**AGPA Connect 2023 Presenter Information**

**Course Code:** 216-5

**Course Title:** The Power of Experiential Group Supervision When a Ukrainian Member Faces Russian Invasion

**Course Times:** 4:30 PM - 6:00 PM

**Course Dates:** Friday, March 10

**Instructors:** Kavita Avula

Polina Udodenko

**Course Description:** This session will describe how an experiential psychodynamic group supervision model was effective during an international supervision group with a Ukrainian member who participated in supervision on the day that Russia began its invasion. Both the supervisor and supervisee will share their experiences of the days preceding the invasion, navigating participation in group supervision on that day, and afterwards as the conflict continues. Supervisor and supervisee will share reflections on the healing force of supervision group in the face of war.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎Describe one theoretical model for running a supervision group.‎
2. ‎Evaluate how the supervisor may opt to provide extra support when a member is experiencing ‎acute stress as war and conflict are inevitable.‎
3. ‎Describe the ethical and clinical considerations for members of a supervision group when one ‎member is in acute distress and immersed in active conflict.‎
4. ‎Analyze the outcome of a supervision group member remaining in group in the face of acute and ‎chronic conflict. ‎

**Significant Articles:**

1. Altfeld, D. A. (1999) An experiential group model for psychotherapy supervision. International Journal ‎of Group Psychotherapy, 49(2) 237-254.‎
2. Halliman, S, Shiyko, M, Volpe, R. & Molnar, B. (2021) On the back burner: Challenges experienced by ‎change agents addressing vicarious trauma in first response and victim service agencies. Traumatology, ‎‎27(3) 316-325.‎
3. Leung, T., Schmidt, F, & Mushquash, C. (2022) A personal history of trauma and experience of ‎secondary traumatic stress, vicarious trauma, and burnout in mental health workers: A systematic ‎literatuve review. Psychological trauma: Theory, research, practice, and policy.‎

**Agenda:**

1. Introduction to experiential supervision group and international supervision groups (5 minutes, Obj 1, Avula)
2. Describe the pre-conflict period as Russian troops began surrounding Ukraine and how the supervisor offered extra 1-1 support to the supervisee during this period (15 minutes, Obj 2 Udodenko/ Avula)
3. Navigating the crisis: Describe supervisor and supervisees' experience the day the Russian war began which happened to be the day the supervision group is held (20 min Obj 3 Udodenko/ Avula)
4. Extending support by the supervisor and creating a holding frame for the supervisee who had to make critical life-or-death decisions about survival and escape (20 min Obj 3 Udodenko/ Avula)
5. Adjusting to a new normal of living through chronic conflict (10 min Obj 4 Udodenko/ Avula)
6. Group Discussion (15 minutes Obj 4 Avula/ Udodenko)
7. Evaluations (5 min)

**Assessment Questions:**

Question 1 (include possible answers)

The experiential model of supervision focuses on which processes: a) intrapsychic b) interpersonal c) systems d) all of the above

Correct Answer 1

D

Question 2 (include possible answers)

The central thesis of the experiential model is that group supervision stimulates which processes a) conscious processes b) unconscious processes c) parallel processes d) all of the above.

Correct Answer 2

D

Question 3 (include possible answers)

Supervision group can serve as a container for: a) projections b) displacements c) repressed material d) all of the above

Correct Answer 3

D

Question 4 (include possible answers)

The group supervisor may consider offering extra support to a group member immersed in active conflict (True/ False)

Correct Answer 4

True

Question 5 (include possible answers)

The supervisor in the experiential model makes an assumption that: a) attendance is not as important as participation when present b) allows the group to lead itself c) events occurring from the moment the group begins may be interconnected and carry meaning later for the supervision d) all of the above

Correct Answer 5

C

Question 6 (include possible answers)

The group supervisor should help a supervisee escape a war zone: a) always b) never c) when it is the supervises wish to escape and the supervisor is able to assist

Correct Answer 6

C

Question 7 (include possible answers)

Mark the statement that is true: a) All refugees show evidence of acute or chronic mental health difficulties. b) Not all refugees show evidence of acute or chronic mental health difficulties c) both A& B d) none of the above

Correct Answer 7

B

Question 8 (include possible answers)

Secondary traumatic stress is: a) when you get stressed because someone you know is stressed b) the behavioral and emotional consequences of exposure to traumatic events experienced by significant others c) when you have anxiety and depression as a secondary stressor d) all of the above

Correct Answer 8

B

Question 9 (include possible answers)

Vicarious trauma can lead to: a) burnout b) increased risk for mental health conditions including posttraumatic stress disorder (PTSD) c) post traumatic growth d) all of the above

Correct Answer 9

D

Question 10 (include possible answers)

Secondary trauma has been used interchangeably with: a) vicarious trauma b) panic attacks c) depression d) schizophrenia

Correct Answer 10

A