**AGPA Connect 2023 Presenter Information**

**Course Code:** 30

**Course Title:** 100 Unconventional Interventions in Group Psychotherapy

**Course Times:** 10:00 AM - 12:30 PM

**Course Dates:** Friday, March 10

**Instructors:** Robert Pepper

**Course Description:** In my psychotherapy groups, the contract is: "Say how you feel toward the other group members and why you feel that way, no name-calling, character assassination, racial slurs, bigotry, or bullying." When members don't comply, I say:" If you have a problem with a member, then you have a problem with me". I re-direct the microaggressions and any disregard for DEI, back to me. If they derive too much gratification from flaunting the rules, they are expelled from group.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎Differentiate between members’ thoughts and their feelings toward each other.‎
2. ‎Apply unconventional techniques to resolve resistances in group.‎
3. ‎Distinguish non treatment destructive resistances from treatment destructive resistances.‎

**Significant Articles:**

1. Black, A. (2017) On attacking and being attacked in group psychotherapy. The International Journal of ‎Group Psychotherapy. Vol. 67 (3) p. 291-313.‎
2. Gans, J. (2016). Book Review. Emotional Incest in Group Psychotherapy—A Conspiracy of Silence by ‎Robert S. Pepper. in The International Journal of Group Psychotherapy. Vol. 66:1, P.155-159.‎
3. MacColl, G. (2016) The art of bridging revisited. The International Journal of Group Psychotherapy. Vol. ‎‎66 (3) p.443-454‎
4. Ormont, L. (2015). The craft of bridging. The International Journal of Group Psychotherapy. Oct. 16, ‎‎2015 online publication.. p.3-17.‎
5. Pepper, R.S. (2017). Some people don’t want what they say they want—100 unconventional ‎interventions in group psychotherapy. Guttenberg, NJ : Gray Publications.‎

**Agenda:**

1. conventional Interventions in Group Therapy”
2. Introduction to Einstein’s Theory of the Conservation of Energy as it applies to emotions and Group Therapy (30 min, Obj 1, Lecture/video)
3. Fishbowl Demonstration Group of Volunteers role-playing trying group members (15 min, Obj. 2,role play/demonstration) I Debriefing of Demo participants and audience reaction (40 min, Obj.,1&2,discussion/ Q&A) IV. Group Process of Unconventional Interventions and Recap (60 min, Obj. 1,2,3, small group activity/case study) V. Participant Evaluation (5 min)

**Assessment Questions:**

Question 1 (include possible answers)

1. T/F Traditional group psychotherapy interventions such as interpretations don’t necessarily work with difficult group member populations.

Correct Answer 1

ANSWER TRUE

Question 2 (include possible answers)

2. What is progressive emotional communication?

Correct Answer 2

2. ANSWER: It is a process to resolve the group and its members resistance to emotional intimacy.

Question 3 (include possible answers)

3. Define the group contract.

Correct Answer 3

3. ANSWER: Members are to state their feelings toward each other and why they feel that way.

Question 4 (include possible answers)

4. What are the four basic fears of intimacy:

Correct Answer 4

4.ANSWER 1. Fear of engulfment 2. Fear of impulsivity 3. Fear of abandonment 4. Fear of vulnerability.

Question 5 (include possible answers)

5. What do the recent data reveal about the difference between CBT and analytic group therapy? ANSWER: Positive results of CBT group tend to dissipate over time while positive results of analytic treatment tend to last over time

Correct Answer 5

ANSWER: Positive results of CBT group tend to dissipate over time while positive results of analytic treatment tend to last over time

Question 6 (include possible answers)

6. Why is continuous supervision needed for doing group therapy?

Correct Answer 6

6. ANSWER; To help the leader distinguish between objective and subjective countertransference.

Question 7 (include possible answers)

7. What is the prime dictum of leading analytic groups?

Correct Answer 7

7. ANSWER: The integrity of the group takes precedence of the needs of any individual group member.

Question 8 (include possible answers)

8. Why are dual relationships between members and between leader and members hazardous?

Correct Answer 8

8. ANSWER: Because they blur the boundary between therapy and not therapy.

Question 9 (include possible answers)

9. What is gaslighting in group therapy?

Correct Answer 9

9.ANSWER The invalidating of a member or members’ perception of reality thereby undermining their emotional stability.

Question 10 (include possible answers)

10. Name three founders of the modern group analytic psychotherapy.

Correct Answer 10

10. ANSWER: Hyman Spotnitz, Lou Ormont and Leslie Rosenthal