**AGPA Connect 2023 Presenter Information**

**Course Code:** 35

**Course Title:** Working with Aggression in Group Therapy: A Modern Analytic Approach

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

**Course Dates:** Friday, March 10

**Instructors:** Laura B. Kasper

Shanon Sitkin

**Course Description:** We will explore the modern analytic approach and its understanding of aggression. Many of our missteps in working with groups comes from our disavowal of aggression and the stigma surrounding it. We will pay attention to intersectionality and the effects of aggression on marginalized identities. We will distinguish between healthy aggression and destructive micro-aggressions. Participants will learn to identify and work with aggression in groups. To accomplish this, the workshop will be divided into three sections: didactic discussion, live demonstration and debrief/Q & A.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎Explain how modern analysis understands aggression.‎
2. ‎Explain the difference between a micro-aggression and healthy expression of aggression while ‎attending to the effects on marginalized identities.‎
3. ‎Discuss three modern analytic techniques for working with aggression.

**Significant Articles:**

1. Black, A. (2017) On Attacking and Being Attacked in Group Psychotherapy. International Journal of ‎Group Psychotherapy, 67 (3). 291-313.‎
2. Black, A. (2019). Treating Insecure Attachment in Group Therapy: Attachment Theory Meets Modern ‎Psychoanalytic Technique. International Journal of Group Psychotherapy. 69 (3). 259-286.‎
3. Lefforge, N,L, Mclaughlin, S., Goates-Jones, M. & Mejia, C. (2020) A Training Model for Addressing ‎Microaggressions in Group Psychotherapy, International Journal of Group Psychotherapy, 70:1, 1-28‎
4. Kirman, Jacob H. Ph.D (1993). Working with Anger in Groups International Journal of Group ‎Psychotherapy, 45 (3).‎

**Agenda:**

1. Introductions (5-10 min, Objective X, Laura Kasper and Shanon Sitkin)
2. Defining Aggression from a Modern Analytic Perspective (20 minutes, Objective 1, Shanon Sitkin and Laura Kasper, Lecture)
   1. Characterizing the difference between anger and aggression
   2. Discuss common transference resistances to aggression encountered by the group analyst
3. Distinctions between Microaggressions and health expression of aggression (15 min, Objective 2, Laura Kasper and Shanon Sitkin, Lecture)
   * 1. Identifying and defining microaggressions
     2. Interventions to address microaggresions
4. Modern Analytic Techniques for Working With Aggression (25 min, Objective 3, Shanon Sitkin and Laura Kasper, Lecture)
   1. The value of encouraging negative transference
   2. Joining and Bridging
   3. Distinguishing aggression from attacks
   4. Exploring the emotional communications embedded in attacks
5. Demo Group (55 min, Objective 1, 2, 3, Shanon Sitkin and Laura Kasper, Experiential)
   1. Demonstrate how to encourage negative transference
   2. Demonstrate joining and bridging
   3. Demonstrate distinguishing between healthy aggression and attacks and/or microaggressions
   4. Demonstrate exploring the emotional communications embedded in attacks
6. Debrief and Q&A (30 min, Objective 1, 2, 3, Laura Kasper and Shanon Sitkin, Lecture/Q&A)
7. Participant Evaluations (5 min)

**Assessment Questions:**

Question 1 (include possible answers)

Pre-oedipal aggression looks and feels similar to oedipal aggression when it presents in groups. T/F

Correct Answer 1

False

Question 2 (include possible answers)

The narcissistic defense, according to Modern Analysis, is a) when anger is destructively turned on one's own ego (self-attack), b) when someone in group talks only about themselves c) a personality disorder d) all of the above

Correct Answer 2

A

Question 3 (include possible answers)

Joining and bridging are modern analytic techniques for a) starting and ending in groups b) removing destructive group members c) working with aggression in groups d) none of the above

Correct Answer 3

C

Question 4 (include possible answers)

Encouraging the expression of negative transference helps clients a) feel safe, b) access unconscious affects c) resolve the narcissistic defense d) all of the above

Correct Answer 4

D

Question 5 (include possible answers)

According to modern analytic theory the narcissistic defense was developed a) to help patients to talk more about themselves b) to protect the valued object/parent from murderous rage c) to get attention from the parent d) all of the above

Correct Answer 5

B

Question 6 (include possible answers)

Resolving the narcissistic defense a) does nothing to improve the quality of a clients interpersonal relationships b) is easy c) helps clients shift from self-attack to a constructive use of aggression d) none of the above

Correct Answer 6

C

Question 7 (include possible answers)

A microaggression is a) a healthy expression of aggression in group b) is a very small aggression c) a direct expression of aggression d) an indirect expression of aggression based on implicit bias towards marginalized identities

Correct Answer 7

D

Question 8 (include possible answers)

Which of the following is an example of a microaggression in group: a) ignoring identity differences b) misuse of gender pronouns c) group members deferring more privileged group leaders/members of less privileged group leaders/members d) all of the above

Correct Answer 8

D

Question 9 (include possible answers)

Healthy aggression shows up in the following ways in groups: a) asking for needs to be met b) expressing anger in words not actions c) expressing envy and competition in words not actions d ) all of the aove.

Correct Answer 9

D

Question 10 (include possible answers)

The resolution of the narcissistic defense enables members a) to progress emotionally b) successfully complete therapy c) stop talking only about themselves d) all of the above

Correct Answer 10

A