**AGPA Connect 2023 Presenter Information**

**Course Code:** 53

**Course Title:** Group Process and the Creation of a More Peaceful and Loving Community through Mutual Understanding and Meditational Consciousness

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

**Course Dates:** Saturday, March 11

**Instructors:** Allen Levy

**Course Description:** We will go into depth regarding meditation and mindfulness processes, realizing the inner state of awareness, consciousness itself. We will explore the dynamics of group processes such as countertransference, transference, joining, bridging, mutual identification and empathic communication. We will learn how to incorporate meditative interventional techniques in the group therapeutic process. Group leaders will be able to access their inner, innate ability to be healing agents for group members, thus helping all grow in the realization of our common humanity and consciousness.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎Meditate without interruption from thoughts and feelings.‎
2. ‎Lead others in meditational process and mindfulness within the group setting.‎
3. ‎Identify countertransference issues, both subjective and objective, negative and positive, as well as ‎transferences issues, both negative and positive, amongst group members and the leader, as well as ‎intervene to resolve transferential and counter transferential issues with meditational awareness in ‎mind.‎
4. ‎Analyze, develop and utilize meditational interventional techniques in the group process and group ‎setting.‎
5. ‎Resolve resistances to emotional maturational growth and facilitate the growth of a more peaceful, ‎compassionate and loving community of group members.‎

**Significant Articles:**

1. Creswell, J., & Khoury, B. (2019). Mindfulness meditation: A Research-proven Way to Reduce Stress. ‎American Psychological Association, (10.13.19).‎ Segalla, R. A. (2003). Meditation and Group ‎Psychotherapy. Psychoanalytic Inquiry, 23(5), 784–799. https://doi.org/10.1080/07351692309349065.‎
2. Spijkerman, M. P. J., Pots, W. T. M., & Bohlmeijer, E. T. (2016). Effectiveness of online mindfulness-‎based interventions in improving mental health: A review and meta-analysis of randomized controlled ‎trials. Clinical Psychology Review, 45, 102–114. https://doi.org/10.1016/j.cpr.2016.03.009.‎
3. Waelde, J., & Thompson, J. (2016). Traditional and Secular Views of Psychotherapeutic Applications of ‎Mindfulness and Meditation. In The Psychology of Meditation (pp. 119–152). Oxford University Press.‎
4. Wilber, K. (1977). The Spectrum of Consciousness. Quest Books.‎

**Agenda**

1. Introduction (5 min) Course Leader Course description Overall Course Objectives
2. What is Group Psychotherapy & exactly how does Meditation & Mindfulness enhance Group process (10 mins) Obj. 4 Didactic theory with background including scientific studies & literature references Questions & Answers
3. Leading a Basic Group Meditation (20 mins) Obj. 1 Introductory explanation of how to meditate without letting the mind’s wanderings interfere with meditation Verbally lead meditation Sharing of the experience of meditation
4. Group Process Experience with standard group process & meditational interventions (20 mins) Obj. 4
5. Understanding what happened in the Group Process Experience (10 min) Obj. 3 & 4 Standard group psychotherapy process - bridging, transference, countertransference, here & now, resistances, mutual identification, empathic connections, projections, and the like Understanding the meditational perspective of the group process from the perspective of consciousness itself Understanding resolutions of resistances & conflicts as well as fostering maturational growth in group process w/ standard group process & meditational perspective Questions & answers
6. Presentation of deeper meditation (20 min) Obj. 1 & 2 Verbally lead meditation How to lead meditation
7. Sharing experiences of the deeper meditational process (5 mins) Obj. 1
8. Meditational Interventions in the Group Psychotherapy Process (15 mins) Obj. 3 & 4 & 5 How to incorporate awareness, consciousness & meditation in our therapeutic work Increasing awareness of consciousness What are consciousness based interventions? How to apply consciousness based interventions in the here & now of group Describing resistances to consciousness & the growth of consciousness Resolving resistances to the growth of consciousness in the group setting
9. Discussion of the limits of Meditation individually and in the Group setting? (10 mins) Obj.
10. Second Group process (20 mins) Obj. 3 & 4 Increasing awareness of what is happening in group through a higher awareness of the operations of individual consciousness in the group setting
11. Evaluation of the second group process with further discussion (10 mins) Obj. 5
12. Participant Evaluations (5 min)

**Assessment Questions:**

Question 1 (include possible answers)

What is the state of meditative consciousness?

Correct Answer 1

Going beyond the senses, going beyond the mind

Question 2 (include possible answers)

How does a person meditate?

Correct Answer 2

Concentrating on the breath, a mantra, an idea as the focus, they are transcending the mind and mental processes.

Question 3 (include possible answers)

What are the 3 stages of meditation?

Correct Answer 3

Concentration, contemplation, meditation

Question 4 (include possible answers)

What is transference in the group setting?

Correct Answer 4

Projection of the past onto the present in relating to another person

Question 5 (include possible answers)

What is countertransference in the group setting, and the different forms of it?

Correct Answer 5

The feelings of the group leader towards group members and the group as a whole. Subjective - negative & positive, objective, objective - negative & positive

Question 6 (include possible answers)

What is mutual identification & empathic communication in the group setting?

Correct Answer 6

Experiencing another person in the group as they experience themselves and their own lives and relationships

Question 7 (include possible answers)

What is the meditational perspective in group process?

Correct Answer 7

The group as a whole shares consciousness as the living and being. When people relate from emotional awareness and include awareness itself, as consciousness, the basis of their life as beingness, brings a deeper process in group.

Question 8 (include possible answers)

How does a person lead meditation in the group setting?

Correct Answer 8

The group meditation leader verbalizes the steps of proper meditation while meditating and experiencing what they are saying and leading at the same time

Question 9 (include possible answers)

What is a meditational intervention in the group setting?

Correct Answer 9

Any intervention that includes thoughts and feelings as valid forms of communication while going beyond these thoughts and feelings to address the underlying basis of them and consciousness itself.

Question 10 (include possible answers)

Give an example of a meditational intervention.

Correct Answer 10

Consciousness is the basis of thought, the basis of feeling, the basis of Being, and the evolution of consciousness is the basis of life and ultimately its soul purpose - any intervention that addresses any of these points is a meditational intervention.