

Wednesday, 2:30 – 4:00, F3

Group Therapy: Harnessing the power of group dynamics to promote change

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Objectives:

Identify effective methods for the practical application of concepts related to improving the delivery of services for persons with developmental disabilities at the level of the state.

Identify advances in clinical assessment and management of selected healthcare issues related to persons with developmental disabilities.

Notes:



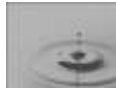
WELCOME!

- Brief Discussion:
 - Your Experiences with Groups



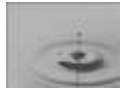
Outline of Presentation

- General Group Principles
 - The Group Leader
 - Group Development
 - Group Dynamics
- Group Psychotherapy
 - History and Purpose of Group Therapy
 - Leaders in Group Therapy
 - Application of Principles to Therapy
- Nuts and Bolts



GROUPS

- Collections of Individuals
 - Connected in some way
 - Together for some purpose
 - Situated in some manner



Group Leadership

- Formal vs. Informal Leadership
- Functions of Leader
 - Creator & Sustainer
 - establish & facilitate growth
 - Starter & Summarizer
 - Partner, Teacher, and Guide



Group Leadership

- Presence
 - Authentically engaging with others
 - Present-focused
 - Reaching Out
 - Expressiveness
 - Self-Knowing



(Halpern & Lubar, 2008)



Group Development: Phases



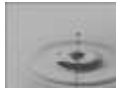
- Forming (getting acquainted)
- Storming (struggling forward)
- Norming (becoming interpersonal)
- Performing (working together)
- Transferring (generalizing)

Group Dynamics

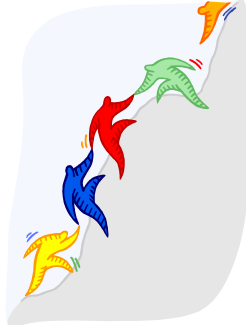


- Groups as a Social Microcosm
 - Here-And-Now Interactions
 - Real-Time Problem Solving
 - In-Vivo Relationship Building

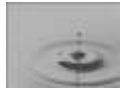
Group Dynamics



- Natural Hierarchies
 - Leaders and Followers,
 - “Pecking Order”
- Roles
 - Interpersonal Patterns
 - Situational Patterns

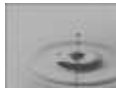


Groups



- Overlap between group psychotherapy and other groups, teams, and other collections of individuals

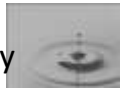
History of Group Therapy: Leaders



- **Joseph H. Pratt** – MD working with patients with TB. Found the social support was vital to understanding, teaching, and inspiring
- **Trigant Burrow** – psychoanalyst who wrote extensively at beginning of 20th century about the healing social dynamics that were only present with the help of a group.
- **Wilfred Bion** – British psychoanalyst that wrote extensively on groups and group processes in mid-1900s, involved in Tavistock Institute
- **Irvin Yalom** – popularized theory and practice of group psychotherapy. Psychodynamically rooted, but very existential/humanistic in practice.
- **Carl Rogers** – Encounter Groups, leader of humanistic movement

(Ehlin, 1999; Rogers, 1970; Yalom 2005)

History of Group Therapy



- Movement from psychoanalytic psychotherapy to psychoeducation, skills training, and support groups
 - E.g. AA Movement, Anger Management, DBT, Social Skills Training, Depression Support Groups the list goes on and on

Yalom



- Landmark Text:
 - Theory and Practice of Group Psychotherapy (5 editions)
 - Provides a comprehensive perspective on a wide range of topics related to groups – especially relationally-focused process groups

Yalom:

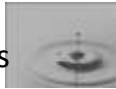
Purpose and Function of Groups



- Universality
- Altruism
- Instillation of hope
- Imparting information
- Corrective recapitulation of the primary family experience
- Development of socializing techniques
- Imitative behavior
- Cohesiveness
- Existential factors
- Catharsis
- Interpersonal learning
- Self-understanding

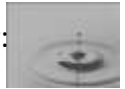
(Yalom, 2005)

Types of Therapy Groups



- Psychodynamic groups
 - Process oriented, long term, “re-doing relationships”
- Support groups
 - Minimally structured or agenda-focused
- Problem-solving groups
 - Focus on teaching one particular set of skills or solving one type of issue (e.g. Anger Management, Social Skills)
- Psychoeducational groups
 - “Learning About” (e.g. Parenting Groups)
- Integrative or Multi-faceted Groups
 - Include components of some or all of the above (e.g. DBT (Linehan, 1993), other current group approaches)

Purpose of Group Therapy: Clinical Perspective



- Provide Opportunity to Learn
- Provide Opportunity to Grow
- Provide Opportunity to Live



Purpose of Group Therapy: Administrative Perspective



- Provide Services that are Needed
- Provide Services Effectively
- Provide Services Responsibly



Group Therapy with Individuals with ID/DD & MH



- Why Group Therapy?
 - All of the benefits above, plus
 - Greater need for social networking
 - Such frequent issues with interpersonal skills

Group Therapy with Individuals with ID/DD & MH



- Adjustments
 - Language/Vocabulary
 - Repetition
 - Teaching Styles/Methods
 - Structure (length, frequency, etc.)
- Other Considerations

Attwood, 2007; Ritz, Bowling, & Bliss, 2000; Hurley et. al., 1996 P&Gt, 2001

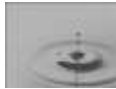
Group Therapist Tasks



- Culture Building
 - The **WHAT**
- Model-Setting Participant
 - The **HOW**

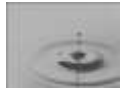


The Whats and Hows

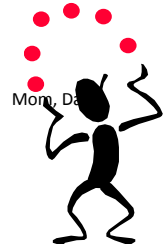


- Establish Safety, Honesty, Trust
- Demonstrate Vulnerability and Balance
- Be the Role Model, Motivator, Facilitator, Coach, Teacher, and Healer
- Note: these are all dynamic processes that are situationally influenced

Group Therapist Tasks: Primary Roles



- Create and Maintain
 - Rules
 - Norms
 - Expectations
- Ensure Survival
 - Police, Firefighter, EMT, Boss, Superhero ...



Group Therapist Tasks: Setting the Stage

- Group Topics
- Group Format
- Group Size and Characteristics
- Environmental Considerations
- Group Rules
- Group Contract



Ways to Develop Groups



- Check-ins
 - Emotion & Reason for Emotion
 - When/Why have you felt ____ lately
 - Success over past week
 - Challenge over past week
 - Did I meet my goal(s)

Ways to Develop Groups: Icebreaker Activities



- Sentence Completion
 - Superpowers
 - Favorite ... (games, animals, movies, etc.)
 - Personal Characteristics
 - I need/want ...
- Personal Bingo/Scavenger Hunt
- Have You Ever/Do You Have
- On and on and on ...

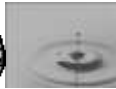
Ways to Develop Groups: Cohesion Exercises



- Each person share something that they have learned/that has touched them
- Values Sharing (1 week to live, desert island, tombstone, etc.)
- Problem-solving activities
 - Human Knot
 - ‘Puzzles’
 - Etc.

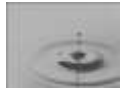


Nuts and Bolts



- How To Pick Members
- Where to Meet
- What to Start With
- Group Rules
- Food?!?
- Commitment

Difficult Dynamics



- Dependency
- Monopolizing
- Dominating
- Automatic Talking
- Remaining Silent
- Participating ... but Boring
- Help-Rejecting Complaining
- Remaining the Victim
- Being Fragile
- Narcissism
- Black-and-White Thinking
- Entitlement and Demanding
- Over-Disclosing
- Overthrowing

Difficult Characteristics



- What makes them difficult?
 - Difficult to sit with
 - Difficult to like
 - Difficult to understand
 - Difficult to help
 - Difficult to treat



Difficult Dynamics



- These situations often present the greatest opportunity for growth
- These are the very dynamics that are preventing effective interpersonal relating in everyday life
- They are not reasons to terminate treatment ... they ARE the reasons for treatment

Difficult Dynamics and Leadership Presence



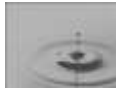
- Stay present-focused and use the opportunities that present themselves
- Use the group dynamics to help address individual patterns
- Change will happen through the process

Group Therapist Tools



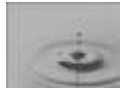
- Self-disclosure
- Use of peer-pressure
- Authority
- The Moment

Group Resources



- Books
 - Theory and Practice of Group Psychotherapy (Yalom)
 - Basics of Group Psychotherapy (Bernard & Mackenzie)
- Internet
 - <http://www.apa49.org>
 - <http://www.aaswg.org/>
 - <http://www.group-psychotherapy.com/>
 - <http://therapyresourcesinc.com/>
 - <http://www.wilderdom.com>
 - <http://www.princeton.edu/~oa/manual>
 - <http://facultystaff.richmond.edu/~dforsyth/gd/>
 - <http://www.community4me.com/Resources.html>
 - <http://human-nature.com/rmyoung/papers/>

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Note: no guarantee is made to quality of resources available on any website.