**AGPA Connect 2023 Presenter Information**

**Course Code:** XVII

**Course Title:** Shall we meet again ? Working with deadened self states through vitalizing enactments

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

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

**Instructors:** Sharon Sagi berg

Ido Peleg

**Course Description:** Relational approaches emphasize the emergence of enactments, new experience and multi self-states in groups. Extending Alvarez’s concept of vitalization and Schwarts-Cooney's concept of vitalizing enactments, we aim to explore ways in which the group's and it's co-leaders' process interactions helps its members awake from deadened, necrotic self-states and set free from Covid's force field. Working through unformulated experiences will enhance the emergence of new enlivened self states and enable reimagining of the future.

**Learning Objectives**

The attendee will be able to:‎

1. ‎‎‎‎‎‎‎‎‎Define emerging self-states in the group.
2. Analyze relational issues as they emerge in the process.
3. Identify the role of the leaders and the group members in vitalizing the group.
4. Evaluate the influence of the relationship of the co-leaders on the group.
5. Describe the concept of vitalizing enactment.
6. Describe the immergence of enlivening objects in the process.
7. Review the challenge of moving between necrotic self-states and enlivened self states.

**Significant Articles:**

1. "Amy Schwartz Cooney (2018) Vitalizing Enactment: A Relational Exploration,

Psychoanalytic Dialogues, 28:3, 340-354, DOI: 10.1080/10481885.2018.1459398"

1. "Lisa Director (2016) The Analyst as Catalyst: Cultivating Mind in the Shadow of

Neglect, Psychoanalytic Dialogues, 26:6, 685-697, DOI: 10.1080/10481885.2016.1235444"

1. "Rachael Peltz (2018) Discussion of “Vitalizing Enactment”, Psychoanalytic
2. Dialogues, 28:3, 361-370, DOI: 10.1080/10481885.2018.1459402"
3. "Alvarez, A. (2012). The thinking heart: Three levels of psychoanalytic therapy with disturbed children. New York, NY: Routledge."
4. Peleg, I. (2019). Co-constructing hope in group analytic psychotherapy: Relational and group analytic perspectives.

**Agenda**

Day 1: Specific challenges of groups in an era of uncertainty(60 min, Obj 1, Obj 2, Sagi Berg/Peleg, Lecture)

• The unique quality of the group space in an era of social isolation

• Relational approach and groups Positioning oneself in the imaginary circle (150 min, Obj 1, Sagi Berg/Peleg,Small group dynamic)

• The beginning of a group process

• Mechanics of communications

• Increasing safety through dialogue

Deepening the participants sense of belonging (90 min, Obj 2, obj 3 Sagi Berg/Peleg,Small group dynamic)

• Emergence of relational issues

• Emergence of different self-states

Work with vitalizing enactments (60 min, Obj 3, obj 4 Sagi Berg/Peleg,Small group dynamic)

• Enactments between members

• Making place for enlivened self-states

• Noticing the effect of deadened, necrotic self-states on the group process

Day Two: Challenges of being a member in a face to face group in a time of pandemic (90 min, Obj 1, Obj 2, Sagi Berg/Peleg, Lecture)

• Relational approach examples from the group dynamic

Work with vitalizing enactments (150 min, Obj 6, obj7 ,Sagi Berg/Peleg, Small group dynamic)

• Flexibility in moving between different self-states

• Relational interventions in the group

Acknowledge self -states in the enactment (120 min, Obj 6, obj7, obj 8, Sagi Berg/Peleg, Small group dynamic)

• Experiencing vitalizing enactments as a tool to catalyzing change

• Recognize the limitations of the leaders.

• End of group process

Group Process Summary (20 min, Obj 6, obj7 ,Sagi Berg/Peleg,Discussion, Q/A)

Participant Evaluations (10 min)

**Assessment Questions**

Question 1 (include possible answers)

Is it true that relational issues emerge in the group process?

Correct Answer 1

Yes it is true that relational issues emerge in the group process

Question 2 (include possible answers)

Does one get access to deadened self-states through enactments and interactions?

Correct Answer 2

Through enactments and interactions one get access to deadened self-states

Question 3 (include possible answers)

Does the leader of the group work with enactments?

Correct Answer 3

The leader of the group work with enactments

Question 4 (include possible answers)

Does the group work through enactments towards change?

Correct Answer 4

Yes, the group work through enactments towards change

Question 5 (include possible answers)

Do the members learn to recognize the limitations of the leaders?

Correct Answer 5

During the process the members learn to recognize the limitations of the leaders

Question 6 (include possible answers)

Can the leader serve as enlivening object ?

Correct Answer 6

Sometimes the leader serve as enlivening object

Question 7 (include possible answers)

Can the group process enhance the withdrawal from necrotic self states?

Correct Answer 7

The process can enhance the withdrawal from necrotic self states

Question 8 (include possible answers)

Does vitalizing enactment involves the leaders?

Correct Answer 8

The vitalizing enactment involves the leaders

Question 9 (include possible answers)

Do Deadened self states inhibit the polyphonic dialogue?

Correct Answer 9

Deadened self states can inhibit a polyphonic dialogue

Question 10 (include possible answers)

Do co-leaders relationships effect the group process

Correct Answer 10

The co-leaders relationships effect the group process

Specific Focus Process Group registration limit

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