answer 6

A and B

Question 7 (include possible answers)

Which of the following are benefits of allowing members to bring art into group? A) There are no benefits of bringing art into group B) Members will feel good about themselves C) Art can be used in the same way that dreams by members in the group can be used

Correct Answer 7

C

Question 8 (include possible answers)

According to Schiller, the stages of group development in a women's group are: A) Forming, storming, norming, performing B) Pre-affiliation, power and control, intimacy, differentiation, and termination C) Pre-affiliation, establishing a relational base, mutuality and interpersonal empathy, challenge and change, termination

Correct Answer 8

C

Question 9 (include possible answers)

According to the discussion what is the ideal number range of group members? A) 1-5 B) 5-8 C) 3-10

Correct Answer 9

B

Question 10 (include possible answers)

Which of the following is true in a women's group led from a cultural/relational lens? A) The leader may delay fostering negative transference until later stages of group development B) The leader may present from a position of unknowing rather than being the expert C) The leader may bring in cultural aspects of experience, or call them such as they emerge D) All of the above

Correct Answer 10

D