**AGPA Connect 2023 Presenter Information**

**Course Code:** 22

**Course Title:** A Circle of Men: Developing and Sustaining Men's Interpersonal Process Groups

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

**Course Dates:** Thursday, March 9

**Instructors:** Andrew Susskind

**Course Description:** Men's psychotherapy groups are often misunderstood. In this interactive workshop we will de-mystify the process of developing a men's group by exploring such topics as client selection, pre-group interviews, the early stages of group as well as innovative marketing strategies. There will be a demonstration group illustrating the early stages of group as well as a role-play of the pre-group interview. Issues related to diversity, equity and inclusivity will be acknowledged and given space for open discussion throughout the workshop.

**Learning Objectives**

The attendee will be able to:‎

1. ‎Describe two elements essential to pre-group interview sessions.‎
2. ‎Identify one possible obstacle to accepting a client into a men's group.‎
3. ‎Name three effective marketing strategies specific to men's therapy groups.‎
4. ‎List one challenge for the group leader regarding issues of diversity.‎

**Significant Articles:**

1. Chauduri, Tanni. (2012). Patterns of Male Victimization in Intimate Relationships: A Pilot Comparison of ‎Academic and Media Reports, The Journal of Men’s Studies, 20(1): 57-72.DOI:10.3149/jms.2001.57‎
2. Gwyther, K., Swann, R., Casey, K., Purcell, R., Rice, S. (2019). Developing young men’s wellbeing ‎through community and school-based programs: A systematic review. Plos One, an on-line journal, ‎https://doi.org/10.1371/journal.pone.0216955‎
3. Hentschel, T., Heilman, M. Peus, C. (2019). The Multiple Dimensions of Gender Stereotypes: A Current ‎Look at Men’s and Women’s Characterizations of Others and Themselves, Frontiers in Psychology., ‎https://doi.org/10.3389/fpsyg.2019.00011‎
4. McKenzie, S., Collings, S., Jenkin, G., River, J. (2018). Masculinity, Social Connectedness and Mental ‎Health: Men’s Diverse Patterns of Practice, American Journal of Men’s Health, 12(5): 1247–1261. doi: ‎‎10.1177/1557988318772732‎
5. Moravec, P. and Slezáčková, A. (2016). Psychological Benefits and Costs of Participating in Men’s ‎Groups in the Czech Republic. Journal of European Psychology Students, 7(1), pp.1–8. DOI: ‎http://doi.org/10.5334/jeps.346‎

**Agenda:**

1. Getting Groups Started (30 min, obj 1, lecture)
2. Pre-Group Interview (15 min, obj 1, role play)
3. Debrief role play (10 min, obj 1, discussion)
4. Stretch break (5 min)
5. Demonstration Group (30 min, obj 2, experiential)
6. Debrief demonstration group (15 min, obj 2, discussion)
7. Tasks of early stage groups and resistance (15min, obj 2, lecture)
8. Mindful marketing strategies (15 min, obj 3, lecture)
9. Discussion / Q&A 10 minutes
10. Evaluation (5 min.)

Assessment Questions: Question 1 (include possible answers)

Question 1 (include possible answers)

Pre-group interviews are unnecessary.

Correct Answer 1

False

Question 2 (include possible answers)

Name one benefit of men's psychotherapy groups.

Correct Answer 2

Clients will benefit from intimacy with other men.

Question 3 (include possible answers)

What would be a reason for a client NOT to join a men's group.

Correct Answer 3

If a client has poor relationships with women.

Question 4 (include possible answers)

How many preparatory sessions would be most helpful?

Correct Answer 4

3-4

Question 5 (include possible answers)

What makes preparatory sessions useful to the client?

Correct Answer 5

They make an informed decision about joining the group.

Question 6 (include possible answers)

What makes preparatory sessions useful to the therapist?

Correct Answer 6

The therapist learns about the client's therapeutic goals.

Question 7 (include possible answers)

Identify one therapeutic obstacle in men's groups.

Correct Answer 7

Intellectualization

Question 8 (include possible answers)

What are the long term goals seen in men's groups?

Correct Answer 8

1. clear, honest feedback, increased intimacy, ability to receive love

Question 9 (include possible answers)

Name an effective tool for marketing.

Correct Answer 9

Educating colleagues over a phonecall, zoom call or over a cup of coffee is very effective.

Question 10 (include possible answers)

How do you introduce group therapy to a current client.

Correct Answer 10

Invite them to talk about it in session or possibly set up a separate pre-group interview session to introduce your group to them.