**AGPA Connect 2023 Presenter Information**

**Course Code:** XIX

**Course Title:** Systems-Centered Training (SCT): Developing Groups that Transform Our Social Brains

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

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

**Instructors:** Susan Gantt

**Course Description:** Systems-centered training’s (SCT) functional subgrouping is a neural exercise that develops our social brain and enables differences to be more easily integrated instead of scapegoated. This institute explores how functional subgrouping creates mindful group systems that lower reactivity, increase emotional containing resonance, and heighten new neural integrations in each phase of group development.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎‎ Differentiate between explaining which activates top-down invariant experience and exploring which orients to bottom up or spontaneous experience.
2. Apply functional subgrouping to develop the group system and potentiate greater neural integration.
3. Identify “yes, but” communications that signal differences.
4. Describe how to use functional subgrouping to explore our differences rather than reacting to them, either with care-taking or scapegoating.
5. Describe how functional subgrouping increases social engagement and ventral vagal coregulation.
6. Describe how to use functional subgrouping for increasing the group's capacity for exploring novelty.
7. Summarize how functional subgrouping requires shifting from our inner experience to reflecting and understanding the experience of the other person before adding our own.

**Significant Articles:**

1. Agazarian, Y.M., Gantt, S.P., & Carter, F. (Eds.) (2021). Systems-centered training: An illustrated guide for applying a theory of living human systems. London, UK: Routledge.
2. Cozolino, L. (2017). The neuroscience of psychotherapy: Healing the social brain. New York, NY: Norton.
3. Gantt, S.P. (2018). Developing groups that change our minds and transform our brains: Systems-centered’s functional subgrouping, its impact on our neurobiology and its role in each phase of group development. Psychoanalytic Inquiry: Today’s Bridge Between Psychoanalysis and the Group World [Special Issue]. 38(4), 270-284. doi: 10.1080/07351690.2018.1444851
4. Gantt, S.P. & Badenoch, B. (2020). Systems-centered group psychotherapy: Developing a group mind that supports right brain function and right-left-right hemispheric integration. In R. Tweedy (Ed.) The divided therapist: Hemispheric difference and contemporary psychotherapy. London, UK: Karnac Books.
5. "Schore, A.N. (2020). Forging connections in group psychotherapy through right brain-to-right brain therapeutic action. International Journal of Group Psychotherapy, 70(1), 29–88. doi: 10.1080/00207284.2019.1682460
6. Siegel, D.J. (2020). The developing mind, 3rd ed. New York, NY: Guilford Press."

**Agenda**

DAY ONE

1. Introduction of Interpersonal Neurobiology (IPNB) relevant for coregulation (35 min, Obj 5, Lecture, Discussion)

2. Introduction of SCT theory and functional subgrouping with experiential practice (85 min, Obj 5 & 7, Group work practicum)

3. Experiential group with functional subgrouping (90 min, Obj 4, Group work practicum)

4. Boundaries and undoing anxiety related to negative predictions and top-down invariant representations (30 min, Obj 1, Lecture and small group activity)

5. Experiential group with functional subgrouping (90 min, Obj 4 & 5, Group work practicum)

6. Force Field Review and linking work to IPNB (30 min, Obj 7, Discussion)

DAY TWO

1. Neural integration and comprehensive/apprehensive experience and the fork between exploring experience or explaining it (30 min, Obj 1, Lecture and discussion)

2. Experiential learning with functional subgrouping (100 min, Obj 1, 3, 4 & 6, Group work practicum)

3. Review with surprises and learnings (10 min, Obj 7, Discussion)

4. SNAGing the brain and the fork-in-the-road (20 min, Obj 2 & 6, Lecture and discussion)

5. Experiential learning with functional subgrouping (110 min, Obj 1 & 6, Group work practicum)

6. Force Field Review (15 min, Obj 7, Discussion)

7. Experiential: Unfinished business (60 min, Obj 2, Group work practicum)

8. Next steps, generalizations and review (40 min, Obj 7, Discussion and group activity)

9. Evaluations (5 min) 60% experiential

**Assessment Questions**

Question 1 (include possible answers)

Does functional subgrouping potentiate the discrimination and integration of differences?

Correct Answer 1

Yes

Question 2 (include possible answers)

Can reactivity to difference often result in a disequilibrium or lack of balanced functioning between the limbic and cortex (middle prefrontal and amygdala) that results in a closed mind? YES

Correct Answer 2

Yes

Question 3 (include possible answers)

Does learning to focus attention and choose which fork-in-the-road to explore SNAG (stimulates neural activation and growth) the brain?

Correct Answer 3

Yes

Question 4 (include possible answers)

Does joining on similarities activate the social engagement system and deactivate reactivity to differences as threats?

Correct Answer 4

Yes

Question 5 (include possible answers)

Does discriminating and integrating differences potentiate the conditions for neural integration?

Correct Answer 5

Yes

Question 6 (include possible answers)

Can seeing oneself as a person system help lower personalizing?

Correct Answer 6

Yes

Question 7 (include possible answers)

Can weakening restraining forces release the driving forces?

Correct Answer 7

Yes

Question 8 (include possible answers)

Does SCT weaken driving forces that are relevant for the group’s phase of development?

Correct Answer 8

Yes

Question 9 (include possible answers)

Does functional subgrouping develop the social brain?

Correct Answer 9

Yes

Question 10 (include possible answers)

Past adaptive survival roles were originally highly adaptive.

Correct Answer 10

True

Specific Focus Process Group registration limit

20