

Group Counseling

Lecture 6

Psychoanalytic Group Counseling

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Introduction

According to psychoanalytic group work, members are instructed to interact with each other and with the therapist as openly and nondefensively as they can. This is called free association.



During the group process, three major types of communications manifest themselves:

1) accurate observations of and responses to events and personalities within the group,

2) transference reactions (transference occurs when a member shifts feelings about a significant person in his past to other members),

3) projections and/or more primitive projective identifications

Expected Lecture Outcomes

- i. Define the term psychoanalytic group therapy.
- ii. Describe the psychoanalytic stages of group counseling.
- iii. Explain the roles and responsibilities of a psychoanalytic group counselor.
- iv. Discuss the skills and techniques applied in psychoanalytic group counseling.

What is going on here?

What's happening in this picture?

Who comes to your mind when you see this picture?

What are your feelings about this picture?



Defining Psychoanalytic Group Counseling

Therapists provide a climate that helps clients re-experience early family relationships.

To uncover buried feelings associated with past events that carry over into current behavior.

Therapists facilitate insight into the origins of family psychological development and stimulate a corrective emotional experience

The client freely explores difficult material and experiences from their past, gaining insight and working through unresolved issues.

The counsellor or the group leader is an expert, who interprets for the member and for the group

Understanding Psychoanalytic Group Therapy



- Transference and counter transference
- Ego defense mechanisms
- Levels of anxiety
- Emotional relief

Big First Step



- Dare to open without fear of self and other judgement
- Be accepting of the outcome
- Release all tension as much as possible
- See vulnerability as a point of growth in self and in others
- Release self emotionally

Anxiety



Levels of Anxiety

- Real

Observe ego conflicts

- Neurotic

Identify super ego
struggles

Observe ID conflicts

- Moral

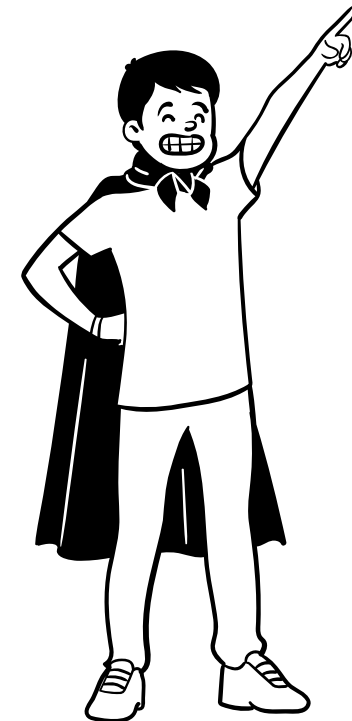
Match the personality
structure

Identify defense
mechanisms

Examples of defense mechanisms include projection, lying, avoidance, blaming etc

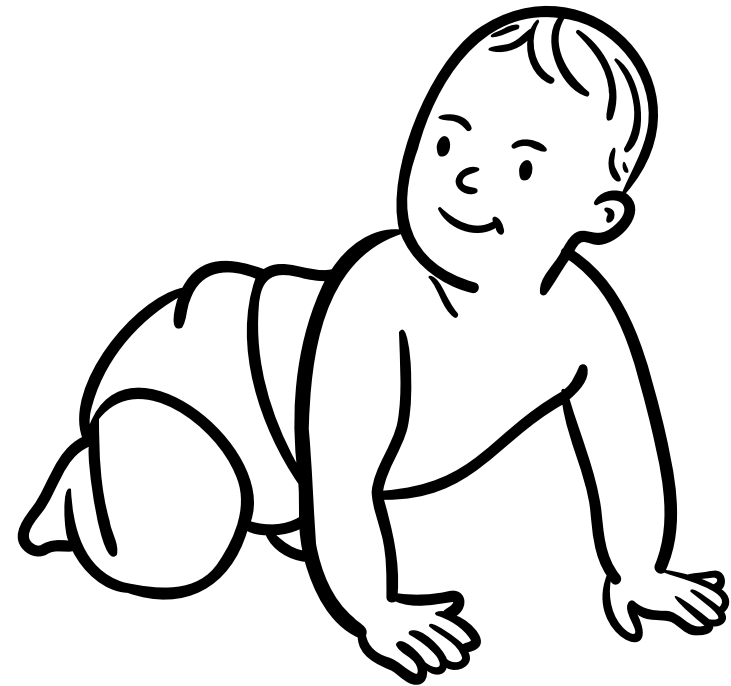
Defense Mechanisms

When members feel overwhelmed, they result to a safer experience called ego defense



Stages

- Free association
- Analytic
- Insight



Therapy Goals

Bring into the conscious the unconscious material.

Resolved past issues and fixations

Adjust to the demands of work, intimacy, and society.

Emotional relief (catharsis).

Strong ego for rational decision making.

Reduce defense mechanisms.

Grow in self-analysis and ego strengthening.

PAST GHOSTS

- Blocks present
- Deterministic in nature
- Renders one powerless
- Instils fear and anxiety
- Breaks relationships
- Leads to psychosis, depression, panic attack etc
- Emotional prison

Fixations

Addictions
Obsessions





Intimate Relationships



Catharsis

Ego Strength





Healthy Relationships at Work & Society



Self Analytic
Safety
Self Care

Psychoanalytic Techniques



Free Association

Dream Analysis & Interpretation



Transference & Counter Transference





Resistance

Interpretation

Psychosis vs. Schizophrenia

Psychosis: An episode where one is detached from reality
A symptom of sleep deprivation, substance use, mental illness, and other conditions

Schizophrenia: A mental illness that impacts thought processes, emotions, and behavior

To be diagnosed, one must experience at least two of the following symptoms for six months, including one of the first three:

Signs of psychosis include:

- Hallucinations
- Delusions
- Agitation
- Disorganized thought and behavior

Symptoms of schizophrenia include:

- Delusions
- Hallucinations
- Disorganized speech
- Catatonic behavior
- Negative symptoms (lessened emotional expression)

The infographic is divided into two main color-coded sections: a yellow section for psychosis and a purple section for schizophrenia. The psychosis section features four icons: a red spiral for hallucinations, a man's head with a 'DANGER!' speech bubble for delusions, a man's head with steam coming out for agitation, and a head with tangled lines for disorganized thought and behavior. The schizophrenia section features five icons: a man's head with a 'DANGER!' speech bubble for delusions, a blue spiral for hallucinations, a speech bubble with tangled lines for disorganized speech, a hand with a red 'X' for catatonic behavior, and a man's face with a flat expression for negative symptoms. The 'verywell' logo is in the bottom left corner.

Psychoanalytic Group Leader

(anonymity, skilled)





Therapy Benefits

- Free
- Insight
- Relational
- Mindful

Intimacy & Strong Ego



Conclusion

In this lecture, we have covered the introduction to psychoanalytic group therapy, the key concepts of psychoanalytic therapy as applied in group therapy, stages of group therapy, the characteristics of the leader and the benefits of psychoanalytic group counseling.

In our follow up lecture, we shall learn more about cognitive behavioral group therapy.

References

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5. Greenberg, L. S., McWilliams, N., & Wenzel, A. (2014). *Exploring three approaches to psychotherapy*. Washington ,DC: American Psychological Association.

Thank you