**AGPA Connect 2023 Presenter Information**

**Course Code:** 6

**Course Title:** Martial Arts Meet Group Psychotherapy: Contacting and Managing Aggression

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

**Course Dates:** Thursday, March 9

**Instructors:** Grace Ballard

Elizabeth Driscoll

**Course Description:** In groups, we step into a ring of combat. While we can’t guarantee safety, we can avoid injuries. Martial Arts value energy exchange and personal growth. Group can use conflict to promote growth and unity amongst participants. Presenters will discuss martial arts as a lens for fearlessly facilitating developmental combat. We’ll uncover where we avoid conflict and why. Join us to expand your skills, deepen your strength, and increase your agility in your group psychotherapy sparring practice.

**Learning Objectives**

The attendee will be able to:‎

1. Evaluate how we become deskilled during conflict.‎
2. Analyze conflict as a building block of group development.‎
3. Apply aspects of martial arts to their own group leadership style

**Significant Articles:**

1. Jennings, L. A. (2021). Mixed martial arts: A history from ancient fighting sports to the UFC. Lanham, ‎MD: Rowman & Littlefield, an imprint of The Rowman & Littlefield Publishing Group.‎
2. Mindell, A. (2014). Sitting in the fire: Large group transformation using conflict and diversity. United ‎States: Deep Democracy Exchange.‎
3. Ormont, L. R. (1992). The group therapy experience: From theory to practice. New York, NY: St. ‎Martins Press.‎ ‎ ‎
4. Corey, G. (2020). Theory and practice of group counseling. Singapore: Cengage Learning Asia Pte.‎
5. Yalom, I. D., & Leszcz, M. (2005). The theory and practice of group psychotherapy. New York: Basic ‎Books.‎

**Agenda:**

1. Introduction (10 min, Ballard & Driscoll, Obj 1,2,3, Handouts & Discussion) Objectives of Workshop & Outline Introduction of facilitators Introductions of group members (breakouts if needed)

2. Martial Arts Applications to Group Psychotherapy (30 min, Obj 2 &3, Ballard, Lecture) Defining the metaphor Group Theory Application Cultural Wisdom Through Embodied Experience and Lineage of Movement Disciplines

3. Three Martial Arts Applications for the Group Psychotherapist (45 Min, Obj 2 &3, Driscoll, Lecture & Q&A) Expanding skills Deepening strength Increasing agility Discussion

4. Group Experiential (40 min, Obj 1&3, Ballard & Driscoll, Small Group Activity & Role Play) Warm up, setting the stage Identifying our unique challenges in conflict as leaders Group members applying skills with conflict from Martial Arts lens

5. Discussion and Q&A (20 min)

6. Participant Evaluations (5 min)

**Assessment Questions:**

Question 1 (include possible answers)

Is storming the final stage in group development according to Tuckman? Yes/no

Correct Answer 1

No

Question 2 (include possible answers)

Is scapegoating a part of the Storming stage of development according to Yalom? yes/no

Correct Answer 2

Yes

Question 3 (include possible answers)

Is the goal of sparring in martial arts to hurt our sparring partners? Yes/no

Correct Answer 3

no

Question 4 (include possible answers)

Multiple Choice, Q: What is not included in three applications of Martial Arts for Group Psychotherapy: managing fear, developing moment-by-moment presence, mastering unconscious conditioning, or dominating opponents?

Correct Answer 4

(dominating opponents)

Question 5 (include possible answers)

Did martial arts originate in the United States? Yes/no

Correct Answer 5

no

Question 6 (include possible answers)

Is conflict inherently destructive? yes/no

Correct Answer 6

no

Question 7 (include possible answers)

Is mastering our breath a valuable way to manage our emotions as Group Facilitators and martial artists? yes/no

Correct Answer 7

yes

Question 8 (include possible answers)

Can conflict deepen relationships? yes/no

Correct Answer 8

yes

Question 9 (include possible answers)

Do you have to fight in order to practice martial arts? yes/no

Correct Answer 9

no

Question 10 (include possible answers)

Should group facilitators avoid conflict for group cohesion? yes/no

Correct Answer 10

no