**AGPA Connect 2023 Presenter Information**

**Course Code:** 21

**Course Title:** Re-visioning Group Psychotherapy for Parents & Youth through a Multi-Cultural and Anti-Racist lens: The ParentCircle Model

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

**Course Dates:** Thursday, March 9

**Instructors:** David Flor

**Course Description:** Anti-racist and culturally sensitive approaches to both Child/Adolescent group work, as well as, long term group psychotherapy with parents will be ‎presented. Innovative approaches to the coordination of clinical groupwork with youth and concurrent clinical groupwork with parents will be presented. Emphasis is given to specific ‎group-based clinical methods of working with parental reactivity. This presentation includes a sharing of how this approach has evolved and changed as a result of the presenter's own racial identity development.

**Learning Objectives**

The attendee will be able to:‎

1. ‎ Identify three examples of how the ‎ParentCircle group-based approaches ‎can effectively address ‎parental ‎reactivity.‎
2. ‎Identify five examples of racial micro-aggressions common in child group work.‎ ‎
3. ‎List and describe the key elements of ‎the ParentCircle model.‎ ‎
4. ‎Summarize a demonstrated method ‎for reducing the impact of an ‎individual's core issues on current ‎levels ‎of parental reactivity.‎
5. ‎Identify the core principles of culturally sensitive and anti-racist informed group psychotherapy with ‎youth and parents.‎

**Significant Articles:**

1. Flohr, D. (2012). The Parent Circle: ‎Tapping the Wisdom of True Experts. ‎Psychotherapy Networker, ‎Jan/Feb ‎‎2012, 30-37. ‎
2. Fonagy, Gergely, Jurist & Target. ‎‎(2004). Affect Regulation, Mentalization ‎and the Development of the ‎Self. New ‎York: Other Press.‎
3. Seigel & Bryson. (2020). The Power ‎of Showing Up. New York: Ballantine.‎
4. Sanders, M.R. (2018). Handbook of ‎Parenting and Child Development across ‎the Lifespan. New York: ‎Springer. ‎
5. Siegel, D.J., & Hartzell, M. (2003). ‎Parenting from the Inside Out. New York: ‎Penguin

**Agenda:**

1. Introduction of presenter (10 minutes, Obj 2 David Flohr Lecture)
   * Motivation and commitment to Anti-Racism and Cultural Sensitivity.
   * Group experiences
   * Sources of influence
2. Overview of model (10 minutes, Obj 2&3 David Flohr Lecture/Powerpoint)
   * Program elements and goals
   * Guiding principles and values
   * Methods, processes and desired outcomes
   * Integration of groupwork with youth and their parents.
3. The "Velveteen Rabbits"; A case study of an actual ParentCircle. (10 mins)
4. Demonstration group #1 (70 min, Obj 1,3,4,5 Flohr experiential/discussion)
   * Group as Champion process demonstrated (Focus on parental reactivity)
   * Integrating Group process, parent education and support
   * Looking through an anti-racist and culturally competent lens at group process and content.
   * Considerations of composition and exclusionary criteria.
   * Radioactive group members \* Group as witness process demonstrated (parental reactivity focus)
   * Care and attention to demo participants
   * Process illumination and discussion
5. Specific challenges to the model (10 min Obj 2,3, ) 6.. Q & A (30 min)
6. Participant Evaluations (10min)

Assessment Questions: Question 1 (include possible answers)

Question 1 (include possible answers)

1. (T/F) The ParentCircle model is a short term approach.

Correct Answer 1

False

Question 2 (include possible answers)

To what degree does the level of racial identity development of the clinician directly impact the capacity of the therapist to engender anti-racist and culturally sensitive group climate? a.) Not at all b.) Somewhat c:) Significantly

Correct Answer 2

C

Question 3 (include possible answers)

How does the ParentCircle model provide a place where parents can work to resolve their core issues? a:) It does not b:) Through education, group work and self study c:) Through supportive counseling

Correct Answer 3

B

Question 4 (include possible answers)

Who is not appropriate for inclusion in a Parent Circle group? a:) Individuals with no genuine interest in their development as a parent b:) Individuals who are depressed c:) Individuals with adopted children

Correct Answer 4

A

Question 5 (include possible answers)

What are the primary roles of the therapist in the Parent Circle Model? a:) Supportive b:) Mentor and Educator c:) Clinician d:) All of the above

Correct Answer 5

D

Question 6 (include possible answers)

What does each ParentCircle session include? a:) Education b:) Group work c:) Self Study d:) All of the above

Correct Answer 6

D

Question 7 (include possible answers)

Individual parents complete which of the following prior to joining a group? a:) Parent Assessment Form b:) Screening session overviewing the model c:) Complete a Parent Development Plan d:) All of the above

Correct Answer 7

D

Question 8 (include possible answers)

The Parent Circle Model a:) Is a peer led program from the beginning b:) Is inappropriate for parents with adult children c:) Is a long term approach to the self development of the parent

Correct Answer 8

C

Question 9 (include possible answers)

The level of racial identity development of the therapist is relevant to creating a culturally sensitive and anti-racist group container because: a:) Self awareness of racial identity stage provides access to potential blind spots and insensitivities. b:) Is not important c:) Allows therapist to continue to develop

Correct Answer 9

A

Question 10 (include possible answers)

The ongoing self development of the parent is directly related to: a:) The healthy development of the child. b:) The ongoing process of racial identity development c:) Positive outcomes for parent, child and family.

Correct Answer 10

C