**AGPA Connect 2023 Presenter Information**

**Course Code:** 3a

**Course Title:** Mentalizing in Groups: A Creative Experience

**Course Times:** 10:00 AM - 12:30 PM & 2:30 – 5:00 PM

**Course Dates:** Thursday, March 9

**Instructors:** Valorie George

 Jennifer Markey

**Course Description:** Come join us as we creatively explore our minds! This group will take participants on an experiential tour of mentalizing. Through a series of experiential exercises, we will demystify the concept of mentalizing and give participants some ideas for integrating mentalizing into their group practice. Specifically, we will describe mentalizing in patient-friendly terms and demonstrate how mentalizing can be used to deepen patients’ understanding of themselves and their relationships.

**Learning Objectives**

The attendee will be able to:‎

1. Describe mentalizing in patient-friendly terms.‎
2. List and describe three mentalizing activities to use in group settings with a variety of client ‎populations.‎
3. Describe how mentalizing can play a role in improving patient’s self-awareness and interpersonal ‎competency.‎
4. Describe the pre-mentalizing modes.‎

**Significant Articles:**

1. Allen, J. (2013). Mentalizing in the Development and Treatment of Attachment Trauma. London: ‎Karnac.‎
2. Bateman, A. & Fonagy, P. (2016) Mentalization-based treatment for personality disorder. Oxford-UK: ‎Oxford Press.‎
3. Bo, S., Sharp, C., Beck, E., Pedersen, J., Gondan, M., & Simonsen, E. (2017). First Empirical Evaluation of ‎Outcomes for Mentalization-based Group Therapy for Adolescents With Borderline Personality ‎Disorders. Theory, Research, and Treatment, 8(4). 396-401.‎
4. Edel, M.A., Raaff, V., Dimaggio, G., Buchheim, A., & Brüne, M. (2017). Exploring the effectiveness of ‎combined mentalization based group therapy and dialectical behavior therapy for inpatients with ‎borderline personality disorder - A pilot study. British Journal of Clinical Psychology, 56(1), 1-15.‎
5. Fonagy, P., Campbell, C., & Bateman, A., (2017). Mentalizing, Attachment, and Epistemic Trust in ‎Group Therapy. International Journal of Group Psychotherapy, 62(2), 176-201.‎‎

**Agenda:**

I. Introductions (Valorie George/Jennifer Markey, 10 min)

II. I Poem Exercise (Valorie George/Jennifer Markey, 20/15/30 minutes, group activity, discussion, Obj 2, 3, 4)

Participants complete I Poem and share with group

Brief process group experience to reflect on I Poem

III. Introduce concept of mentalizing (Jennifer Markey, 45 minutes, Didactic, discussion, Obj 1, 3, 4, 5)

Describe the continuum of mentalizing from over-mentalizing to non-mentalizing

Discuss 4 core dimensions of mentalizing

Discuss pre-mentalizing modes

IV. Exercise I: Perceptions of Emotion (Valorie George/Jennifer Markey, 30 minutes, group activity, discussion, Obj 2, 3, 4)

Participants will create an image of Emotion using a variety of supplies

Process Experience – Perceptions of Emotions (Valorie George/Jennifer Markey, 35 minutes, group activity, discussion, Obj 2, 3, 4)

V. Exercise II: Story writing – 3 gray figures (Valorie George/Jennifer Markey, 20/35 minutes, group activity, discussion, Obj 2, 3, 4)

Participants will be asked to write a story about an image

Participants will read their stories and look at initial similarities and differences found when writing about a single image

Participants will then have an opportunity to read their story and receive mentalizing reflections from other group members on their story. After receiving the initial reflections, the writer will reflect on the similarities and differences between their own thoughts and the reflections of others.

VI. Exercise III: Metaphors for their experience at AGPA (Valorie George/Jen 10/25 Minutes, group activity, discussion, Obj 2, 3, 4)

Participants will each write a metaphor for the current experience participating at AGPA this year

Participants will use the mentalizing stance to explore the meaning of those metaphors and see how this exploration can enhance mentalizing capacities

VII. Discussion Group Experiences/Questions (Valorie George/Jennifer Markey, 20 minutes, discussion, Obj 1, 2, 3, 4, 5)

Discuss personal experiences across three exercises

Discuss understanding of mentalizing concept in relation to the exercises

Discuss ways in which the use of mentalizing exercises can be integrated into a variety of settings (agencies to private practice), with a variety of patient populations, and for a variety of purposes

VIII. Complete Evaluations (5mins)

**Assessment Questions:**

Question 1 (include possible answers)

What is included in the four square description of mentalizing? a. Magical thinking, concrete thinking, and splitting b. Teleological Stance, Pretend Mode, and Magical Thinking c. Self, other, cognitive, affective

Correct Answer 1

c. Self, other, cognitive, affective

Question 2 (include possible answers)

Once you have the capacity to mentalize, a. you are always able to mentalize well. b. You can mentalize within intimate relationships c. Your capacity to mentalize may fluctuate based on levels of stress

Correct Answer 2

c. Your capacity to mentalize may fluctuate based on levels of stress

Question 3 (include possible answers)

Where on the mentalizing continuum do patients with borderline personality disorder more often engage? a. Hypermentalizing b. Non-Mentalizing

Correct Answer 3

Hypermentalizing

Question 4 (include possible answers)

In what type of relationships might people have more difficulty mentalizing: a. intimate relationships b. Friendships c. Work relationships d. All of the above

Correct Answer 4

a. intimate relationships

Question 5 (include possible answers)

What is on the opposite of the continuum for self-orientation?

Correct Answer 5

other-orientation

Question 6 (include possible answers)

What is mentalizing?

Correct Answer 6

“The pervasive disposition to understand and interpret human behavior (our own and that of others) as based on mental states (i.e., thoughts, feelings, needs, desires, even misconceptions, and delusions)” Bleiberg, 2013.

Question 7 (include possible answers)

What are effective learning tools for teaching about mentalizing? a. Story writing b. Working with metaphors c. Drawing pictures of one’s mind d. All of the above e. None of the above

Correct Answer 7

d. All of the above

Question 8 (include possible answers)

What are the 3 pre-mentalizing sates a. Psychic equivalence, pretend mode, teleological mode b. Pretend mode, mutuality, psychic equivalence c. Mutuality, teleological mode, pretend mode

Correct Answer 8

a. Psychic equivalence, pretend mode, teleological mode

Question 9 (include possible answers)

What is psychic equivalence?

Correct Answer 9

A disposition to seek out a contingent, procedural match in another person.

Question 10 (include possible answers)

A Mentalizing stance requires that people are all of the following except: a. Curious b. Non-judgmental c. Not-knowing d. Open-minded e. Critical

Correct Answer 10

e. Critical