**AGPA Connect 2023 Presenter Information**

**Course Code:** VII

**Course Title:** Cultivating Freedom and Pleasure in Group

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

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

**Instructors:** Alyson Stone

**Course Description:** Societal, familial, and spiritual prohibitions against feelings and needs can limit leaders’ emotional availability and freedom. We explore ways to resolve resistance to having a full range of feelings in group, including pleasure. We focus on expanding leaders' emotional engagement and the authentic use of self, which enlivens and deepens our groups.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎‎Describe how societal, familial, and spiritual prohibitions may impact a group's functioning.
2. Identify how societal, familial, and spiritual prohibitions may affect your freedom and effectiveness as a group leader.
3. Articulate emotions you are reluctant to feel and to allow your group to experience (countertransference resistance).
4. List ways countertransference to feelings, needs, and spirituality can enhance or hinder psychotherapy.
5. Describe two ways to welcome and work with resistance in yourself and your groups.
6. Explain how experiencing pleasure in a group facilitates the development of secure attachment relationships.
7. Explain how experiencing pleasure in a group facilitates the development of secure attachment relationships.

**Significant Articles:**

1. Black, A. E. (2014). Externalizing the wish for the secure base in the Modern Analytic Group. Modern Psychoanalysis, 39(1), 70-102.
2. Leszcz, M. (2017). How understanding attachment enhances group therapist effectiveness. International Journal of Group Psychotherapy. 67(2), 280-287.
3. Ormont, L. (1993). Resolving resistance to immediacy in the group setting. International Journal of Group Psychotherapy, 43(4), 399-418.
4. Stone, A. (2014). Thou Shalt Not: Treating religious trauma and spiritual harm with combined therapy. Group, Vol. 37, Volume 4 (Winter 2013), pp. 323-337.
5. Zeisel. E. (2012). The Leader’s Use of Self: A Modern Analytic approach to working in the intra-psychic and interpersonal realm. Modern Psychoanalysis, 37 (2).

**Agenda**

Day 1

9:30-11:00 Process Group (90 min, Obj 1-4, Didactic, Experiential)

a. Introductions

b. Reviewing learning objectives, goals, and schedule

c. Establishing group agreements

d. Becoming a group

11:00-12:15 Process Group (75min, Obj 1-5,10; Experiential)

a. Developing group cohesion and group norms

b. Identifying internalized prohibitions to voicing thoughts and feelings

c. Exploring the role of culture and society in the development of prohibitions.

12:15- 3:45 Process Group (90min, Obj 1-7, Experiential)

a. Voicing reactions during lunch break

b. Studying individual and group resistance to becoming a working group

c. Processing reactions among group members

4:00- 5:45 Process Group (105min, Obj 6-10 Experiential)

a. Examining the impact that diversity of societal, familial, and spiritual prohibitions has on the group.

b. Exploring barriers to conflict, intimacy, and attachment

c. Processing resistance and reluctance to engage

Day 2:

8:30-9:30 Process Group (60, Obj 1-10, Experiential)

a. Sharing dreams and reactions during the overnight break

b. Continued processing of material from day one

c. Interpersonal process between members

d. Giving voice to emotions, conflict, and desires

9:30-10:15 Didactic, part 1 (45, Obj 1-5, Didactic, Discussion, Q & A)

a.The impact of societal, familial, and spiritual prohibitions on the therapist and group.

b. How cultural, familial, and spiritual diversity among group members may affect group functioning

c. Exploring the impact of countertransference and countertransference resistance on the therapist and group

d. How to work with the therapist’s and the group’s resistance to experiencing conflict, desire, and other prohibited emotions

10:15-12:00 Process Group (105, Obj 1-5, 10, Experiential)

a. Exploring reactions to didactic material

b. Working with group and individual resistance to voicing a full range of feelings

c. Touching base on progress toward individual goals

d. Interpersonal process between members

1:30- 2:00 Didactic, Part 2 (30min, Obj 6-9, Didactic, Discussion, Q & A)

a. The role of healthy aggression in group leadership and group functioning

b. How secure attachment relationships encourage emotional engagement

c. The role of pleasure in the development of attachment in group

d. How therapists can bring more pleasure and authenticity to their work

2:00- 3:45 Final Process Group (90min, Obj 1-6, Experiential)

a. Termination resistance

b. Wrapping up loose ends and goals

c. Closure and goodbye

3:45- 4:45 Debriefing of Process Group (60, Obj 1-6, Discussion, Didactic, Q & A)

a. Discussion and questions about group process

b. Discussion of effective and ineffective leader interventions

**Assessment Questions**

Question 1 (include possible answers)

List two ways to work with resistance in group members

Correct Answer 1

Join; mirror, identify

Question 2 (include possible answers)

How does the expression of anger benefit a group? Increases intimacy and engagement; decreases resistance; makes room for other feelings; provides a corrective experience

Correct Answer 2

Increases intimacy and engagement; decreases resistance; makes room for other feelings; provides a corrective experience

Question 3 (include possible answers)

Identify one way societal, familial, and spiritual prohibitions may impact a group's functioning.

Correct Answer 3

decrease engagement, increase resistance; create distance and stagnation

Question 4 (include possible answers)

How might diversity of cultural, familial, and spiritual values among group members affect the group?

Correct Answer 4

Increases fear and caution; increases cultural sensitivity; provides emotional learning

Question 5 (include possible answers)

List one way a therapist can work with their countertransference resistance

Correct Answer 5

Study it, seek consultation

Question 6 (include possible answers)

List one type of attachment relationship a person might have with God

Correct Answer 6

secure, anxious, avoidant, disorganized

Question 7 (include possible answers)

Identify one thing secure attachment relationships in group therapy provide members.

Correct Answer 7

safety; corrective emotional experiences; integration of disowned feelings and needs

Question 8 (include possible answers)

Countertransference resistance can cause a therapist to steer a group away from feelings that are uncomfortable.

Correct Answer 8

True

Question 9 (include possible answers)

Identify one benefit of experiencing pleasure in group therapy

Correct Answer 9

promotes attachment and bonding; expands emotional range

Question 10 (include possible answers)

List one thing a therapist should avoid doing when working with cultural, familial, or spiritual values that are different than their own?

Correct Answer 10

(challenge them, refute them, ignore them)

Specific Focus Process Group registration limit

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