**AGPA Connect 2023 Presenter Information**

**Course Code:** 18

**Course Title:** Am I my siblings’ keeper? An exploration of sibling dynamics and how they influence the people we become and the roles that we take in groups

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

**Course Dates:** Thursday, March 9

**Instructors:** Brett Kociol

Yair Kramer

Terri Lipkin

Benjamin Mueller

**Course Description:** Siblings are one of the few people in the world who know what it is like to grow up in our family. And yet, our siblings’ experiences frequently differ from our own. This workshop will explore this unique affiliation, the intense feelings of love, rivalry, connection, envy, and loss that arise in these formative bonds and how they establish a template for future relationships.

**Learning Objectives**

The attendee will be able to:‎

1. ‎Describe how their personal sibling dynamics have impacted their sense of self and their choice of ‎roles as members of groups.‎
2. ‎Name how their personal sibling dynamics have impacted their work as individual and/or group ‎clinicians.‎
3. ‎Classify different types of sibling dynamics through participation in the here-and-now of the ‎experiential process group.‎
4. ‎Describe how birth order affects interpersonal relationship templates and the development of social ‎roles.‎
5. ‎Identify the intersection of their own social identities and the role that this played in their sibling ‎relationships.‎

**Significant Articles:**

1. Ashuach, S. (2019). Enactments of sibling relationships in a group. GASi Contexts, 85. https://groupana ‎lyticsociety.co.uk/contexts/issue-85/article / hope-and-group-analysis/enactments-of- sibling-‎relationships-in-a-group (this same author has a book in press we expect to use in our presentation)‎
2. Papiasvili, E.D. (2011). Sibling Transference Phenomena in Experiential Process Groups. Group, 35(4), ‎‎289-303.‎
3. Parker, V. (2019). A group- analytic exploration of sibling matrix: How siblings shape our lives. ‎Routledge Publishers.‎
4. Rabin, H.M. (2011). Peers and Siblings: Their Neglect in Analytic Group Psychotherapy. Group: Vol 35, ‎No. 4, pp. 279-288.‎
5. Shapiro, E.L., Ginzberg, R. (2001). The Persistently Neglected Sibling Relationship and Its Applicability to ‎Group Therapy. International Journal of Group Psychotherapy: Vol. 51, No. 3, pp. 327-341.‎

**Agenda:**

1. Introduction: childhood sibling dynamics and their relevance to present and future relationships. (Drs. Kramer, Mueller, Lipkin and Kociol, obj 1, lecture, 20 minutes)
   1. Presenters establish the contract for the workshop, with an emphasis on confidentiality
   2. Participants introduce themselves and talk briefly about their reasons for taking the workshop and goals/expectations for the day
   3. Participants share relevant examples taken from their families of origin
   4. Presenters explore the connection between family of origin experiences and the development and expression of social roles including roles they have played with one another
2. Discussion: how the above-mentioned topics apply to participants of the workshop. (Drs. Kramer, Mueller, Lipkin and Kociol, obj 1 and obj 2, discussion, 40 minutes)

a. Participants share family of origin experiences associated with sibling relationships in 4 small groups, led by each of the presenters

b. Participants apply learning from

1b to explore how these relationships may influence the role they anticipate taking as members of the experiential group to come c. Participants will explore how sibling relationships have affected their development as group therapists

1. Experiential process group (Drs. Lipkin and Mueller, obj 3 demonstration group with 7-8 volunteers, 60 minutes)
   1. Joining
   2. Subgrouping
   3. Competition
   4. Longing for belonging
   5. Scapegoating
   6. Parentification
2. Brief debriefing about the here-and-now experience in the first demonstration group and to ensure containment of strong emotional experiences prior to the lunch break (Drs. Lipkin and Mueller, obj 3, discussion, 15 minutes)
3. Debriefing of the demonstration groups (All participants, Drs. Kociol, Lipkin, Kramer, and Mueller, obj 3, obj 4, & obj 5, discussion, 15 minutes)
   1. Explore influence of: birth order group roles the effect of the group leaders (parents) on the group process, sibling relationship themes (bonding, competition, camaraderie, jealousy, envy, loss), intersectionality of social identity and its impact on here-and-now sibling interactions, Enactment and corrective sibling relationship experiences of demonstration group members.

Assessment Questions: Question 1 (include possible answers)

Question 1 (include possible answers)

Early sibling experiences impact the formation of someone’s interpersonal identity. A) Never B) Always C) Sometimes

Correct Answer 1

B

Question 2 (include possible answers)

People always recreate their sibling dynamics in adult relationships. A. Sometimes B. Never C. Always

Correct Answer 2

A

Question 3 (include possible answers)

How parents approach their children affect sibling relationship. A. Often B. Always C. Never

Correct Answer 3

B

Question 4 (include possible answers)

Birth order impacts sibling relationships. A. Never B.Always C. Sometimes

Correct Answer 4

Sometimes

Question 5 (include possible answers)

People sometimes feel closer to a sibling than a parent: A) Never B) always c) often D) sometimes

Correct Answer 5

D

Question 6 (include possible answers)

Social identities affect sibling relationships. A) sometimes B) always C) Often

Correct Answer 6

B

Question 7 (include possible answers)

Sibling dynamics are helpful to explore with clients. A) always b)often C) never

Correct Answer 7

B

Question 8 (include possible answers)

Corrective emotional experiences have the potential to heal certain injuries to identity formed through challenges with siblings. A)always b) never C) sometimes

Correct Answer 8

C

Question 9 (include possible answers)

Many systemic and societal factors influence the nature of one’s relationship with their sibling. A) never B) always C) sometimes

Correct Answer 9

B

Question 10 (include possible answers)

Psychotherapy groups offer significant opportunity for enactment and working on sibling dynamics. True/False

Correct Answer 10

True