**AGPA Connect 2023 Presenter Information**

**Course Code:** 204 (Virtual)

**Course Title:** DBT and Modern Group Analysis

**Course Times:** 8:15 - 9:30 AM

**Course Dates:** Thursday, March 9

**Instructors:** Claudia Arlo

**Course Description:** This open session will address the use of aspects of Dialectical Behavior Therapy (DBT) and Modern Group Analysis in an integrative fashion. A brief description of DBT and Group Analysis will be offered to highlight common, complementary aspects and differences. Group discussion drawn from vignettes and attendees’ practice will be discussed.

**Learning Objectives**

The attendee will be able to:‎

1. ‎Discuss the value of integrating theories to group practice.‎
2. ‎Describe the tenets of DBT and Modern Group Analysis.‎
3. ‎Apply the content discussed to the treatment of pre-oedipal/borderline clients.‎
4. ‎Discuss how this integration can be utilized in attendees' practice.‎

**Significant Articles:**

1. Arlo, C. (2017). Group Therapy and Dialectical Behavior Therapy: Integrative Response to a Clinical ‎Case. International Journal of Group Psychotherapy, 67 (Supplement 1)‎
2. Arlo, C (2019) Integrated Group Psychotherapy Program [IGPP] for Multi-Diagnosed Clients, ‎International Journal of Group Psychotherapy, 69:2, 149-171, DOI: 10.1080/00207284.2018.1493931‎
3. Lyons, L. (2015). Working with dangerous behaviors: integrating relational psychoanalysis and ‎dialectical behavior therapy with self- injuring patients. In Relational Psychoanalysis and Psychotherapy ‎Integration: An evolving synergy. Edited by Bresler, J. & Starr, K. Taylor and Francis. Kindle Edition
4. Ormont, L. (1995). A view of the rise of modern group analysis. Modern Psychoanalysis, Vol. XX(1), pp ‎‎31-42.‎ Pierson, A., Arunagiri, V., & Bond, D. (2021). “You Didn’t Cause Racism, and You Have to Solve it ‎Anyways”: Antiracist Therapist Adaptations to Dialectical Behavior Therapy (DBT). OSF Preprints. ‎https://doi.org/10.31219/osf. io/jbzq4‎

**Agenda:**

DBT and Modern Group Analysis

1. Integrative psychotherapy -Discuss the value of integrating theories to group practice (5 minutes, obj.1, Arlo, lecture)

2. DBT and Modern Group analysis - Describe the tenets of DBT and Modern Group Analysis (20 minutes, Obj. 2 and 3, Arlo, Lecture) -Skills training, biosocial theory and role of group in DBT

3. Working with Borderline clients -Apply the content discussed to the treatment of preoedipal/borderline clients. (20 minutes, Obj. 4, Arlo, lecture/discussion)

4. From theory to practice -Discuss how this integration can be utilized in attendees' practice. (10 minutes Arlo Obj. 4 via discussion/consultation, Q&As).

5. Evaluations (5 minutes).

**Assessment Questions:**

1. (T/F) DBT has a biosocial theory of emotion dysregulation disorders.

Correct Answer 1

True

Question 2 (include possible answers)

2. Which of the following is a skill set of DBT? a. Mindfulness b. Mentalization c. Cognitive restructuring d. None of the above

Correct Answer 2

a.Mindfulness

Question 3 (include possible answers)

3. Which of the following statements is correct? a. MGA focuses on the past only b. MGA focuses on the here and now c. DBT focuses on the here and now d. b. and c. are correct

Correct Answer 3

d. b. and c. are correct

Question 4 (include possible answers)

4. Please select the correct answer a. Modern Group Analysis (MGA) is not helpful to deal with preoedipal clients b. DBT is helpful with pre-oedipal clients. c. Modern Group Analysis is helpful in the treatment of pre-oedipal clients. d. b. and c. are correct

Correct Answer 4

d. b. and c. are correct

Question 5 (include possible answers)

5. Please select the correct statement a. DBT helps clients learn what they are doing wrong b. DBT is effective in the treatment of psychosis c. Validation and Acceptance of clients as they are while encouraging change is relevant in DBT d. a. and b. are correct

Correct Answer 5

c. Validation and Acceptance of clients as they are while encouraging change is relevant in DBT

Question 6 (include possible answers)

6. Please select the correct statement, a. Transference is not relevant in DBT b. Transference and Countertransference are relevant for MGA and DBT c. The DBT therapist is not interested in Countertransference issues. d. None of the above

Correct Answer 6

b. Transference and Countertransference are relevant for MGA and DBT

Question 7 (include possible answers)

7. Gradual and titrated discharge of aggression is a target in which treatments? a. Gradual discharge of aggression is a target in DBT b. Gradual discharge of aggression is a target in MGA c. none of the above d. a. and b. are correct

Correct Answer 7

d. a. and b. are correct

Question 8 (include possible answers)

8. Please select the sets of skills taught in DBT a. Mindfulness b. Emotion regulation c. Distress tolerance d. Interpersonal effectiveness e. All of the above

Correct Answer 8

e. All of the above

Question 9 (include possible answers)

9. Which of the following statements is/are correct? a. Mindfulness practice increases awareness and acceptance of internal states in the moment b. Mindfulness can help clients focus on one thing at a time c. Mindfulness can help a client down-regulate d. all of the above

Correct Answer 9

d. all of the above

Question 10 (include possible answers)

10. Please select the correct answer, a. Integrating aspects of theories has been long utilized practice b. Integrating aspects of theories can enrich the treatment of our clients. c. Integrating aspects of theories in practice can be harmful d. a. and b. are correct

Correct Answer 10

a. Integrating aspects of theories has been long utilized practice