**AGPA Connect 2023 Presenter Information**

**Course Code:** 206

**Course Title:** Inspired Integration: Harnessing Your Creativity to Develop New Group Experiences

**Course Times:** 7:00 - 8:00 AM

**Course Dates:** Friday, March 10

**Instructors:** Matthew Tomatz

**Course Description:** By exploring an innovative group therapy model designed to support musicians and performers, you can gather inspiration to evolve your groups and meet the needs of your clients. The model presented offers a blended approach, inclusive of performance studies, mindfulness, metaphor, and psychodynamic theory that provides a path for examining integration. Learn elements important to integrative psychotherapy to quilt together potent group experiences that foster connection, creativity, and healing.

**Learning Objectives**

The attendee will be able to:‎

1. ‎Identify elements that are important to an integrative model.‎
2. ‎Identify a group facilitation skill that is helpful to meet the challenges of an integrative model.‎
3. ‎Describe how performance studies and performance psychology can inform a group therapy ‎experience and be emblematic of how to develop an integrative model.‎
4. ‎Articulate and participate in a group exercise helpful to developing curiosity and clinical growth.‎
5. ‎Describe how integrative therapy can foster inclusive communities and groups.

**Significant Articles:**

1. Komitee, S. A student’s guide to performance studies. Retrieved from ‎https://writingproject.fas.harvard.edu/files/hwp/files/peformance\_studies.pdf
2. Morris, J. (2003). A metamodel of theories of psychotherapy: A guide to their analysis, comparison, ‎integration and use. Clinical Psychology and Psychotherapy, 10, 1-18.‎
3. O’Reilly-Knapp, M. (2016). Integrative psychotherapy ‘revisited.’ International Journal of Integrative ‎Psychotherapy, 7, 49-59.‎
4. Wachtel, P. L. (2018). Pathways to progress for integrative psychotherapy: Perspectives on practice ‎and research. Journal of Psychotherapy Integration, 28(2), 202–212. Retrieved from ‎https://doi.org/10.1037/int0000089‎
5. Zarbo, C., Tasca, G. A., Cattafi, F., & Compare, A. (2016). Integrative psychotherapy works. Frontiers in ‎Psychology. Retrieved from https://doi.org/10.3389/fpsyg.2015.02021‎

**Agenda:**

1. Dance of Joy – movement exercise (3min.; objective 2; exercise)
2. Overview of Objectives and Setting the Vision (12 min.; objective 1,2,3,5; lecture & discussion)
   1. Objectives, schedule, contract
   2. This model to extrapolate one’s own model
   3. Vision as orientation
   4. Orientation as vital to an Integrative Model
3. Orientation Toward Vulnerability (8 min.; objective 2, 4; exercise & Process)
   1. Metaphor can be used to substantiate this orientation in context (Performance)
   2. Experiencing this space as vulnerable – and as inherent with performance.
      1. Two definition exercise
      2. Representative of Integrating Mindfulness
   3. Shared challenge and acknowledgment of group
      1. Regulate Nervous System
      2. Regulate through connection
      3. Examples of this process
4. The Path - of Integration (10 min.; objective 1, 2, 3,5; lecture & discussion)
   1. In support of vision
   2. Integrative vs. Integrated
      1. Theory and the why of it
   3. Directional Markers
      1. Functions or Performance Studies
      2. Group Intentions – extending the contract
5. Stance of the Conductor (12min.; objective 1,2,4 lecture, exercise, & discussion)
   1. Cultivating an experience
   2. Integrative action and how to use an exercise to generate process
   3. Koan –performance of curiosity: vulnerability, bridging, and goal setting
6. Outcome: Expressiveness, Connection, Creativity, Curiosity (10 min, objective 1, discussion)
   1. Examples
7. Evaluation (5 min)

**Assessment Questions:**

Question 1 (include possible answers)

An integrative model A. Has no Structure B. Benefits from a shared orientation C. Is too confusing for the members D. A & C

Correct Answer 1

B

Question 2 (include possible answers)

To orient members to the task of thearpy, it is helpful to establish A. Shared and individual goals B. Only individual goals C. Only shared goals D. Goals are not necessary in an integrative model

Correct Answer 2

A

Question 3 (include possible answers)

When employing integrative psychotherapy A. There is no neeed to understand theory B. The therapist can realy on whatever works in the moement C. The therapist relies on theory to direct the course of the group D. There is no need for a therapist at all

Correct Answer 3

C

Question 4 (include possible answers)

Performance theory helps clients A. To be stoic B. To be immune to judgment C. To be flexible in the face of critique D. To ground in the purpose of performance E. C & D

Correct Answer 4

E

Question 5 (include possible answers)

When working in a complex, integrative model, the therapist will need to A. Manage time in different ways from a general process group B. Become comfortable with a more directive approach C. Inturrupt the group’s process on occasion D. All of the above

Correct Answer 5

D

Question 6 (include possible answers)

When facilitating an integrative model, it is helpful to cultivate A. An abililty to argue fiercly B. A shared vision and purpose C. Comfort with prolongued silence D. Silliness

Correct Answer 6

B

Question 7 (include possible answers)

An integrative model can inspire a therapist because it employs their A. Creativity B. Self-disclosure C. Personal experience D. Narcisism

Correct Answer 7

A

Question 8 (include possible answers)

To deepen group connections, the provider can A. Let the group find their way B. Force eye contact in early sessions C. Use exercises to inspire group process D. Place chairs closer together

Correct Answer 8

C

Question 9 (include possible answers)

To provide context for the group’s work and unify purpose, the group facilitator may want to rely on A. Hyperbole B. Metaphor C. Sarcasm D. Analogy

Correct Answer 9

B

Question 10 (include possible answers)

Novel approaches to group A. Are necessary given shifting needs of culture and community B. Can make group more available to a diverse membership C. Are not possible to develop D. A & B

Correct Answer 10

D