**AGPA Connect 2023 Presenter Information**

**Course Code:** 305

**Course Title:** Group - A Modern Analytic Video Training Series

**Course Times:** 2:30 PM - 5:00 PM

**Course Dates:** Thursday, March 9

**Instructors: John Caffaro**

**Elliot Zeisel**

**Course Description:** The Open Session will provide an opportunity for participants to view portions of the series GROUP and engage in a discussion of effective clinical practice with John Caffaro, PhD and Elliot Zeisel, PhD. Additionally, we will focus on how the series can be used to enhance university and group therapy training programs and its potential to increase public awareness of the value and effectiveness of group psychotherapy.

**Learning Objectives**

The attendee will be able to:‎

1. Identify core treatment principles and interventions in psychodynamic group process.‎
2. Compare key elements of the Modern Analytic and Interpersonal/Relational approach to group ‎psychotherapy.‎
3. Demonstrate the power of the here and now in process groups to catalyze understanding and ‎explore the connections between member to member and member to leader.‎

**Significant Articles:**

1. Black, A. (2019). Treating insecure attachment in group therapy: Attachment theory meets modern ‎psychoanalytic technique. International Journal of Group Psychotherapy, 69(3), 259-286.‎
2. Caffaro, J.V. (2015). Interpersonal Integrative Group Therapy. In Encyclopaedia of Theory in Counseling ‎and Psychotherapy. Neukrug, E. (Ed.). SAGE.‎
3. Chang-Caffaro, S. & Caffaro, J. (2018). Differences that make a difference: Diversity and the process ‎group leader. International Journal of Group Psychotherapy, 68(4), 483-497. DOI: ‎‎10.1080/00207284.2018.1469958‎
4. Levine, R. (2017). A modern psychoanalytic perspective on group therapy. International Journal of ‎Group Psychotherapy, 67:sup1, S109-S120.‎
5. Zeisel, E. (2009). Affect education and the development of the interpersonal ego in modern group ‎psychoanalysis. International Journal of Group Psychotherapy, 59(3), 421-432. DOI: ‎‎10:1521/ijgp.2009.59.3.421‎

**Agenda:**

1. Origins of the project (15 min, Obj 1 ES & JVC dialogue)T

* Training actors
* Screening group members
* Modern analytic group psychotherapy
* Relational approaches
* Research and application

1. Video clip #1 30 min, Obj 2, 3 ES & JVC dialogue)

* Therapist’s use of self
* Importance of group contract
* Importance of language
* Feeling v State of Mind
* Participants Q & A

1. Video clip #2 (35 min, Obj 2, 3, ES & JVC dialogue)

* Addressing attachment needs in treatment
* Therapist authenticity
* Illustration of transference and countertransference
* Participants Q & A

1. Video clip #3 (35 min, Obj 1, 2, # 3, ES & JVC dialogue)

* Importance of focusing on group process rather than content
* The importance of member-to-member interaction in group
* Aligning with new group member to protect from being overwhelmed by group
* Importance of providing permission for strong affect expression towards group leader
* Participants Q & A

1. Video Clip #4 (30 min, Obj 1, 2, ES & JVC dialogue)
   * Discussion of culture, ethnicity and intersectionality in group
   * Use of projection to reveal here and now of group interaction
   * Importance of strengthening therapeutic frame in group
   * Participants Q & A
2. Participant Evaluation Completion (5 min)

Assessment Questions: Question 1 (include possible answers)

1. Modern group analysts rarely employ interpretation as a therapeutic tool and instead rely on reflective techniques and emotional induction to craft interventions. TRUE / FALSE

Correct Answer 1

TRUE

Question 2 (include possible answers)

2. From a Modern Analytic approach, what are the three pathways for the expression of feelings available to human beings in groups? 1) the visceral pathway, where you experience feelings in your body 2) the acting out pathway 3) the psychic pathway (e.g., you feel something and discharge the feeling with language). 4). The talking about pathway 5). #1, 2, and 3.

Correct Answer 2

5.

Question 3 (include possible answers)

3. In the Modern Analytic group approach, the leader frequently educates members about the distinction between: 1. Thoughts and feelings 2. State of mind and feelings 3. Self and object feeling states 4. All of the above

Correct Answer 3

4.

Question 4 (include possible answers)

4. Integrative interpersonal group therapy includes elements of: a. relational psychodynamic psychotherapy b. systems thinking c. interpersonal theory d. experiential learning e. all of the above

Correct Answer 4

e.

Question 5 (include possible answers)

5. The skillful group therapist is able to use both \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and support in facilitating client’s work a. insight b. safety c. risk d. none of the above

Correct Answer 5

c.

Question 6 (include possible answers)

6. Effective integrative interpersonal group therapy relies on three core concepts: a. the potency of interpersonal learning b. group members’ ability to engage and collaborate c. the group leader’s emotional availability d. all of the above

Correct Answer 6

d.

Question 7 (include possible answers)

7. Experiential change \_\_\_\_\_\_\_\_\_\_\_clients, rather than \_\_\_\_\_\_\_\_\_\_\_\_them, that current relationships can be different. a. interprets for; shows b. shows; tells c. teaches; shows d. explains to; shows

Correct Answer 7

b.

Question 8 (include possible answers)

8. Effective Modern Analytic group therapy relies on three core concepts: a. the potency of here and now interaction b. group members’ ability to engage and collaborate c. the group leader’s emotional availability d. all of the above

Correct Answer 8

d.

Question 9 (include possible answers)

9. Interpersonal group therapy focuses on bringing conflicts into the present within the group context through the use of: a. interpretation b. reflective listening c. the here and now d. dream analysis

Correct Answer 9

c.

Question 10 (include possible answers)

10. The concept of the Corrective Emotional Experience assumes that in therapy emotional expression is a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ but not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ condition for change. a. necessary; sufficient b. sufficient; necessary c. catharsis; required d. abreaction; primary

Correct Answer 10

a.