**AGPA Connect 2023 Presenter Information**

**Course Code:** 5

**Course Title:** Using our Emotions as Leaders to Understand and Guide our Group

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

**Course Dates:** Thursday, March 9

**Instructors:** Dave Kaplowitz

**Course Description:** Our emotions are the most important tool we have as group leaders. They help us understand our groups and can guide us towards effective group leadership. This workshop will help leaders improve their ability to recognize emotions in the moment and to use them to formulate effective interventions.

**Learning Objectives**

The attendee will be able to:‎

1. ‎ ‎Name the four core emotions.‎
2. Explain the difference between ‎emotions inside and those toward ‎others.‎
3. Identify common reasons for ‎countertransference resistance.‎
4. Describe three ways group leaders ‎can use their emotions in the moment ‎to formulate ‎interventions.‎

**Significant Articles:**

1. Black, A. (2017). On Attacking and Being Attacked in Group Psychotherapy. International Journal of ‎Group Psychotherapy, 67: 291-313.‎
2. Epstein, L. (1979). Countertransference with borderline patients. In Countertransference. (pp. 375-‎‎406). New York: Jason Aaronson.‎
3. Levine, R. (2017). A Modern Psychoanalytic Perspective on Group Psychotherapy. International Journal ‎of Group Psychotherapy, 67: 109-120.‎
4. Ormont, L. (1992). What the therapist feels. In The group therapy experience. (pp. 51-82). New York: ‎St. Martin’s Press.‎
5. Racker, H. (1968). The meaning of and uses of countertransference. In Transference and ‎countertransference. (pp. 127-173). London: H. Karnac Ltd.‎

**Agenda:**

1. Welcome (10 minutes, Kaplowitz, Lecture) - Introduction - Housekeeping - Contract - Inclusion

2. Didactic (40 minutes, Obj 1-3, Kaplowitz, Lecture/Discussion) - Learning to recognize emotions (images, fantasies, impulses, physical sensations)

- Core emotions (mad, sad, glad, afraid)

- Emotions towards (love, warmth, caring, hate, disgust, dislike)

- Group discussion

3. Demonstration group (60 minutes, Obj 1-4, Kaplowitz, Experiential/Demonstration)

- Show how the leader can use their emotions to inform interventions in the moment

4. Debrief on the demo group (30 minutes, Obj 1-4, Kaplowitz, Discussion)

- Attendees can ask questions

- Leader can further explain their interventions and how their emotional reactions were involved in making decisions in the demo group

5. Participant Evaluations (10 minutes)

**Assessment Questions:**

Question 1 (include possible answers)

The leader should not have emotions to be effective (True/False)

Correct Answer 1

False

Question 2 (include possible answers)

The following can alert leaders and group members to their emotions: a. images b. fantasies c. impulses d. physical sensations e. all of the above

Correct Answer 2

all of the above

Question 3 (include possible answers)

This is not considered a core emotion: a. Mad b. Sad c. Glad d. Afraid e. Disappointment

Correct Answer 3

e. Disappointment

Question 4 (include possible answers)

Which of these is not an emotion directed at another person? a. Love b. Hate c. Sadness

Correct Answer 4

c. Sadness

Question 5 (include possible answers)

A difficult emotion for the group leader to manage towards a group member is: a. Hate b. Sadness c. Criticism

Correct Answer 5

a. Hate

Question 6 (include possible answers)

The following emotions can be useful to the leader a. Anger b. Hate c. Love d. Warmth e. Emotions are always potentially useful to the leader when used skillfully

Correct Answer 6

e. Emotions are always potentially useful to the leader when used skillfully

Question 7 (include possible answers)

7.The following are possible emotions for a leader to have towards a group member a. Love b. Hate c. Warmth d. Caring e. All of the above

Correct Answer 7

e. All of the above

Question 8 (include possible answers)

When the leader is left with persistent thoughts or feelings after a group session, the best approach is usually to: a. Tell the group in the next session b. Call each group member immediately and let them know c. Work on this in consultation, supervision, or the leader's own therapy

Correct Answer 8

c. Work on this in consultation, supervision, or the leader's own therapy

Question 9 (include possible answers)

When a leader becomes aware of experiencing an emotion, usually the best thing to do is: a. Let the group know immediately b. Notice it and observe the emotion

Correct Answer 9

b. Notice it and observe the emotion

Question 10 (include possible answers)

When the leader is feeling an emotion that is not being expressed in the group, there is a good chance that a. The leader is feeling something the group is not ready to feel b. One of more of the group members may be having a similar feeling c. This may be an emotion that a group member experienced in their early life d. All of the above

Correct Answer 10

d. All of the above