**AGPA Connect 2023 Presenter Information**

**Course Code:** 14 (Virtual)

**Course Title:** Back to the future: How clients move along time in the four-step model of group psychotherapy

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

**Course Dates:** Thursday, March 9

**Instructors: Mohamed Ayman AbdelHameed**

**Jehan Elturky**

**Refaat Mahfouz**

**Hoda Refaat**

**Mohamed Taha**

**Course Description:** Time is a crucial concept in group psychotherapy. Our clients move through past, present and future as they work in the group. The four-step integrative model for group psychotherapy was developed two decades ago as an approach that works through levels of patients’ needs, wants, rights and decisions. The steps of the model help members revisit their past, experience the present, and embrace the future. Not only the model is theoretically and clinically integrative, it also integrates all forms of diversity.

**Learning Objectives**

The attendee will be able to:‎

1. Compare their own clinical practice against a new theoretical framework.‎
2. Analyze the human psyche from a totally new perspective based on levels of Needs, Wants, Rights ‎and Decisions.‎
3. Re-view the micro-processes of group psychotherapy practice along the frame of (Time).‎

**Significant Articles:**

1. Hinshelwood, B. (2010). Comment on “Power of Love and Love of Power in Group Psychotherapy” by ‎Mohammed Taha et. al. Group Analysis, 43(2): 181-184. SAGE: London.‎
2. Mahfouz, R., Taha, M. and Ishak, W.W. (2015). The Four-step Integrative Model for Group ‎Psychotherapy: Description, Development, and Application in Egyptian Culture. In H. Derrickson (Ed.), ‎Group Therapy: Theory, Practices and Effectiveness (first edition, pp 1-18). Nova Publishers: NY.‎
3. Rakhawy, M., Taha. M and Sabry N. (2015). Group psychotherapy in Egypt: Past, present, and future. ‎International Journal of Group Psychotherapy, 65(4), 595–605.‎
4. Verhagen, P. (2012). Waar is de ‘vader’? Groepen, (2): 52-63. NVGP: Utrecht.‎
5. Pines, M. (2010). Comment on Taha et al.’s ‘Power of Love and Love of Power’. Group Analysis, 43(2): ‎‎190-191. SAGE: London.‎

**Agenda:**

1. Oral Presentation: The Four-step Integrative Model of Group Psychotherapy and the Time Dimension (20 minutes- Mohamed Taha and Jehan Elturky, powerpoint- objectives 1, 2)
   1. Terminology and conceptualization
   2. Theoretical and clinical elements c. Guide for clinical application d. Clinical examples
2. Experiential application with attendees (45 minutes- Refaat Mahfouz, Mohamed Ayman, Hoda Refaat- Experiential- objectives 2, 3)
3. Lunch Break
4. Experiential application with attendees (45 minutes- Refaat Mahfouz, Mohamed Taha, Jehan Elturky- Experiential- objectives 2, 3)
5. Discussion (35 min) Evaluation (5 minutes)

**Assessment Questions:**

Question 1 (include possible answers)

(T/F) Four-step model targets patients’: 1- Rights 2- Needs 3- Decisions 4- Desires 5- Wants

Correct Answer 1

1,2,3,5

Question 2 (include possible answers)

A basic human need is: 1- Universal 2- Specific 3- Bi-directional 4- Uni-directional

Correct Answer 2

1, 3

Question 3 (include possible answers)

What is Step (Zero) in the four-step model?

Correct Answer 3

I lived all my life.................................

Question 4 (include possible answers)

How does the four-step model correlate with the time dimension?

Correct Answer 4

Working through the model starts in the past (step 0) and ends in the future (step 4).

Question 5 (include possible answers)

What are some examples of the theoretical schools that are integrated in the model?

Correct Answer 5

Psychoanalysis, Object Relations, Transactional Analysis, Existential Psychotherapy, Self Psychology, Gestalt

Question 6 (include possible answers)

How do you think the four-step integrative model is clinically applicable?

Correct Answer 6

Simple, universal, clinically relevant

Question 7 (include possible answers)

How did working through the model help you reflect on your own story?

Correct Answer 7

The model helped me reflect on my own needs, wants, rights and decisions.

Question 8 (include possible answers)

Is it a must that we go through the whole four steps in one session?

Correct Answer 8

No

Question 9 (include possible answers)

What is the most central step in the fou-step model?

Correct Answer 9

Step of (I need.......)

Question 10 (include possible answers)

Give some examples of early decsions people take in their lives.

Correct Answer 10

Decision to burry true self, decision not to marry, not to succed, not to grow up....