**AGPA Connect 2023 Presenter Information**

**Course Code:** 11 (Virtual)

**Course Title:** Integrative Group Therapy for Patients with Psychosis

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

**Course Dates:** Thursday, March 9

**Instructors:** Nick Kanas

**Course Description:** This workshop will consider strategies of treating patients with schizophrenia, bipolar disorder, and other psychotic conditions in group therapy using the leader's empirically-derived integrative model. The integrative model includes psychodynamic, interpersonal, psychoeducational, and cognitive-behavioral techniques. A literature review, findings from the leader's research, and descriptions of clinical vignettes and demonstrations will be utilized. Diversity issues related to gender, race, and culture will be discussed. Participants will be encouraged to share experiences from their own clinical settings.

**Learning Objectives**

The attendee will be able to:‎

1. Discuss the effectiveness of group therapy for patients with psychosis.‎
2. Describe clinical strategies for leading groups for patients with psychosis.‎
3. Explain how to apply groups for patients with psychosis in the learner's own treatment setting.‎

**Significant Articles:**

1. Burlingame, G., Strauss, B., & Joyce, A (2013). Change mechanisms and effectiveness of small group ‎treatments, In M. J. Lambert (Ed.), Bergin & Garfield’s Handbook of Psychotherapy and Behavior ‎Change, 6th Ed. New York: Wiley & Sons. (pp. 640-689)‎
2. Kanas, N. (2020). Integrative Group Therapy for Patients with Psychosis: An Evidence-based Approach. ‎New York: Routledge. (Follow-up book to: Kanas, N. (1996). Group Therapy for Schizophrenic Patients. ‎Washington, DC: American Psychiatric Press.)‎
3. Orfanos, S., Banks, C. & Priebe, S. (2015). Are group psychotherapeutic treatments effective for ‎patients with schizophrenia? A systematic review and meta-analysis. Psychotherapy and ‎Psychosomatics, 84, 241-249.‎
4. Pearson, M.J., & Burlingame, G.M. (2013). Interventions for schizophrenia: Integrative approaches to ‎group therapy. International Journal of Group Psychotherapy, 63, 603-608.‎
5. Urlic, I., & Gonzalez de Chavez, M. (2019). Group Therapy for Psychoses. New York: Routledge.‎

**Agenda:**

1. Introduction to session, statement of workshop goals, introduction "go-around" by participants, (10 min, obj 1,2,3, lecture, Nick Kanas and participants)
2. Newly updated review of the research literature (15 min, obj 1, lecture, Nick Kanas)
3. Clinical ramifications of the research findings (5 min, obj 2, lecture, Nick Kanas)
4. Presentation of the integrative treatment model
   1. Clinical/technical issues: groups for schizophrenia spectrum and allied disorders (40 min, obj 2,3, lecture, demonstration, discussion, Nick Kanas and participants)
   2. Clinical/technical issues: model modifications in groups for non-psychotic bipolar patients (15 min, obj 3, lecture, demonstration, discussion, Nick Kanas and participants)
   3. Clinical/technical issues: effects of duration and setting (15 min, obj 2,3, lecture, demonstration, discussion, Nick Kanas and participants)
5. Applying model to participants’ groups and settings (45 min, obj 2,3, demonstration, discussion, Nick Kanas and participants)
6. Conclusions, evaluations (5 min, obj 1,2,3, lecture, completion of evaluations)

**Assessment Questions:**

Question 1 (include possible answers)

1. (T/F) Psychotic patients can be treated successfully in therapy groups.

Correct Answer 1

TRUE

Question 2 (include possible answers)

2. (Choose the best answer) Integrative group therapy for psychosis borrows from which of these schools of thought: a) psychodynamic, b) interpersonal, c) psychoeducational/cognitive-behavioral, d) all of the above.

Correct Answer 2

D

Question 3 (include possible answers)

3. (Choose the best answer) The goals of integrative group therapy for patients with schizophrenia include: a) coping with loose associations, b) dealing with delusions, c) improving interpersonal relationships, d) all of the above.

Correct Answer 3

D

Question 4 (include possible answers)

4. (Choose the best answer) Integrative group therapy for patients with schizophrenia should not focus on: a) support, b) here-and-now group interventions, c) uncovering of unconscious conflicts, d) reality-testing.

Correct Answer 4

C

Question 5 (include possible answers)

5. (Choose the best answer) Research shows that approaches based on which of the following styles is least successful in group therapy for patients with schizophrenia: a) psychoanalytic, b) interaction-oriented, c) psychoeducational, d) cognitive-behavioral.

Correct Answer 5

A

Question 6 (include possible answers)

6. (Fill in the blank) In the A-B-C cognitive-behavioral model, the B stands for changing a patient's \_\_\_\_\_\_\_\_\_\_\_\_\_ system.

Correct Answer 6

BELIEF

Question 7 (include possible answers)

7. (Fill in the blank) A strategy for dealing with distortions in reality involve the phrase: "catch it, check it, \_\_\_\_\_\_\_\_\_\_ it".

Correct Answer 7

CHANGE

Question 8 (include possible answers)

8. (Choose the best answer) In the vulnerability-stress model, vulnerabilities that can cause stress include: a) genetic factors, b) abnormal brain chemistries, c) both, d) neither.

Correct Answer 8

C

Question 9 (include possible answers)

9. (Choose the best answer) A typical group session for patients with schizophrenia involves: a) identifying a topic for discussion, b) generalizing it to other group members, c) discussing coping strategies, d) all of the above.

Correct Answer 9

D

Question 10 (include possible answers)

10. (Choose the best answer) Therapy groups for patients with bipolar disorder differ from those involving patients with schizophrenia in discussing ways of: a) coping with hallucinations, b) dealing with interpersonal relationships, c) considering prodromal symptoms, d) occasionally giving formal presentations about the disorder.

Correct Answer 10

A