**AGPA Connect 2023 Presenter Information**

**Course Code:** 302

**Course Title:** Dutch Design: Growing resilience and compassion in group therapy; group dynamic theory and a learning lab

**Course Times:** 10:00 AM - 12:30 PM

**Course Dates:** Thursday, March 9

**Instructors:** Anne-Marie Claassen

Willem de Haas

Charles Huffstadt

Laura van Groenendael

Silvia Pol

**Course Description:** In this open session aspects are discussed of the Dutch Practice Guidelines (2019): a) Group Dynamic Theory as an effective frame of reference for all group therapy, b) the group within the setting of a multidisciplinary team, c) co-leadership as a way to strengthen resilience and d) development form destructive processes towards compassion and growth in group therapy. After these short presentations there will be a learning lab with participation of the public and time for discussion.

**Learning Objectives**

The attendee will be able to:‎

1. ‎Describe how Group Dynamic Theory is a very effective frame of reference for all group therapy.‎
2. Explain how the nonspecific factors of group therapy arise among other from group dynamic ‎processes.‎
3. Differentiate group dynamics and organizational dynamics in multidisciplinary treatment: how to ‎create a save therapeutic environment.‎
4. Specify the advantages of co-leadership in group treatment.‎
5. Summarize the main possible negative and positive effects of group treatment.‎

**Significant Articles:**

1. Burlingame, G.M., McClendon, D.T. and Yang, C. (2018). Cohesion in Group Therapy: A Meta-Analysis. ‎Psychotherapy, 55(4), 384–398, doi.org/10.1037/pst0000173‎
2. Chapman, N. & Kivligan, D. (2019). Does the Cohesion–Outcome Relationship Change Over Time? A ‎Dynamic Model of Change in Group Psychotherapy. Group Dynamics: Theory, Research, and Practice, ‎‎23(2), 91–103, doi.org/10.1037/gdn0000100‎
3. Forsyth, D. R. (2021). Recent Advances in the Study of Group Cohesion. Group Dynamics: Theory, ‎Research, and Practice. Vol. 25, No. 3, 213–228, doi.org/10.1037/gdn0000163‎
4. Nitsun, M. (2015). Beyond the anti-group. Survival and transformation. London/New York: Routledge.‎
5. Veale, D., Gilbert, P., Wheatley, J. & Naismith, I. (2015). A New Therapeutic Community: Development ‎of a Compassion-Focussed and Contextual Behavioural Environment. Clinical Psychology and ‎Psychotherapy. 22, 285–303. doi: 10.1002/cpp.1897‎

**Agenda:**

1. Introduction: 10 m.
2. THE GROUP AS THERAPEUTIC INSTRUMENT: Group Dynamic Theory as Unifying Base for all Group Therapy 25m., Obj. 1 and 2; de Haas. Lecture+discussion.

* Unifying the different forms of group therapy
* Group Dynamic Theory as a universal frame of reference for every group therapy
* Utilizing group processes addressing diversity, power imbalance, poverty and race in service of the therapy group

1. THE COHERENCE TREATMENT MODEL 15m., Obj.3; Claassen. Lecture+Q/A.

* Concurrent treatment in different settings
* Coherence as a prerequisite for effectiveness
* Holding, diversity and inclusion in teams

1. CO-LEADERSHIP IN GROUP TREATMENT 15m.,Obj. 4; Huffstadt. Lecture+Q/A

* Guidelines for maximizing collaboration and strengthening resilience
* The therapist duo as a model for dealing with differences, establishing a perspective of hope

1. FROM DESTRUCTIVE PROCESSES TO COMPASSION AND GROWTH 15m., Obj. 5; Pol. Lecture+Q/A

* Recognizing negative effects and destructive processes in group treatment
* The role of compassion and growth for group development
* Preventing dysfunctional leadership: responsiveness and modelling in functional leadership

1. LEARNING LAB (group simulation): 60m. Obj. 1-2-3-4-5: all presenters

* Role play: Practicing effective and sensitive leadership; challenges around diversity issues in groups.

1. Wrap -up and evaluation 10 m **Assessment Questions:**

Question 1 (include possible answers)

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1. Group Dynamic Theory is very much the same as Psycho-Dynamic Theory

Correct Answer 1

False

Question 2 (include possible answers)

2. Group Dynamic processes can have a positive or negative influence on the therapy group because: a. Group Dynamic processes can hinder the development of its members. b. Group Dynamic processes can lead to the group falling apart. c. Group Dynamic processes can support the development of the group members. d. all the above

Correct Answer 2

d

Question 3 (include possible answers)

3. The group as therapeutic instrument is comparable with the therapeutic relation as instrument in individual therapy because: a. It is important to start each group with building cohesion between its members b. The group leader should not be modest and mainly support the group members in their interaction between each other c. The groupmembers mainly offers the therapeutic relation to the group members at starting point

Correct Answer 3

a

Question 4 (include possible answers)

4. A clear and shared vision on the patients pathology is an important factor in the formation of a save environment for group members because: a. everybody needs to have the same attitude towards his of her symptoms b. it is an important starting point; the next step is about what these patient-group needs from the team. c. everybody gets the same treatment

Correct Answer 4

b

Question 5 (include possible answers)

5. The teamleader or program manager of a multidisciplinary psychotherapeutic setting should have knowledge of psychotherapeutic as well as organizational processes because: a. groupdynamics are everywhere b. there are emerged and imposed structures in every group, also in a therapeutic setting c. it is all about the coherence d. all of the above

Correct Answer 5

d

Question 6 (include possible answers)

6. Personal factors such as intrapsychic or interpersonal problems in a team have a certain role in problems in maintaining a comprehensive vision on the goals and tasks of a multidisciplinary team. which role? a. It has an undermining role, always b. It can be undermining unless it is being process in intervision c. the team will not be effective an people will leave the team

Correct Answer 6

b

Question 7 (include possible answers)

7. Destructive processes in groups can and must be prevented to happen. Do you agree? a. Yes, because basic assumptions can lead to intense and primitive emotions in groups b. No, because the most productive group contains all basic assumptions: fighting, pairing and dependency all have value. c. Yes and no, emotional behavior of group members can have a constructive or destructive effect on the group process, depending on the circumstances of the group at that time. d. there is no one good answer but all the above.

Correct Answer 7

d

Question 8 (include possible answers)

8. Co-leadership is always the best choice when there is a. a certain level of co-counseling b.a certain level of diversity in the background of the two therapists c. a good preparation in working together d. all of the above

Correct Answer 8

d

Question 9 (include possible answers)

9. High ethical standards are important for group leaders because: a. the group leader has to monitor safe boundaries in the interaction between participants b. The group leader faces the challenge of finding a balance between avoidance and confrontation c. the group leader needs the courage to recognize a negative effect of one's own actions and sufficiently act upon that d. all of the above

Correct Answer 9

d

Question 10 (include possible answers)

10. Everybody can profit from a group experience a. Yes, because people live, learn and work in different groups their whole life b. No, because some people experience too much anxiety when participating in groups c. No, because some people have too much problems with trusting others of with being trusted d. b and c

Correct Answer 10

d