**AGPA Connect 2023 Presenter Information**

**Course Code:** 49

**Course Title:** Difficult People, Defensive Process, and Countertransference: Using the Unique Properties of Group

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

**Course Dates:** Saturday, March 11

**Instructors:** Kenneth Pollock

**Course Description:** A didactic and experiential workshop reviewing key premises of process-oriented ‎group therapy; including descriptions of difficult individual & group level behaviors, and group ‎level defenses. Ten Unique Properties of Group will be presented as a platform for ‎intervention. “Difficult” people and highly defensive groups ‎often trigger powerful countertransference reactions in the leader; hence, attention will be ‎devoted to helping participants assess their own counter-transferential vulnerabilities.‎ This will include issues with respect to diversity, equity and inclusion

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎State at least six out of the Ten Unique Properties of Groups. ‎
2. Explicitly Identify and cite two of one's own common counter-transferential challenges in ‎groups.‎
3. ‎Explain the difference between leader and group centered group psychotherapy, ‎ providing and/ or ‎characterizing one specific example of the difference them. ‎
4. ‎Describe two common group-as-whole defenses.‎

**Significant Articles:**

1. Alldredge, C. T., Burlingame, G. M., Yang, C., & Rosendahl, J. (2021). Alliance in group therapy: A meta-‎analysis. Group Dynamics: Theory, Research, and Practice, 25(1), 13–28. ‎doi:https://doi.org/10.1037/gdn0000135 ‎
2. Bateman, AW., (2022). Mentalizing and Group Psychotherapy: A novel Treatment for antisocial ‎Personality Disorder. American Journal of Psychotherapy, Jan1 75; (1): 32-37.‎
3. de Jong, K., Segaar, J., Ingenhoven, T., van Busschbach, J., & Timman, R. (2018). Adverse effects of ‎outcome monitoring feedback in patients with personality disorders: A randomized controlled trial in ‎day treatment and inpatient settings. Journal of Personality Disorders, 32(3), 393–413. ‎doi:https://doi.org/10.1521/pedi\_2017\_31\_297 ‎
4. Pollock, K., & Feinstein, R. (2022). Employing Psychodynamic Process-Oriented Group Psychotherapy ‎‎with Personality Disorders. In Feinstein, R. (Ed.) Primer on Personality Disorders; (pp..336=393). , ‎Oxford ‎University Press.‎
5. Shedler, J., (2022) The personality syndromes. In Feinstein, R., Primer on Personality Disorders; (pp. 3-‎‎33), Oxford ‎University Press.‎

**Agenda:**

1. Introduction /Overview of Workshop (30 min, obj 1,2,3,4; lecture / pwrpt /discussion /kp) ‎
   * History- Freud, Lewin, Bion, Foulkes/ group as a whole/implicit>explicit‎
   * Repair, Growth, Support as are all psychotherapeutic
   * Unique properties of group compared to indiv.‎
   * Countertransference
2. Counter Transference/ Self-Assessment. (25 min, obj 2, lecturette, Fill in self-assessment handout, ‎ talk in dyads, share in large group discussion)
3. The Ten Unique Properties of Group (15 min, obj 1, lecturette + handout Q and A)
   * The star formation versus member centered groups
   * Levels of Intervention using the Properties: individual, Dyad, Sub-group, Whole Group
4. Difficult People & Difficult Group Processes (15 min, obj 1, 2, 3, 4, lecturette & group discussion ‎on management of counter-transference)‎
   * Traits Associated with Personality Disorders in process-oriented groups
   * Group Level Phenomena That Are Analogous to Personality disorders
   * Countertransference can be a gift to the therapist ‎
5. Demonstration “Using the Ten Unique Properties of Groups “(40 min, obj 1,2,3,4 handouts)
   * Fishbowl with observers using Instrument Listing Possible Interventions ‎ Based upon Ten Unique Properties of Groups
   * Participants Provide Feedback and Supervision To The Presenter Based on ‎Their Observations
6. Discussion (15min. obj. 1,2,3,4)‎
7. Participants fill out evaluation forms (5min)‎

**Assessment Questions:**

Question 1 (include possible answers)

Name two unique properties of groups related to interpersonal feedback?‎

Correct Answer 1

‎1.Groups provide a forum to receive feedback from multiple others about oneself. 2. Group provide a ‎form for one to learn how to give useful feedback to multiple others.‎

Question 2 (include possible answers)

Name the three major functions that group therapy can provide.‎

Correct Answer 2

Repair, Growth, Support

Question 3 (include possible answers)

List four levels that countertransference can exist on in a group.‎

Correct Answer 3

It can exist in response to the individual, dyad, subgroup, and group as a whole

Question 4 (include possible answers)

Describe the function of a “there and then” defense in group.‎

Correct Answer 4

This is when the group is talking about outside the group issues and problems because it is emotionally Safer than dealing with here and now feelings and issues inside the group

Question 5 (include possible answers)

Give an example of a major “unwitting interpersonal wall” defense in a group.‎

Correct Answer 5

Examples include “oxygen robbery by a member who monopolizes time; another includes texting while in group.‎

Question 6 (include possible answers)

Countertransference always interferes with the therapists effectiveness‎

Correct Answer 6

False. (Appropriate use ofCountertransference can be a major therapeutic tool).‎

Question 7 (include possible answers)

Which psychologist first described and explained the therapeutic value of here-and-now discussion?‎

Correct Answer 7

Kurt Lewin in 1947.‎

Question 8 (include possible answers)

What personality disorder is least likely to benefit from group therapy?‎

Correct Answer 8

Conduct Disorder.‎

Question 9 (include possible answers)

Which major theorist said that the goal of the therapist is to make the implicit, explicit, through interpretation of processes and behaviors?‎

Correct Answer 9

Freud

Question 10 (include possible answers)

What is the “star” formation as a form of group leadership?‎

Correct Answer 10

When the therapist is at the “center” of the group, and functions as a master of ceremony, going around the ‎circle from patient to patient, while others watch, and sometimes react. This differs from member centered ‎therapy, where the therapist consistently intervenes to facilitate interactions between members.‎