**AGPA Connect 2023 Presenter Information**

**Course Code:** XII

**Course Title:** Longing for Home: Past attachments and reparative re-attachments in the group

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

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

**Instructors:** Myrna Frank

**Course Description:** What makes us long for home? Do we all long for home? And what, after all, is “home” given our diverse worlds and cultural backgrounds? This workshop will explore the various aspects of longing for home, be it a real home (land) left behind, a symbolic space that houses our fantasized yearnings, or some mix of our early attachment to personal codes of smell, taste and sounds. Can a therapy group provide a home that heals and facilitates repair via meaningful connection.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎‎Identify similarities and differences in participants' respective experiences of notions of home.
2. Specify ethno-cultural features of home in self and other.
3. Recognize notions of longing, belonging and unbelonging.
4. Specify variations of migration, immigration and emigration.
5. Enumerate the traumatic effects of home loss via war, financial ruin or divorce.
6. Acquire sensitivity to the impact of otherness.
7. Apply and explore the longing/non-longing model to an understanding of self in relation to the concept of home.

**Significant Articles:**

1. Seiden, H.M. (2009). On the longing for home. Psychoanalytic Psychology, 26, 191-205.
2. Beltsiou, J (2016). Seeking home in the foreign: Otherness and immigration. In Beltsiou, J (Ed). Immigration in Psychoanalysis: Locating Ourselves 1st Edition.
3. Seiden, H.M. (2014). You can't go home again. In Willock, Curtis, Bohm (Ed.): Understanding and Coping with Failure: Psychoanalytic perspectives
4. Laub, Do (2013) On leaving home and the flight from trauma. Psychoanalytic Dialogues, Vol 23, 5, 568-580
5. Schlapobersky, J (2015), On Making A Home Amongst Strangers: The Paradox of Group Psychotherapy, Foulkes Lecture, Group Analysis 48(4).

**Agenda**

DAY 1: 360 minutes

Morning 165 minutes (2.75 hours) 9.30 - 12.15pm

9.30 - 10am

Review objectives, Outline and Contract; theoretical intro. (30min) Obj 7

Apply and explore the longing/non-longing model to an understanding of self in relation to the concept of home.

10.00 - 11.30 am

Experiential Group Process (90 min) Obj 1.

Identify similarities and differences in participants' respective experiences of notions of home. Obj 2.

Specify ethno-cultural features of home in self and other.

11.30 - 12.15 pm

Process the process (45 min) Obj 3.

Recognize notions of longing, belonging and unbelonging. Obj 7:

Apply and explore the longing/non-longing model to an understanding of self in relation to the concept of home.

Afternoon 195 minutes (3.5 hours) 2.15pm - 5.45 pm

2.15 - 4.00pm

Experiential Group Process (105 min) Obj 6.

Acquire sensitivity to the impact of otherness Obj 4.

Specify variations of migration, immigration and emigration Obj 5

Enumerate the traumatic effects of home loss via war, financial ruin or divorce

4.00 - 5.30pm

Experiential Group Process (90 min) Obj 5

Enumerate the traumatic effects of home loss via war, financial ruin or divorce

5.30 - 5.45pm

Process the process (15 min)

DAY 2: 390 minutes 8:30 AM –5 PM

Morning: 195 minutes (3.5 hours) 8.30 - 8.40 am

Short intro with theory (10min) Obj 9

Explain how the institute group functions as a new home in which to heal.

Experiential Group Process (90 min)

10.00 - 11.30 am

Experiential Group Process (80 min)

11.30 - 12pm

Process the process (15 min)

Afternoon 195 minutes (3.5 hours) 1.30 - 3pm

Experiential Group Process (90 min) Obj 8

Achieve a productive integration of the realization that one cannot go home again

3.00 - 4.30pm

Experiential Group: Saying goodbye (90 min)

4.35 - 4.45pm

Process the process; application to clinical work; sendoff (15 min) Obj 10.

Apply the concept of longing for home--its presence, absence and vicissitudes - to their group work.

4.45 - 5pm Evaluations. (15 min)

**Assessment Questions**

Question 1 (include possible answers)

How does clinical attentiveness to the longing for home in its real or metaphorical forms contribute to a deeper and broader understanding of our work.

Correct Answer 1

Impact of identifying and naming one's internal experience; acknowledgement and inclusion of physical realities( eg growing up in a small space) and its impact on one's experience

Question 2 (include possible answers)

Name one benefit of inquiring about longing for home of group members from other cultures and countries

Correct Answer 2

Being seen

Question 3 (include possible answers)

How is the loss of home be it via emigration, war, family break up or financial ruin experienced as deeply traumatic.

Correct Answer 3

Grief over any loss; profound and lasting impact of financial stability on one's present and future.

Question 4 (include possible answers)

Give one example of how the group may provide a reparative home for its members.

Correct Answer 4

Doing it differently from one's past - eg the group 'home' space allows for the expression of negative feelings to others.

Question 5 (include possible answers)

(T/F/M) Psychoanalytic literature has focussed on the early relationship with the mother, ignoring the experience and conditions of the material home.

Correct Answer 5

true

Question 6 (include possible answers)

Is feeling a sense of home only a case of time? How is there more to this?

Correct Answer 6

Like the mistaken popular notion that "time heals" related to recovery from a loss, acquiring a sense of home involves an active process that includes anchors and relationships in the new place.

Question 7 (include possible answers)

Suggest a way to differentiate between the concepts of longing and belonging?

Correct Answer 7

Longing is Object focussed, Belonging is Environment focussed.

Question 8 (include possible answers)

Give one example of how Schlapobersky’s “making a home among strangers” can be a helpful metaphor for repairing a troubled attachment to a primary home.

Correct Answer 8

The metaphor is suggestive in encouraging group members to risk new healing connections. Also, the anonymity of other group members makes for a safe space

Question 9 (include possible answers)

How is the notion of 'feeling at home' used colloquially?

Correct Answer 9

Home' is used as a metaphor for a sense of and time of security and familiarity and expresses a feeling of belonging and emotional attachment.

Question 10 (include possible answers)

Which psychological theory or theories offer a useful lens through through which to understand our longing for home?

Correct Answer 10

Attachment Theories; Object-Relational Theories

Specific Focus Process Group registration limit

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