**AGPA Connect 2023 Presenter Information**

**Course Code:** III

**Course Title:** Becoming Who We Are In Groups: A Jungian Approach to Group Psychotherapy

**Course Times:** 9:30 AM - 5:30 PM & 9:00 AM - 5:00 PM

**Course Dates:** Tuesday, March 7 & Wednesday, March 8

**Instructors:** Justin Hecht

**Course Description:** This Institute will approach group from a Jungian perspective. The leader will use a symbolic approach to facilitate appreciation of the dynamic unconscious and the influence of archetypes in our stories. We’ll attend to paradox, transference, individuation, and the problem of the opposites. A didactic presentation will conclude the workshop.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎‎Apply a Jungian orientation to group psychotherapy interventions
2. Identify archetypal material in personal stories
3. Describe the characteristics of complexes
4. Utilize a Jungian approach to the transference to facilitate individuation
5. Distinguish Jung’s approach to the unconscious from the psychoanalytic approach
6. Distinguish Jung’s approach to the unconscious from the psychoanalytic approach
7. Define individuation, and encourage it in groups
8. Discuss the shadow, and identify it in group psychotherapy sessions

**Significant Articles:**

1. Greene, T. (1982). Group Therapy and Analysis. In M. Stein (Ed.), Jungian Analysis (pp 219-231). London: Open Court Publishing
2. Hecht, Justin B. (2011). Becoming who we are in groups: One Jungian's approach to group psychotherapy. Group, 35, 151-165.
3. Whitmont, Edward C. (1964). Group therapy and analytical psychology. Journal of Analytical Psychology, 9, 1-22.
4. Willeford, William (1967). Group psychotherapy and symbol formation. Journal of Analytical Psychology, 12, 137-160.
5. Zinkin, L. (1989). The group’s search for wholeness: A Jungian perspective. Group, 13, 252-264.

**Agenda**

Day 1 (Morning Session total 180 minutes or 3 hours, 10 AM – 1PM)

1. AM - 11 AM 60 min

* Introduction Group Contract Brief Explanation of differences of Jungian orientation to group psychotherapy, emphasizing a broader approach to libido and unconscious (Objectives 1& 5) Brief Explanation of individuation and its manifestation in groups (Objective 6)

11 AM - 12 Noon 60 minutes

* Beginning of Group Process Interpretation and emphasis on symbolic content related to forming the group and infant and childhood needs (Objective 1 & 2)
* Interpretation of symbolic content related to infancy and childhood (Objective 2 & 5)
* Discussion of and working with the shadow (Objective 7)
* Illumination of archetypal themes (Objective 2)
* Attending to transference issues (Objective 4 & 5)
* Building bridges and emphasizing commonalities (Objective 1 & 6)

12 Noon - 1 PM. 60 Minutes

* Identifying and encouraging individuation with targeted interventions (Objective 6)
* Discussing persona/role defenses (objective 8)
* Counter-transference is contained; self-disclosure extremely limited or absent (objective 4)
* Focus on containment, creation of a holding group environment (objective 1)

1:00-2:30 PM 90 min

Lunch 2:30-5:30 180 min (afternoon total)

2:30 - 3:30 PM (60 min)

* Brief explanation of the role of complexes as autonomous psychic entities, and their role in psychological suffering (Objective 3)
* Relationship between complexes and midlife crises, and a discussion of how to intervene effectively (Objective 9)

3:30 - 4:30 PM (60 min)

* Brief explanation of the role of archetypal material in personal stories (Objective 2)
* Interpretation and emphasis on symbolic content related to deepening the group with themes from childhood and adolescence (objectives 2 & 4)
* Continuation of process from early morning session Interpretation of symbolic content related to childhood, adolescence, separation, and rapprochement (Objective 1, 2, 5 &6)
* Fostering archetypal awareness (Objective 2)

4:30 - 5:30 PM (60 min)

* As conflict emerges, identify complexes when possible (Objective 3)
* Use Jung’s approach to psychodynamic energy in groups (Objective 10)
* Continued attention to transference issues (Objective 4)
* Building bridges and emphasizing commonalities (Objective 1)
* Fostering inter-member contact and facilitation of conflict
* Attending to manifestations of collective consciousness (Objective 2)
* Tentative self-disclosure related to symbolic and archetypal content (Objective 4 & 6) • Continuation of early afternoon session

• Conclude with a suggestion to attend to dreams overnight Total presentation time for

Day 1 equals 360 minutes

Day 2 8:30-10:30 120 min

8:30 - 9:30 (60 min)

• Attending to dream material (Objective 2)

• Sustaining a productive work group 9:30 - 10:30 (60 min)

• Encouraging risk-taking (Objectives 1 & 6) • Identifying individuation strivings (Objective 6)

• Relating symbolic and archetypal content to personal consciousness (Objective 2)

10:30-10:45 15 min

Break 10:45-12:00 75 min

• Continuing themes from the morning

• Identifying challenges and frustrations in individuation strivings (Objective 6)

Addressing erotic and libidinal themes (Objective 2)

12:00-1:30 90 min

Lunch 1:30-3:45 135 min

1:30 - 2:30 60 min

• Sustaining interest and energy

• Encouraging meaning making (Objective 2)

2:30 - 3:45 75 min

• Heading off premature termination; attend to shadow (Objective 7)

• Facilitating appropriate termination & integration (Objective 4)

3:45-4:00 15 min

Break 4:00-4:55 55 min

* Didactic Presentation: Working with symbolic and archetypal material (Objective 2)
* A Jungian approach to transference (Objectives 1 & 4)
* Paradox and the problem of the opposites (Objectives 3 & 5)
* The role of complexes in psychopathology and personal growth (Objective 3)
* The transformation of the libido & symbolic processes (Objectives 2, 5, &6)
* Individual and collective consciousness (Objective 2)
* Fostering Individuation (Objective 6)
* Jungian analytical approaches to group (Objective 1 & 4)

4:55 - 5:00 5 min

* Institute evaluation

Total presentation time for Day 2 equals 390 minutes

**Assessment Questions**

Question 1 (include possible answers)

Question 1 (include possible answers)

Jung’s concept of the libido is broader and more comprehensive than Freud’s and is characterized by: A) Jung’s idea of libido includes Kinship Libido B) A Jungian approach to libido focuses on the libido of individuation C) Jung believed that libido was nonsexual D) A & B

Correct Answer 1

D

Question 2 (include possible answers)

2.      A functional Ego-Self axis means that: A) an individual has good control over his or her will power B) The transmission of libido flows from the self to the ego C) The individual is able to use archetypal contents effectively D) The ego self-axis absorbs the shocks to the persona

Correct Answer 2

C

Question 3 (include possible answers)

3.      A symbolic approach to group material includes: A) Using a Jungian book of symbols to interpret dreams B) Engaging in symbolic play with Jungian symbols C) an openness to cultural and mythological themes. D) Interpreting group conflicts based on historical struggles

Correct Answer 3

C

Question 4 (include possible answers)

4.      A Jungian approach to transference in groups suggests that: A) The group leader directs the flow of archetypal group material B) The group leader make extensive personal disclosures and associations to the material. C) The group leader is in erotic coniunctio with group members D) The group leader uses his/her inner experience to inform interventions.

Correct Answer 4

D

Question 5 (include possible answers)

5.      Amplifying dreams and symbolic content in groups: A) facilitates group cohesion B) supports individuals in the group C) provides additional perspective on polarized situations D) All of the above

Correct Answer 5

D

Question 6 (include possible answers)

6. The term ‘ego-self axis’ refers to: a) An efficient energy transmission b) The ego’s overpowering of irrational thoughts c) A psychotic disturbance d) The balance between deep intuition and good ego functions

Correct Answer 6

D

Question 7 (include possible answers)

7. Archetypes are useful because: A) They tell people how to behave in all situations B) they provide context and dignity to a human life C) They establish immutable rules for humanity D) They show very typical patterns of behavior

Correct Answer 7

B

Question 8 (include possible answers)

8. The ‘transcendent function’ is: A) always present in groups B) not accessible to humans C) a super-ordinate principle D) an erroneous myth

Correct Answer 8

C

Question 9 (include possible answers)

9. The term ‘individuation’ refers to: A) the irreducible drive of a person to become who they were meant to be B) the individual’s free expression of feelings C) the need to rebel against parental authority C) separation from authoritarian parents

Correct Answer 9

A

Question 10 (include possible answers)

10. Jung believed that group psychotherapy was a powerful way to encourage individuation (T/F) FALSE

Correct Answer 10

False

Specific Focus Process Group registration limit

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