**AGPA Connect 2023 Presenter Information**

**Course Code:** 45a

**Course Title:** Exploring Interpersonal Sub-Types in Focused Brief Group Therapy: How to maximize outcomes and minimize harm

**Course Times:** 9:30 AM - 12:00 PM

**Course Dates:** Saturday, March 11

**Instructors:** Martyn Whittingham

**Course Description:** FBGT is an integrative interpersonal approach to reducing interpersonal distress in less than eight sessions. This presentation will look at how to work with each sub-type in the interpersonal circumplex, including how to focus on strengths, construct the working alliance, inoculate, select goals and understand group dynamics. Attendees will first explore archetypal interpersonal styles, with concrete clinical examples given. Attendees will engage in role plays, case studies and deliberate practice using FBGT skills to enhance the working alliance.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎Describe the core structure of FBGT. ‎
2. ‎Form goals based on interpersonal subtypes.‎
3. ‎Describe the central mechanisms of change in FBGT.‎
4. ‎Describe eight different interpersonal subtypes.‎
5. ‎Describe how to incorporate cultural and identity data into case formulations and goal selection.‎

**Significant Articles:**

1. Heu, L. C., van Zomeren, M., & Hansen, N. (2019). Lonely Alone or Lonely Together? A Cultural-‎Psychological Examination of Individualism-Collectivism and Loneliness in Five European Countries. ‎Personality & Social Psychology Bulletin, 45(5), 780–793. https://doi-‎org.nocdbproxy.xavier.edu/10.1177/0146167218796793‎
2. Horowitz, L. M., & Strack, S. (Eds.). (2010). Handbook of interpersonal psychology: Theory, research, ‎assessment, and therapeutic interventions. John Wiley & Sons.‎
3. Stein, A. T., Carl, E., Cuijpers, P., Karyotaki, E., & Smits, J. A. (2021). Looking beyond depression: A ‎meta-analysis of the effect of behavioral activation on depression, anxiety, and activation. ‎Psychological medicine, 51(9), 1491-1504.‎
4. Wampold, B. E., & Imel, Z. E. (2015). The great psychotherapy debate: The evidence for what makes ‎psychotherapy work. Routledge.‎
5. Whittingham, M. (2018). Innovations in group assessment: How focused brief group therapy ‎integrates formal measures to enhance treatment preparation, process, and outcomes. ‎Psychotherapy, 55(2), 186.‎

**Agenda:**

1. Overview of FBGT including discussion of culture and diversity (Whittingham, lecture, 45 minutes)
2. Overview of interpersonal subtypes including discussion of multicultural and cross-cultural differences (Whittingham 60 minutes lecture)
3. Attendee self-analysis of sub-type and discussion (Whittingham 30minutes, break out and discussion)
4. Goal formation with each interpersonal subtype including salience of cultural data (Whittingham and attendees 60 minutes role play demonstration and attendee practice)
5. Inoculation role play and explanation (Whittingham lecture and role play 30 minutes)
6. Attendee practice of inoculation (Attendees role play / deliberate practice 30 minutes)
7. Case study with questions (Whittingham and attendees, didactic and practice, 30 minutes)
8. Questions and answers (Whittingham Q and A, 5 minutes)

**Assessment Questions:**

Question 1 (include possible answers)

1. FBGT theory is integrative and includes: a. Interpersonal theory b. Polyvagal theory c. Behavioral theory d. Multicultural theory e. All of the above

Correct Answer 1

e

Question 2 (include possible answers)

FBGT is designed to: a. Change personality using long-term group therapy b. Focus on mindfulness c. Work on a a specific diagnosis d. Reduce interpersonal distress, a transdiagnostic issue e. Focus on cognitions

Correct Answer 2

d

Question 3 (include possible answers)

4. The interpersonal circumplex used by FBGT is based around the IIP-32 (Horowitz et al, 2000). This specific instrument is used because: a. It allows for a definitive categorization of the client based on what the instrument says is their highest interpersonal style b. It forces the client into one of fifteen categories and prescribes unchangeable goals based on therapist expertise only c. It provides a truth about the client that is never open to the possibility of culture or context influencing their distress d. It focuses on interpersonal distress and not a fixed interpersonal style, thereby allowing the client and therapist to collaboratively explore what this might mean for treatment, and how contexts and culture might impact high scores. e. It is scientific and therefore not amenable to client input or therapist clinical judgment

Correct Answer 3

d

Question 4 (include possible answers)

6. The interpersonal circumplex has two main axes: a. Affiliation and affability b. Control and self c. Agency and affiliation d. Power and range e. Motivation and malleability

Correct Answer 4

c

Question 5 (include possible answers)

7. FBGT asks questions about the client’s main identity variables because: a. This allows for an alliance to be built around understanding how the client self-defines with respect to diversity and identity b. This allows the client and therapist to begin to collaboratively consider how culture and context might impact interpersonal distress c. This provides the therapist and client with information that can improve goal selection so that it incorporates important identity concerns d. It allows the therapist and client to begin to discuss how culture and context may or may not be interacting with interpersonal style e. All of the above

Correct Answer 5

e

Question 6 (include possible answers)

15. “Inoculation” is a technique that was developed in FBGT as a means to: a. Provide group leaders with the tools to enforce social distancing b. Reduce premature dropout by prophylactically addressing client self-sabotage in non-shaming ways c. Address client self-sabotage by having clients insert new thoughts when they feel an urge to leave the group prematurely d. Provide group members with the techniques to give strong feedback to each other at he start of group to ensure no one drops out e. Provide group members with insight into how they need to act “opposite” to how they normally would behave if they feel like dropping out

Correct Answer 6

b

Question 7 (include possible answers)

FBGT therapists should not ask clients directly about their salient identity variables (T/F)

Correct Answer 7

F

Question 8 (include possible answers)

12. Triangulation in FBGT involves the group leader using what to provide a tentative hypothesis about client change?: a. Pre-post measures, notations as to whether the client achieved their goals b. Pre-post measures, notations as to whether the client achieved their goals, clinical observations and thoughtful clinical judgment to integrate the results c. Pre-post measures, notations from the client, clinical tallying of behaviors, external rater review d. Pre-post measures, clinical judgment, external rater review of outcomes using qualitative and quantitative methods e. Clinical judgment based on past experience and instinct

Correct Answer 8

b

Question 9 (include possible answers)

The IIP-32 is best described as: a. A measure of interpersonal style b, A measure of interpersonal distress that may or may not reflect and underlying interpersonal style c. A measure of depression d. A measure of personality disorder e. A measure to analyze the client using DSM criteria

Correct Answer 9

b

Question 10 (include possible answers)

Clients with interpersonal distress may sometimes self-sabotage themselves early in the life of the group. The technique to prevent this is called: a. Abolition b. information c. Inoculation d. Solutionality e. Supplication

Correct Answer 10

c