**AGPA Connect 2023 Presenter Information**

**Course Code:** 313

**Course Title:** The mystery and charm of Online Training Process groups for therapists

**Course Times:** 2:00 PM - 4:30 PM

**Course Dates:** Saturday, March 11

**Instructors:** Carlos Canales

Martha Gilmore

Nate Page

Haim Weinberg

**Course Description:** Every therapist should have a therapy group for themselves to prevent burnout and for their continued professional and personal growth (Yalom)." Experiential groups are part of group therapists’ training. They recently increased in popularity because of online groups and the stresses of pandemic. Conducting them online poses specific challenges. In this session we will explore lessons learned from leading groups designed for therapists, observe and discuss them through a demonstration group. The participants will improve their skills as group therapists.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎List three common struggles that therapists face (yet may be hesitant to reveal) as they enter a ‎group comprised of other therapists.‎
2. ‎Describe at least two of the unique challenges BIPOC clinicians in the US face when it comes to ‎burnout and compassion fatigue.‎
3. ‎Articulate two of the benefits for therapists joining a group comprised of other therapists.‎
4. ‎List three specific challenges we face while leading online groups.‎
5. ‎Describe the application of attachment theory for online groups.‎

**Significant Articles:**

1. Kelly A. Kozlowski & Courtney M. Holmes (2014) Experiences in Online Process Groups: A Qualitative ‎Study, The Journal for Specialists in Group Work, 39:4, 276-300.‎
2. Marmarosh, C.L. (2021) Ruptures and Repairs in Group Psychotherapy: From Theory to Practice, ‎International Journal of Group Psychotherapy, 71:2, 205-223‎
3. Rosendahl, J., Alldredge, C.T., Burlingame, G.M., Strauss, B. (2021) Recent Developments in Group ‎Psychotherapy Research. American Journal of Psychotherapy; 74:52–59‎
4. Weinberg, H. & Rolnick, A. (2020). Theory and Practice of Online Therapy: Internet-delivered ‎Interventions for Individuals, Groups, Families, and Organizations (1st Edition). New York, NY: ‎Routledge. https://doi.org/10.4324/9781315545530‎
5. Yalom, I.D. & Leszcz, M. (2020). The theory and practice of group psychotherapy (6th ed.). New York: ‎Basic Books. ISBN-13: 9781541617568‎

**Agenda**

1. Demonstration group prepared in advance with volunteers from the audience connecting online from their hotel rooms. Led by Martha Gilmore and Haim Weinberg – 40 mins (obj. 1,4).
2. Discussion of the demo group – Nate Page and Carlos Canales 15 mins (obj. 1,3,4)
3. The specific challenges of online groups for therapists – Haim Weinberg 20 mins (obj. 4)
4. Burnout and compassion fatigue challenges in online groups for therapists, including unique challenges for BIPOC clinicians – Nate Page 20 mins (obj. 2)
5. Applying the Somatic experience and attachment theory to online groups for therapists – Carlos Canales 20 mins (obj. 5)
6. Case vignette – Martha Gilmore 5 mins (obj. 1,2,3,4,5)
7. Discussing the case among the panelists – all team members 5 mins (obj. 1,2,3,4,5)
8. Questions/Discussion 20 min (obj. 1,2,3,4,5)
9. Summary and evaluations 5 min

**Assessment Questions:**

Question 1 (include possible answers)

Common signs of burnout are: A. cynicism and withdrawal. B. finding more time to spend with friends. C. Increasing involvement with family members. D. None of the above.

Correct Answer 1

A

Question 2 (include possible answers)

When groups are comprised of only white therapists (with white group leaders): A. They don't need to explore race and cultural issues in the group. B. They are at risk of ignoring or becoming blind to race and cultural issues. C. They thoroughly discuss white supremacy. D. None of the above.

Correct Answer 2

B

Question 3 (include possible answers)

One of the typical obstacles for online groups is: A. The lack of body-to-body interactions. B. Many interpersonal conflicts. C. Difficult to recruit members. D. None of the above.

Correct Answer 3

A

Question 4 (include possible answers)

An example of the absence of the body online is: A. No eye-to-eye-contact. B. We can only see the person from the shoulders and up. C. Smelling people is impossible. D. All of the above.

Correct Answer 4

D

Question 5 (include possible answers)

One of the difficult dynamics in Experiential groups for therapists is: A. The participants are unaware of the group dynamics. B. The participants tend to intellectualize. C. The participants are afraid to compete with the group leader. D. None of the above.

Correct Answer 5

B

Question 6 (include possible answers)

Groups comprised of therapists: A. Are entirely different than groups of "lay people". B. Are always harmonic and non-conflictual. C. Are not very different than groups of "lay people". D. None of the above.

Correct Answer 6

C

Question 7 (include possible answers)

Imposter syndrome A. Is very rare and is quite concerning when it arises in a group of therapists. B. Is a sign of narcissistic personality disorder. C. Is a common DSM diagnosis. D. Is very common among therapists.

Correct Answer 7

D

Question 8 (include possible answers)

Yalom believes that: A. It is important to wait a few sessions before trying to activate the here-and-now in a group. B. Groups for therapists are unnecessary. C. When a group leader is intentional with activation interventions early in group it helps set the stage for creating the social microcosm necessary for potential corrective emotional experiences to emerge. D. None of the above.

Correct Answer 8

C

Question 9 (include possible answers)

Experiential groups A. Should not be part of the group therapist training. B. Are mandatory for becoming a CGP. C. Are not ethical. D. Should be part of the group therapist training.

Correct Answer 9

D

Question 10 (include possible answers)

T/F Most therapists have worked through their money mindsets and feel comfortable discussing fees.

Correct Answer 10

FALSE