**AGPA Connect 2023 Presenter Information**

**Course Code:** V

**Course Title:** Being With Each Other: Building Relationships in an Evolving and Diverse World

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

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

**Instructors:** Jeanne Bunker

**Course Description:** Our tumultuous world is replete with uncertainty and risk, endangering health, life and security, potentially activating regression and awakening trauma. We have the opportunity to learn about each other and ourselves as we navigate relationships together. In this Institute, we will work with intimacy, conflict and trauma, learn to tolerate intense affect, develop greater somatic awareness, build skills to utilize our aggression in the service of cultivating relationships, and support creativity and healing.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎‎Define aggression
2. Identify destructive aggression and healthy aggression
3. Define observing ego
4. Define progressive emotional communication
5. Use observing ego to inform intentional, progressive emotional communication
6. Define intersectionality
7. Identify personal bias that impedes progressive, emotional communication

**Significant Articles:**

1. Adichie, C. N. (2015). We Should All Be Feminists. Anchor Books.
2. Gilligan, C. & Snider, N. (2018). Why Does Patriarchy Persist? Polity Press.
3. Kendi, I. X. (2019). How To Be An Antiracist. One World.
4. Wilkerson, I. (2020). Caste: The origins of our discontents. Random House.
5. Perez, C. C. (2019). Invisible Women: Data Bias in a World Designed for Men. New York NY. Abrams Press.

**Agenda**

Day 1: Session 1:

9:30-10:45AM (15 mins.)

Our tumultuous environment (Lecture & Discussion, Obj. 1 - 2) (60 mins)

Experiential Group Process (Obj. 1 - 2)

Working with personal history and emotional awareness

BREAK: 10:45-11:00AM

Session 2: 11:00AM-12:15PM (75 mins)

Experiential Group Process (Obj. 1 - 4)

LUNCH: 12:15-2:15PM

Session 3: 2:15-3:45PM:

* Group Process (5 min) Didactic (Obj. 3-6, lecture, discussion, Wheel of Power handout) Influence of personal history/life experience
* Intersectionality Gender Race Sexual orientation Cultural identity Body shape/size Physical ability Nationality Age Socio-economic status

Experiential Group Process

BREAK: 3:45-4:00PM

Session 4: 4-5:30PM (90 mins)

* Experiential Group Process (Obj. 1-7)
* Observing ego
* Progressive emotional communication
* Intersectionality
* Personal bias - explicit and implicit

Day 2: Session 5:

8:30-10:15AM (105 mins)

Experiential Group Process (Obj. 1-7)

Integrating the experience: Progressive emotional communication, healthy aggression, observing ego, intersectionality, bias

BREAK 10:15-10:30AM

Session 6: 10:30AM-12:00PM (90 mins)

* Experiential Process Group (Obj.1-10)
* Regression in the context of an unpredictable world
* Countertransference and Transference Inductions and projections

LUNCH 12:00-1:30PM

Session 7: 1:30-3:00PM (90 mins)

* Experiential Process Group (Obj. 1-10)
* Personal bias and limitations, using somatic awareness for self-regulation

BREAK 3:00-3:15PM

Session 8: 3:15-4:30PM (75 mins)

* Experiential Group Process: Termination (Obj. 1-10)
* Meta-Process/Discussion: 4:30-4:55PM (Obj. 1-10) (25 mins)
* Integrating practice concepts with personal growth, final questions (Lecture, Discussion & Q&A), (Objectives 1-10)

Evaluations: 4:55-5:00PM (5 mins)

**Assessment Questions**

Question 1 (include possible answers)

Choose the group of emotions: Sadness, fear, aggression Aggression, anger, guilt Joy, sadness, excitement

Correct Answer 1

Joy, sadness, excitement

Question 2 (include possible answers)

What do modern analysts define as a neutral source of energy that can be channeled in either positive or negative communications? Chaos Anger Aggression Libido

Correct Answer 2

Aggression

Question 3 (include possible answers)

Indirect aggression can appear as: Somatization Tears Flirtation All of the above

Correct Answer 3

All of the above

Question 4 (include possible answers)

What is a fallacy about aggression? It is always destructive It can be constructive It is an experience we should all avoid a & c

Correct Answer 4

a & c

Question 5 (include possible answers)

Intersectionality may refer to: Gender Race Body size All of the above

Correct Answer 5

All of the above

Question 6 (include possible answers)

What are subcategories of countertransference Emotional and logical Somatic and logical Objective and subjective Dynamic and reactive

Correct Answer 6

Objective and subjective

Question 7 (include possible answers)

The observing ego can: Judge harshly Observe openly Notice internal reality b & c

Correct Answer 7

b & c

Question 8 (include possible answers)

Somatic awareness includes which of the following: Noticing somatic sensations and verbalizing the observations Making connections between physical sensations and emotional/psychological states Noticing how it feels to hold hands with the person next to you a & b

Correct Answer 8

a & b

Question 9 (include possible answers)

Subjective countertransference may be influenced by: The client’s experience The therapist’s history The air freshener in the room All of the above

Correct Answer 9

All of the above

Question 10 (include possible answers)

Progressive emotional communication: Makes repetitive attempts to say the same thing over and over again Encourages moving from one place to another in the group circle Shares new emotional information to deepen the relationship

Correct Answer 10

Shares new emotional information to deepen the relationship

Specific Focus Process Group registration limit

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