**AGPA Connect 2023 Presenter Information**

**Course Code:** 56

**Course Title:** Bringing Shared Fun and Adventure to Therapy Groups Through Using Team Building Activities

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

**Course Dates:** Saturday, March 11

**Instructors:** Barney Straus

**Course Description:** This workshop will explore the impact of using team-building activities with therapy groups. Through an alternating sequence of process sessions and team-building activities, the impact of a group’s attempting physical challenges will become evident. A discussion at the conclusion will focus on application other group settings

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎Explain how to effectively incorporate novel activities into process-oriented groups.‎
2. ‎Describe how to use metaphoric transfer of learning to heighten therapeutic impact of the group.‎
3. ‎Select specific activities based on the stage of development and primary purpose of a particular ‎group.‎

**Significant Articles:**

1. Brown, S. (2009). Play: How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul. ‎London, UK: Penguin Books.‎
2. Gass, M., Gillis, H.L., Russell, K. (2012). Adventure Therapy: Theory, Research, and Practice. New York, ‎NY: Routledge.‎
3. Goldstein, B., and Seigal, D. (2013). The Mindful Group: Using mind-body-brain interactions in group ‎therapy to foster resilience and integration. In D.J. Seagal and M. Solomon, Eds., Healing Moments in ‎Psychotherapy. New York: WW Norton.‎
4. Straus, B. (2018). Healing in Action: Adventure-Based Counseling with Therapy Groups. New York, NY: ‎Rowman and Littlefield.‎

**Agenda**

1. INTRODUCTION (10 minutes)
2. Advantages of using team-building activities with therapy groups.
   1. Opportunity for group members to employ Yalom and Lesczc’s (2005) therapeutic factors including altruism, instillation of hope, imparting of information, imitative behavior, and corrective emotional experience.
   2. Enjoyment. Being able to experience being playful is in itself a therapeutic experience.
3. Challenges associated with doing so.
   1. Role of group leader.
   2. Time and location.
      1. Outdoor setting vs. use in meeting room.
4. DEMONSTRATION GROUP (1 Hour, 40 Mins.)
5. Ice Breakers (20 Minutes)
6. Trust Building Activities. (20 Minutes).
7. Problem Solving Challenges (1 Hour)
8. Review and Application (30 Minutes)
9. Clinical Anecdotes (10 Minutes)
10. Application to back Home Groups (10 Minutes)
11. Q & A and Discussion (10 Minutes)
12. Evaluations (10 Minutes)

**Assessment Questions:**

Question 1 (include possible answers)

1.) Trust-building activities should generally precede ice-breakers in a team-building progression. (T/F)

Correct Answer 1

F

Question 2 (include possible answers)

An activity known as Phones and Faxes works as a metaphor for which of the following 12 Steps of Alcoholics Anonymous? A.) Step 1 B.) Step 2 C.) Step 3 D.) Strep 4

Correct Answer 2

A

Question 3 (include possible answers)

An activity known as Quick Touch works as a metaphor for which of the following 12 Steps of Alcoholics Anonymous? A.) Step 1 B.) Step 2 C.) Step 3 D.) Strep 4

Correct Answer 3

B

Question 4 (include possible answers)

An activity known as Trust Webbing works as a metaphor for which of the following 12 Steps of Alcoholics Anonymous? A.) Step 1 B.) Step 2 C.) Step 3 D.) Strep 4

Correct Answer 4

C

Question 5 (include possible answers)

An activity known as Take A Stand works as a metaphor for which of the following 12 Steps of Alcoholics Anonymous? A.) Step 1 B.) Step 2 C.) Step 3 D.) Strep 4

Correct Answer 5

D

Question 6 (include possible answers)

An activity known as Land Mines works as a metaphor for which of the following 12 Steps of Alcoholics Anonymous? A.) Step 5 B.) Step 6 C.) Step 7 D.) Strep 8

Correct Answer 6

A

Question 7 (include possible answers)

An activity known as Zipper Line works as a metaphor for which of the following 12 Steps of Alcoholics Anonymous? A.) Step 5 B.) Step 6 C.) Step 7 D.) Strep 8

Correct Answer 7

B

Question 8 (include possible answers)

An activity known as Human Knot works as a metaphor for which of the following 12 Steps of Alcoholics Anonymous? A.) Step 5 B.) Step 6 C.) Step 7 D.) Strep 8

Correct Answer 8

C

Question 9 (include possible answers)

An activity known as Fireball works as a metaphor for which of the following 12 Steps of Alcoholics Anonymous? A.) Step 9 B.) Step 10 C.) Step 11 D.) Strep 12

Correct Answer 9

B

Question 10 (include possible answers)

An activity known as Marble Pass works as a metaphor for which of the following 12 Steps of Alcoholics Anonymous? A.) Step 9 B.) Step 10 C.) Step 11 D.) Strep 12

Correct Answer 10

12