**AGPA Connect 2023 Presenter Information**

**Course Code:** 314

**Course Title:** Chaos, Terror, Rage, Despair: Groups as Agents for Harmony Amid the Collective Traumas of COVID-19, War, Systemic Racism, Mass Shootings, and Political Upheaval

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

**Course Dates:** Saturday, March 11

**Instructors:** Stephanie Friedman

Rachael Kaplan

Nelly Katsnelson

Marcia Nickow

**Course Description:** The monumental, multi-layered impact of COVID-19 is yet to be determined. Meanwhile, we are confronting other ongoing collective traumas and human suffering on a grand scale - atrocities associated with systemic racism, oppression, war, genocide, mass shootings, the Capitol insurrection, challenges to reproductive rights, and global political upheaval. This experiential open session will illuminate how group leaders can inspire community healing by sharing personal narratives and guiding members in expressing feelings and exploring impact on work, family, political, economic, and social life.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎Describe five examples of institutional inequities, cracks, and walls as well as institutional neglect ‎and abuse associated with the coronavirus pandemic.‎
2. ‎Identify five ways to bolster self-care during times of war, political upheaval, challenges to basic ‎human rights, shootings, and other violence.‎
3. ‎List factors that promote vicarious resilience among treating professionals, front-line workers, ‎community leaders and all citizens.‎
4. ‎Illuminate the value of virtual support groups for mental health practitioners as cultures of resilience ‎and an ongoing antidote to traumatization.‎
5. ‎Define moral injury and explain its association with the COVID-19 pandemic, racial disparities, and ‎other effects of systemic oppression.‎
6. ‎Identify five ways that mental health practitioners can creatively work inside and outside institutions ‎to provide compassionate support to health care workers during pandemics, mass violence and war. ‎

**Significant Articles:**

1. Braun-Lewensohn, O., Abu-Kaf, S., & Kalagy, T. (2021). What factors explain anger and mental health ‎during the COVID-19 pandemic? The case of Israeli society. World Journal of Psychiatry, 11(10), 864–‎‎875. https://doi.org/10.5498/wjp.v11.i10.864‎
2. Chumachenko, D., & Chumachenko, T. (2022). Impact of war on the dynamics of covid-19 in Ukraine. ‎BMJ Global Health, 7(4). https://doi.org/10.1136/bmjgh-2022-009173‎
3. Hernandez-Wolfe, Pilar (2018). Vicarious resilience: A comprehensive review. Revista de Estudios ‎Sociales 66: 9-17.‎
4. Kim, D.-Y. (2022). Covid-19 and gun violence: Keeping unknown shocks and volatility in perspective. ‎Criminal Justice Review, 073401682210885. https://doi.org/10.1177/07340168221088571‎
5. Stoute, B. J. (2017). Race and racism in psychoanalytic thought: The ghosts in our nursery. The ‎American Psychoanalyst. 51(1), 10-29.‎

**Agenda**

1. Introduction Challenges faced by clinicians, physicians, clinical teams, institutions, organizations, and front-line workers confronting the continuing COVID-19 pandemic along with war, genocide, political upheaval here and abroad, mass shootings, other gun violence, threats to voting rights, threats to reproductive rights, 20 min. (Obj 1, 2, 4, 6, Katsnelson, Kaplan, Friedman, Nickow)
2. Didactic (30 min, Obj 1-6, Katsnelson, Kaplan, Friedman, Nickow) -Literature review on wide-ranging global and domestic topics of the day -Case narratives by presenters centered on collective trauma -Artistic representations reflecting era of torment and incivility -Institutional inequities, cracks, walls, neglect, systemic and organizational barriers / inequities -Critical evaluation of initiatives, including some which place the burden of resiliency building and burnout prevention on individuals and communities -Concept of vicarious resilience, promoted through community healing, support groups and other initiatives
3. Demo Group (70 min, Obj 1-6, Nickow, Katsnelson) Unpacking experiences, including encounters with institutional, systemic, and structural barriers in and outside the health care system. Co-leaders will encourage a here-and-now focus
4. Metaprocessing (30 min, Obj 1-6, Friedman, Kaplan, discussion) -Discussion of strategies and leadership interventions needed to break through organizational barriers -Overview of strategies that might offer compassionate support and the physical and psychological resources needed for workers to perform well. -Political, economic and social implications to be considered.
5. Evaluations

**Assessment Questions:**

Question 1 (include possible answers)

Support groups may be helpful to health care workers a. during challenging circumstances, according to research b. only during times of stability c. unless they would only remain silent d. none of the above

Correct Answer 1

a

Question 2 (include possible answers)

The best approach to providing compassionate care to professionals and works is a. critical incident-focused interventions b. support groups focused on emotional containment and connections c. providing aromatherapy and Kashi bars d. psychodynamic group psychotherapy

Correct Answer 2

b

Question 3 (include possible answers)

If we are to be effective in helping health care workers, we need to a. contain and compartmentalize our own experience of trauma b. express our own feelings freely c. reassure them that everything will be OK d. meet with their families

Correct Answer 3

a

Question 4 (include possible answers)

To work with grief and loss and rage with our clients, individually and in groups, we must a. deeply address those feelings in our own beings b. suppress our own grief c. facilitate expression of rage d. all of the above

Correct Answer 4

a

Question 5 (include possible answers)

Vicarious trauma experienced by clinicians is a a. sign that they didn't have appropriate therapy in early life b. inevitably occurs when working during acute and ongoing traumatic event c. can be reduced by taking a vacation d. none of the above

Correct Answer 5

b

Question 6 (include possible answers)

This crisis has a. brought many people in closer connection with what values are central in their lives b. created alienation among many people c. made people deny scientific evidence and turn to conspiracy theories d. both a and b

Correct Answer 6

D

Question 7 (include possible answers)

Mental health professionals a. benefit from awareness about their own most intense and profound emotional responses, derived from personal work in groups b. get overwhelmed and become ineffective when facing their own emotional reactions c. should give up trying to prioritize their family life d. all of the above

Correct Answer 7

a

Question 8 (include possible answers)

The COVID-19 pandemic affects a. every level of every organizational system b. only people at the leadership level c. only front-line workers d. none of the above

Correct Answer 8

a

Question 9 (include possible answers)

Moral injury a. it only refers to military culture b. it implies erosion of professional identity c. has been incorrectly applied to the coronavirus crisis d. is an over-used, confusing term

Correct Answer 9

b

Question 10 (include possible answers)

Burnout prevention is a moot point when health care workers are confronting a medical crisis. Burn-over is inevitable.

Correct Answer 10

False