**AGPA Connect 2023 Presenter Information**

**Course Code:** 58

**Course Title:** Out of this World and Into group: Using Group as a Whole to build community and cohesion.

**Course Times:** 2:00 PM - 4:30 PM

**Course Dates:** Saturday, March 11

**Instructors:** Nancy Wesson

**Course Description:** Are group members hopeful of escaping their inner world by joining a group? To the surprise of group members, the group is a healthier version of the world that group members are trying to escape. Leaders/learners will learn how to use Group as a Whole interventions and effectively use the Group as a Whole approach to increase the reflective power of the group, build a strong sense of community, and increase cohesion.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎Apply the group as a whole approach to increase community and group cohesion as demonstrated ‎by group member statements about belonging and about "the group" itself.‎
2. ‎Compare and contrast three levels of group leader intervention in a psychotherapy group with the ‎focus on Group as a Whole interventions.‎
3. ‎Utilize group as a whole concepts to increase the awareness and discussion of diversity issues in a ‎psychotherapy group.‎

**Significant Articles:**

1. Bion, W. R. (1992). Experiences in group and other papers.‎
2. Brown, N. W. (2018). Group-as-a-Whole Process Commentary. Group, 42(1), 35–48.‎
3. Flores, P J., (2017). Attachment Theory and Group Psychotherapy, International Journal of Group ‎‎Psychotherapy, 67:sup1, S50-S59, DOI: 10.1080/00207284.2016.1218766‎
4. Paquin ,J.D., Abegunde, C., Hahn, A., & Fassinger, R.E. (2021). Differences that make a difference: ‎‎Diversity and the process group leader. International Journal of Group Psychotherapy, 68(4), 483–497.‎
5. Yalom, I., & Lescz, M. (2021). Theory and Practice of Group Psychotherapy. (6th edition). Basic ‎Books.‎

**Agenda**

1. The Group as a Whole theory (Lecture,Wesson, slides, obj 1, (20 min)
   1. -Presentation of theory of Group as a Whole
   2. -History of Group as a Whole perspective- Foulkes and Bion
   3. -Group as a Whole-Group Psychotherapist as Observer
   4. -Diversity issues as they emerge in the group
2. The value of Group as a Whole interventions (didactic, slides, obj 1, 2) (15 min)
   1. -Group as a Whole interventions to increase group cohesion
   2. -Group as a Whole interventions to increase the sense of community
   3. -Examples of Group as a Whole Comments  - When to use Group as a Whole interventions
   4. -When not to use Group as a Whole interventions
3. Class exercise/discussion in groups of three: answering the question how do you see yourself using group as a whole in a therapy or in your therapy groups?. (sharing of work experiences, Wesson, obj. 1,2,3, 20 min)
4. Demonstration training group to enhance the learning process ( Live Demonstration, Wesson, obj (1,2,3) 40 min) 
   1. -Course members will participate or observe a live training group experience.
   2. -Discussion of confidentiality
   3. Demonstration training group to model group as a whole interventions
5. Discussion of demonstration group (15 min, Obj 1,2,3) 
   1. - Debriefing of group members. 
   2. -General discussion of the group.
6. Questions and class discussion of Group as a Whole interventions (Wesson, sharing of work experiences, class discussion, 20 min, Obj 1,2,3) 
   1. -How they increased group participation and community
   2. -How they interfered with the group process at times
7. Questions and class discussion about Group as a Whole (Wesson, sharing of work experiences, discussion
   1. -didactic, 10 min, class discussion, Wesson, Obj 1,2,3)
8. Course evaluations (10 min)

**Assessment Questions:**

Question 1 (include possible answers)

1.Group as a Whole is based on the theories of: a. Bion b. Foulkes c. Freud d. a and b.

Correct Answer 1

d. Bion and Foulkes

Question 2 (include possible answers)

2.Group as a Whole therapeutic interventions are meant to: a. Help group clients find their identity in group b. Prevent group member enmeshment c. Increase group cohesion and community d. Increase self-esteem of members.

Correct Answer 2

The answer is c. Increase cohesion and community.

Question 3 (include possible answers)

3.There are three levels of group leader invention one of these levels is called: a. Individual therapy( while the group observes) b. Outside intervention c. Intragroup intervention d. Family group intervention

Correct Answer 3

The answer is c Intragroup intervention

Question 4 (include possible answers)

4.Two of the primary contributors to the field of process analysis and illumination are: a Freud b. Irvin Yalom c. Nina Brown d b and c

Correct Answer 4

The answer is d Nina Brown and Irvin Yalom

Question 5 (include possible answers)

5 A good time to use a group as a whole intervention is when: a. When a group member is expressing intense emotions b. A subgroup is formed c.. A group member is acting out d. The leader needs to change what is happening in group

Correct Answer 5

The answer is d. The leader needs to change what is happening in group.

Question 6 (include possible answers)

. The other two levels of group as a whole leader intervention are: a. Primal scream b. Interpersonal and Group as a whole c. Emotional and Intellectual d.Child and Family

Correct Answer 6

b. Interpersonal and Group as a Whole

Question 7 (include possible answers)

7.A good time to use a group as a whole intervention is : a. When there is a need to build a greater sense of safety in the group b. When there is a need to build cohesion in the group c. When a member is being scapegoated d. All of the above

Correct Answer 7

The answer is d. All of the above

Question 8 (include possible answers)

8. GAW is designed to avoid attending to the issues of individual group members. (F)

Correct Answer 8

False Group as a Whole is used in a group along with attending to the issues of individual group members.

Question 9 (include possible answers)

9. How are Group as a Whole interventions helpful in online groups to facilitate the therapeutic process ? a. Group as a Whole interventions facilitate identification with the group which helps keep group members focused b. When group members are participating in a remote group there is a strong need for intimacy and comfort from the group c. When clients are in remote group psychotherapy there is a strong need for belonging d. All of the above.

Correct Answer 9

The answer is d. All of the above.

Question 10 (include possible answers)

10. Group as a Whole Interventions can be: a. Questions: I wonder why….. b. Observations: The group seems to have lost it’s energy. c. Statements: The group seems to be avoiding a conflict. d. All of the above.

Correct Answer 10

The answer is d. All of the above.