

INTRODUCTION TO MODERN GROUP PROCESS: DEVELOPING THE RESILIENCE TO DO OUR WORK

Instructor: Ellen L. Wright, Ph.D., PsyA

Course Time: Wednesdays, 12:30 pm – 2:00 pm EST

Course Dates: September 25, October 2, 9, 16, 23, 30, November 6, 13, 20 and December 4, 11, 18 2024

Course Format: Zoom

Enrollment Limited to 12

COURSE DESCRIPTION:

Working as a modern analyst calls upon the therapist to be able to experience, understand, and harness their emotional reactions so that they can be used therapeutically. This ability relies upon the capacity of the therapist to be open to and accept having all their feelings. While individual analysis provides trainees with foundational skills and insights, the here and now technique of immediacy utilized in Modern Group offers trainees a different avenue to understand themselves and develop the emotional resilience need to work effectively with their clients. In group members can observe and explore their resistances to emotional connection and gain access to important dynamics related to their first group, their family group. This additional access to one's emotional history can increase trainees' ability to understand and work with challenging countertransference reactions.

In Modern Group, the leader is not the only source of emotional nourishment or wisdom, however. Using the technique of bridging, the leader creates bonds between members multiplying the effect of interventions used by the group leader and ultimately making the group itself an agent of change. These dual agents of change offer group members the opportunity to engage and explore their relationships not only with the group leader but also group members opening avenues to study sibling dynamics as well as issues around power and privilege.

Course Objectives:

- Develop additional avenues to observe and experience emotions evoked by the therapeutic process.
- Observe and explore common resistances to communication.
- Examine transferences towards the leader and group members.
- Increase awareness of issues of power and privilege inherent in group leadership and group membership.

REGISTER HERE:

<https://register.gtrnow.com/DEVELOPING THE RESILIENCE TO DO OUR WORK>

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Course Requirements: Attendance at all class meetings (2 excused absences permitted), reading 5 articles from the summer readings prior to the start of the course, a log submitted before the next class meeting for each class. Links to the class readings will be provided upon registration.

Summer Reading (Pick 5 articles that interest you):

Bemak, F. & Chi-Ying Chung, R. (2019). "Race dialogues in group psychotherapy: Key issues in training and practice, International Journal of Group Psychotherapy, 69:2, 172-191, DOI: 10.1080/00207284.2018.1498743.

Kirman, Jacob. (1995). "Working with Anger In Groups: A Modern Analytic Approach," International Journal of Group Psychotherapy, Vol. 45(3), pp.303-329.

Ormont, L. (1996). "Bringing life into the group experience: The power of immediacy," Group, 20(3), pp. 207-221.

Ormont, L. (1993). "Resolving resistances to immediacy in the group setting," International Journal of Group Psychotherapy, 43(4), pp. 399-418.

Optional Readings:

Baez-Powell, N. (2023). "Decolonizing my therapeutic identity: Going beyond the surface," Psychoanalytic Culture and Society, Vol. 28, 476-486.

Black, A. (2019). "Treating insecure attachment in group therapy: Attachment theory meets modern psychoanalytic technique," International Journal of Group Psychotherapy, 69:3, 259-286, DOI: 10.1080/00207284.2019.1588073.

Kimmel, A. (2022). "Belonging: Queer theory's contribution to modern psychoanalytic group," Chapter 3 in Women, Intersectionality and Power in Group Psychotherapy Leadership, Eds. Kane, Y., Masselink, S., Weiss, A. New York: Routledge, pp. 33-51.

Levine, R. (2017) "A modern psychoanalytic perspective on group therapy," International Journal of Group Psychotherapy, 67:sup1, excerpt pp. S109-S116, DOI:10.1080/00207284.2016.1218769.

Ormont, L. (1990). "The craft of bridging." International Journal of Group Psychotherapy, 40(1), pp. 3-17.

Ormont, Louis. (1999). "Progressive emotional communication: Criteria for a well-functioning group." Group Analysis, 32, pp.139-150.

Ormont, L. (1992). "What the therapist feels," Chapter 5 in The Group Therapy Experience, New York: St. Martin's Press, pp. 51-82.

Stevens, Francis & Abernethy, Alexis (2018). "Neuroscience and racism: The power of groups for overcoming implicit bias," International Journal of Group Psychotherapy, 68:4, 561-584, DOI: 10.1080/00207284.2017.1315583

About the Instructor:

Ellen Wright, PhD, NCPsyA

Dr. Wright is a licensed Psychologist and Certified Psychoanalyst in private practice in Philadelphia. Dr. Wright pioneered the development of group techniques for patients with physical illnesses and expanded the scope of psychotherapy to previously therapeutically resistant populations. Dr. Wright is a founder and faculty member at the Center for Group Studies in New York City and a Senior Supervising and Training Analyst at the Philadelphia School of Psychoanalysis. A dynamic and engaging instructor and supervisor, Dr. Wright has lectured nationally and internationally and authored papers on innovative applications of psychoanalytic techniques.

