**AGPA Connect 2023 Presenter Information**

**Course Code:** 44-5 (Virtual)

**Course Title:** Rehearsing a Future with recovering addicts from compulsive abuse to creative relationship

**Course Times:** 4:30 PM - 6:00 PM

**Course Dates:** Friday, March 10

**Instructors:** Elizabeth Stahl

**Course Description:** We will explore techniques to cultivate an emotionally creative group culture through fostering acceptance, inclusion and encouraging experimentation within interpersonal relationships. Techniques include group structure, bridging and use of the self. By highlighting and accepting patterns as they present themselves in the behavior of group members we can explore, experiment and play together around interpersonal experiences elicited by the content within the group structure.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎Utilize group structure as a technique.‎
2. ‎Conduct connections between members using bridging techniques. ‎
3. ‎Identify ways to use yourself to cultivate creativity in others

**Significant Articles:**

1. Marmarosh, Cheri L.Ruptures and Repairs in Group Psychotherapy: From Theory to Practice, ‎International Journal of Group Psychotherapy, 7:2, 205-223.DOI 10.108/00207284.2020.1855893‎
2. Masselink, Saralyn, M. (2022). Currents of Countertransference. Women, Intersectionality, and Power ‎in Group Psychotherapy Leadership. New York: Routledge, 201-217.‎
3. Tasca, G. A.; Francis, K., Balfour, L. (2014). Group Psychotherapy levels of interventions: A clinical ‎process commentary. Psychotherapy, 51, 25-29‎ Wright F. The use of the self in group ‎leadership: a relational perspective. Int J Group Psychotherapy. 2000 Apr;50(2):181-98.‎

**Agenda:**

A handout with an outline for the workshop will be provided. For each section the topic will be introduced with a brief description of how that topic plays out in the groups I facilitate. I will then ask for free associations of group experiences from the workshop participants emphasizing that any group experience counts. The goal is to cultivate an atmosphere where we can improvise dialogue around the material presented.

1. Utilize structure as a technique (30 minutes)
   * Explore group structure through boundaries, content and expectations.

* Be explicit about the purpose of the group.
* Model ways the facilitator can relate to the structure (loosely, tightly, playfully….)
* Track the relationships towards and around the group structure.

1. Bridging Techniques to encourage connections (30 minutes)

* Interrupt and expand individual narratives
* Encourage awareness of interpersonal interactions
* Invite participation and include everyone’s experience

1. Use of self (20 minutes)

* Model curiosity, a willingness to take risks and an openness to feedback.
* Share your experiences of the group-as-a-whole
* Track stimulation and counter-transference feelings towards individual members and the group-as-a-whole.

1. Participant Evaluation (10 Minutes)

**Assessment Questions:**

Question 1 (include possible answers)

A. The characteristics of an addiction treatment group are 1. Attempt to produce subgroups, splits and projections 2. Honesty as a central value in group discourse 3. Action instead of dialogue 4. All the answers are correct

Correct Answer 1

4. All the answers are correct

Question 2 (include possible answers)

. What is the central role of addiction in the patient's inner world? 1. Pleasure 2. Releasing and making contact with others 3. Avoidance of pain 4. Re-imagine

Correct Answer 2

Avoidance of pain

Question 3 (include possible answers)

. The relationship between action taken by the addict on the substance and the action taken on the others in the group or on the-group-as-a-whole is: 1. The same context 2. Reverse relationship 3. No connection 4. Symbiotic relationship

Correct Answer 3

The same context

Question 4 (include possible answers)

D. What is the connection between the compulsive action and the difficulty of imagining 1. The compulsive action calms the anxiety and, for a moment, replaces the place of the imagination 2. The compulsive action motivates and enriches the ability to re-imagine 3. The compulsive action is a necessary step in the ability to re-imagine 4. The compulsive action and the action of the imagination are the same

Correct Answer 4

he compulsive action calms the anxiety and, for a moment, replaces the place of the imagination

Question 5 (include possible answers)

E. what are the unique charectristics of psychodrama in effective treatment for the population of people suffering from addictions. 1. the inner drama that triggers the addictions is a language of action 2. it bypasses objections 3. they produce contact with the "unconscious" even in non-verbal ways 4. psychodramatic action serves as a "language" that communicates the inner truth visually 5. All the answers are correct

Correct Answer 5

All the answers are correct

Question 6 (include possible answers)

F. Why is it important to experience "powerlessness" in the psychodramatic process of working with addicts? 1. That the ability to contain states of powerlessness is one of the main criteria in recovery 2. That the consent to stay in "powerless" situations constitutes modelling 3. That the joint group stay in the state of "helplessness" constitutes for the protagonist a potential space 4. All the answers are correct

Correct Answer 6

All the answers are correct

Question 7 (include possible answers)

G. Why is it important to pay attention to body sensations in psychodramatic work with addicts? 1. Because no one has noticed their body in the past 2. Because it transmits need 3. Because mindfulness provides an "emotional anchor" for the future 4. Because it has not been considered in the past

Correct Answer 7

Because mindfulness provides an "emotional anchor" for the future

Question 8 (include possible answers)

H. The "simultaneous scene" is? 1. The scene that takes place between the subgroups in the addiction treatment group 2. The scene that takes place simultaneously between two group members 3. Visible scene and covert inner scene 4. A scene from the past

Correct Answer 8

3. Visible scene and covert inner scene

Question 9 (include possible answers)

I. In a work that combines principles of group analysis and psychodramatic tools in working with addicts: 1. We will move from talking-about and doing-it back and forth 2. We will reflect on the action the participants are doing on each other as avoidance of pain and invite them to investigate the action. 3. We will be invited to a digestive discourse of the "here and now" following the action 4. All the answers are correct

Correct Answer 9

4. All the answers are correct

Question 10 (include possible answers)

J. Following Foulkes encounter with Moreno 1. He thought the psychodramatic action was Acting Out 2. He was grateful to Moreno for his insights and for applying dramatic techniques to psychotherapy. 3. He thought that the transition to dramatic action was detrimental to group discourse 4. He adopted the Ego Training in Action

Correct Answer 10

2. He was grateful to Moreno for his insights and for applying dramatic techniques to psychotherapy.