

## **Psychoanalytic Group Psychotherapy**

**Fall/Spring 2020-2021**

**Instructor: Gil Spielberg, Ph.D., ABPP**

**Dates 2020 -21: Saturdays, 5:30 – 8:00 pm**

**September 12, 2020, October 24, 2020, December 5, 2020, January 30, 2021, March 20, 2021, May 1, 2021**

**2.5 hours/class, 15 hours total**

### **COURSE DESCRIPTION**

As psychoanalysis has moved from the strictly individual one mind orientation, our opportunities for practice have shifted from working with the singular patient to working in an analytic fashion with couples and families. In addition, many analysts have also, for quite a few years, worked successfully with their patients in groups sometimes in combination with another form of treatment or as a stand-alone treatment venue. Unfortunately, our training models have not kept pace with these advances in the field of practice. Few analytic training institutes offer courses in group treatment. For the most part, learning the principles of group treatment requires separate training outside of the institute structure. We are changing that history.

The course syllabus moves from a general understanding of the importance of studying group treatment for the psychoanalyst, to current theories of group treatment, to technique and specific interventions, then onto familiar concepts applied to group, use of group within the larger framework of psychoanalytic treatment, and finally the future of group training within psychoanalysis.. On this journey we will investigate several specific approaches to group, the familiar concepts of transference, resistance, therapeutic alliance and finally a few group specific interventions.

Teaching group within the classroom setting has a significant advantage. The classroom is a group! This provides us the opportunity to study our own experience as we study the

concepts of group. Therefore, during every session, the first half of our class experience will be devoted to a discussion of the readings. The second half will again be divided into halves: the first half forming our own group for study (or group to study) and the second half discussing the process and dynamics of whatever we have just experienced.

Welcome to class and I look forward to an exciting journey.

### **LEARNING OBJECTIVES:**

At the conclusion of this course, candidates are expected to be able to:

1. Identify the key principles that distinguish a psychoanalytic approach to group treatment.
2. Clarify the distinction between treatment of the group and treatment of the individual within the group.
3. Describe a systems centered approach to group treatment.
4. Clarify the functions of the group contract.
5. Identify group vs. individual resistances.
6. Describe the appropriate uses of joining and bridging techniques.
7. Identify the indications and contra-indications of conjoint treatment.
8. Describe 3 pitfalls in conjoint treatment.

### **REFERENCES**

1. Billow, M.R. (2003) *Relational Group Psychotherapy: From Basic Assumptions to Passion*: London: Jessica Langley.
2. Grossmark, R. and Wright, F. (2015) *The One and The Many: Relational Approaches to Group Psychotherapy*, Routledge New York and London.
3. Ormont, L. (1992), *The Group Therapy Experience*. St. Martins Press, New York
4. Stone, W. (2009) *Contributions of Self Psychology to Group Psychotherapy*, Karnac, London.
5. Yalom, I and Leszcz, M. (2005) *The Theory and Practice of Group Psychotherapy*. New York, Basic Books

## **Session 1** The Psychoanalytic Group World

Buchele, B. (1997) The Development of an Analytic Perspective in the Group Leader: Some Basic Thoughts: Group 21(4), pp. 303-311.

Buchele, B. (2018) Prologue to Today's Bridge Between Psychoanalysis and the Group World. Psychoanalytic Inquiry, 38 (5).

Counselman, E, (2008) Why Study Group Therapy? International Journal of Group Psychotherapy, 58(2) pp.265-272.

## **Session 2.** Several Approaches to Group Treatment

Gantt, S. (2013): Developing groups that change our minds and transform our brains: system-centered's functional subgrouping, its impact on our neurobiology and its role in each phase of group development. Psychoanalytic Inquiry, 38 (5).

Grossmark, R. (2015) Being Seen , Moved, Disrupted and Reconfigured, pp27-37. In, Grossmark and Wright, The One and the Many, Routledge, New York

Stone, W.(2009) Contributions of the Psychology of the Self to Group Process and Group Therapy, pp.3-18, In Contributions of Self Psychology to Group Psychotherapy, Karnac Press, London..

## **Session 3.** The Modern Perspective

Ormont, L. (1992): Chap I Group Analysis, pp.1-6 Chap. 2, How to Do it Wrong, pp.7-14 In The Group Therapy Experience. New York, ST. Martins Press, 1992.

**Session 4.** Familiar concepts applied in unfamiliar ways.

Grossmark, R. (2015) Repairing the Irreparable: The Flow of Enactive Engagement in Group Psychotherapy, pp.75-90, In Grossmark and Wright.

Levine, R. (2015) Chap. 6, Progressing While Regressing In Relationships, pp. 112-127. In Grossmark and Wright,

Rosenthal, L. (1987): The Concept of Resistance in Group Psychotherapy, and Modification of Resistance, Pp. 31-82. In Resolving Resistance Jason Aronson Inc.

Rosenthal, L. (2006) The Re-enactment of Familial roles as Resistance in Group Psychotherapy, GROUP, Vol. 30, No.3 pp. 185-204.

**Session 5.** Group Techniques: Joining, Bridging, Contracting

Ormont, L.(1992) Chap. 3 pp. 15-26, Chap.6-7 pp. 83-106. In The Group Therapy Experience. St. Martins Press, New York.

Rosenthal, L. Chap.7 Selection and Screening, pp157-180 Rosenthal, L Resolving Resistance, (see above).

**Session 6.** Combined treatment and Termination

Ormont, L. Chap. 16, Termination pp. 210-222. (see above).

Smolar, A. (2018): Enhancing the Dyad: The benefits of combining group treatment with psychoanalytic treatment. **Psychoanalytic inquiry**, 38 (5) pp.256-265.

Stone, w. (2009) Saying Goodbye: Exploring attachments as a therapist leaves a group of chronically ill persons. Pp. 207-225. (see above).

