**AGPA Connect 2023 Presenter Information**

**Course Code:** 55

**Course Title:** The Rules of Engagement: Applying Couple Therapy Techniques to Group

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

**Course Dates:** Saturday, March 11

**Instructors:** Lee Kassan

**Course Description:** The same guidelines that foster attachment and intimacy in couples can also create engagement in group. This workshop will teach principles and techniques for fostering emotional communication and authenticity. A process group will show how to apply these ideas to help people confront their fears of self-disclosure and of connection and intimacy.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎State how to keep group members better focused on revealing themselves.‎
2. ‎List ways to keep the group focused in the here-and-now. ‎
3. ‎Identify ways to foster intimacy in the group, including members of diverse backgrounds.‎

**Significant Articles:**

1. Gurman, A. S., Lebow, J. L., & Snyder, D. K., eds. (2015).Clinical Handbook of Couple Therapy, Fifth ‎Edition. Guilford Press.‎
2. Johnson, S. (2019). The Practice of Emotionally Focused Couple Therapy: Creating Connection (3rd ‎Edition). Routledge.‎
3. Kaklauskas, F. J., & Greene, L. R. (Eds.). (2020). Core principles of group psychotherapy: An integrated ‎theory, research, and practice training manual. Routledge.‎
4. Wile, D. (2021). Solving the moment: A collaborative couple therapy manual. Self-published.‎
5. Yalom, I. D. & Leszcz, M. (2020). The Theory and Practice of Group Psychotherapy (6th Edition). Basic ‎Books.‎

**Agenda**

1. Introductions 10 minutes
2. Explanation of the guidelines for the group 20 minutes
3. Review the 10 Rules of Engagement.
   1. Give examples.
4. Explain how they apply in group Process group 90 minutes
   1. Explain how to apply the Rules
   2. Demonstrate how to deal with questions
   3. Show how to deal with resistance
   4. Show how to structure dialogue and feedback
5. Discussion of the experience 25 minutes
   1. What was the experience like?
   2. Was it different?
   3. Was it difficult?
   4. Any questions/challenges/criticisms for me?
6. Evaluations 5 minutes

**Assessment Questions:**

Question 1 (include possible answers)

How do we best understand an angry response?

Correct Answer 1

Anger is a defense against vulnerability after being triggered

Question 2 (include possible answers)

What's the problem with members asking questions?

Correct Answer 2

Questions put the other person on the defensive

Question 3 (include possible answers)

Why is important to explain the meaning of things?

Correct Answer 3

Something can have different meanings to different people; the other person won't understand your reaction unless they understand the meaning it has for you

Question 4 (include possible answers)

How do people often react when they get scared?

Correct Answer 4

They get angry, or critical, or controlling, or they withdraw.

Question 5 (include possible answers)

What makes people afraid to reveal themselves in the group?

Correct Answer 5

People are afraid of being criticized and judged, or of being shamed

Question 6 (include possible answers)

What's wrong with people giving each other feedback?

Correct Answer 6

It can put the other person on the defensive

Question 7 (include possible answers)

What's the best way to give feedback in group?

Correct Answer 7

By talking about yourself. "Here's what comes up for me in response to what you just said"

Question 8 (include possible answers)

How does the leader know that a group member has been triggered?

Correct Answer 8

They're having a strong reaction to whatever just happened

Question 9 (include possible answers)

When is asking questions acceptable?

Correct Answer 9

When you share the thought process that led up to the question

Question 10 (include possible answers)

What's wrong with giving advice?

Correct Answer 10

It's a way of avoiding self-disclosure. It can shut down exploration. It can feel patronizing/condescending