**AGPA Connect 2023 Presenter Information**

**Course Code:** 52

**Course Title:** The Spirituality of the Here and Now.

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

**Course Dates:** Saturday, March 11

**Instructors:** Wayne A. Ayers

**Course Description:** Spirituality lies at the heart of the psychotherapeutic endeavor. It helps individuals define values by which they may lead their life. By employing the ‘here and now’, psychotherapy and group psychotherapy create a bridge to contemplative practices such as meditation and prayer. These practices employ the ‘here and now’ as a concept to ground the individual in a larger context of meaning and purpose. This workshop explores the intersection of psychotherapy and spirituality through the concept of the here and now.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎State the two tiers of the here and now.‎
2. ‎Describe in two ways the here and now adds power to the clinical moment.‎
3. ‎State a danger decontextualized here and now conceptualizations of a clinical situation. ‎
4. ‎State the relationship of values to the here-and-now.‎

**Significant Articles:**

1. Brent D. Slife & Jane Lanyon (1991) Accounting for the Power of the Here-and-Now: A Theoretical ‎Revolution, International Journal of Group Psychotherapy, 41:2, 145-167.‎
2. Hayes, S. C., & Hofmann, S. G. (2017). The third wave of cognitive behavioral therapy and the rise of ‎process-based care. World psychiatry: official journal of the World Psychiatric Association (WPA), 16(3), ‎‎245–246.‎
3. Tolle, E. (2004). The power of now. New World Library.‎
4. Yalom, I. and Lescz, M. (2020). The therapist: Working in the here-and-now. In I. Yalom & M. Lescz ‎‎(Eds.), The Theory and Practice of Group Psychotherapy, (6th ed., pp. 183-246). Basic Books.‎

**Agenda**

1. The Here and Now in Individual & Group Psychotherapy (10 min, Obj 1, 2 Ayers, Lecture/Q&A)
   * Open Meditation on Breath
   * History of the Here and Now-Freud and Transference
   * Yalom and Two Tiers of the Here and now
2. Experiential Noticing Exercise (15 min, Obj 1, 2, 4 Ayers, Exercise/Discussion)
   * 2 Person
   * 3 Person
   * Group
3. The Contextualized and De-Contextualized Here and Now (15 min, Obj 2, 3, 4, Ayers Lecture/Discussion)
   * The problem; Group Case Study
   * Contextualized and De-Contextualized Here and Now
   * Bidirectional Causality of the Here and Now
   * Here and Now as Container of There and Then
4. Group Process Experiential Exercise (30 min, Obj 1, 2, 4 Ayers, Exercise)
   * Pointing out Here and Now When it Happens
   * Focusing on Self Statements; The Role of Thinking and Thought
5. Spirituality, Religion, Group as a whole and Values (10 min, Obj 1,2,3,4 Ayers, Lecture, Discussion)
   * Defining Spirituality, Religion, Values (Handout)
   * Work, Striving, Effort, Integrity
   * Transcendence and Awe
6. Group Process Experiential Exercise (60 min, Obj 1, 2,3 4 Ayers, Exercise)
   * Pointing out Here and Now When it Happens
   * Focusing on Self Statements
   * Focusing on Group as a Whole
7. Wrap up, Q&A/ Participant Evaluations (10 min)

**Assessment Questions:**

Question 1 (include possible answers)

1. What is the here and now?

Correct Answer 1

The here and now is just this moment, happening now, in question.

Question 2 (include possible answers)

2. Why is it difficult to discuss the here and now?

Correct Answer 2

Because it is immediately past when it is discussed conceptually.

Question 3 (include possible answers)

3. What are Yalom’s two tiers of the ‘here and now’?

Correct Answer 3

The here and now has an experiencing component and a processing component.

Question 4 (include possible answers)

4. What is the value of the experiencing component?

Correct Answer 4

The immediate moment is brought into awareness to heighten its emotional significance.

Question 5 (include possible answers)

5. What is the value of the processing component?

Correct Answer 5

It studies and learns from the emotional transactions that have taken place in the moment.

Question 6 (include possible answers)

What is the value of the non-contextual nature of the here and now?

Correct Answer 6

It allows for understanding the event of the moment as it is without a narrative overlay.

Question 7 (include possible answers)

7. What are critiques of the ahistorical nature of the here and now?

Correct Answer 7

A non-contextual here and now could prevent meaningful cultural influences from being ignored.

Question 8 (include possible answers)

8. What do Slife and Lanyon say accounts for the power of the here and now?

Correct Answer 8

They state that the here and now has bidirectional causality, influencing both past and future.

Question 9 (include possible answers)

9. What do values have to do with the here and now?

Correct Answer 9

In the here and now the person is most aware and most revealing of the values they are promoting.

Question 10 (include possible answers)

10. What does a group as a whole lens on the here and now contribute to our understanding of the spirituality of the here and now?

Correct Answer 10

A Group as a whole lens provides a bridge between the contextual and non-contextual elements of the here and now.