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**MODERN GROUP ANALYSIS  
FOUNDATION CONCEPTS  
A Summary**

**The First Lecture**

Picture a foundation that is comprised of four equal sides. Each side represents an essential component in the Modern Analytic method.

**The first side** has three parts: **The CONTRACT, BRIDGING and PROGRESSIVE COMMUNICATION.**

1. **The CONTRACT** - this is the agreement we make with patients which is designed knowing that over time the members of the group will break the agreement. These are “the parameters of progress.”
2. The technique of **BRIDGING** - we use Bridging to mobilize members and make the group an interactive process. It is also used to resolve resistance, dissolve obstacles to progress and identify defensive operations.
3. **PROGRESSIVE COMMUNICATION** - we open channels of communication and through the process of talking members learn to a. know what they are feeling b. why they are feeling the way they are and c. what they choose to say about it.

**The second side** of the foundation is composed of operations that are enhancing to the egos functioning. The three component parts are - **MODELING, ACKNOWLEDGMENT and the OBSERVING EGO.**

1. **MODELING** - members see and hear how to relate to each other effectively.
2. **ACKNOWLEDGMENT** - the group provides acknowledgment, support and appreciation for its members and meet their maturational needs so that their lives can progress.
3. **OBSERVING EGO** - we work to develop an observing ego in each person. We make a distinction between the observing ego and the participating ego.

**The third side** is made of **INTROJECT SUBSTITUTION** - group members incorporate new feelings and ideas about themselves. We move the negative interjects to the side and in their place we introduce more nutritious voices.

**The fourth side** is composed of **RESISTANCE ANALYSIS** - we empower the group members to recognize that they are essential to each others growth and actively engage them in the analytic process as collaborators.



## The Second Lecture

### FEELINGS

**SELF-** frustrated, sad, anxious, happy, frightened, ashamed, guilty, jealous, hurt, envious, angry, enraged.

**TOWARDS ANOTHER PERSON-** love, hate, tender, affection, anger, sexually, excited.

**STATES OF MIND-** disgusted, exhausted, identified, cautious, confused, suspicious, confident, mischievous, depressed, smug, overwhelmed, hopeful, surprised, grateful, admiration, shocked, shy, bored, protective, distraught, disappointed, lost.

### WORKING with IMMEDIACY

The Seven Questions encourage the development of an Interpersonal Ego and facilitates living life in the present. The past and the future bracket the present and provide a psychological framework, a backdrop for present experience. To spend time in the past is an invitation to depression while living in the future is a sure way to anxiety.

**The power of working in the here and now, of using immediacy, in group treatment is the power to move reported experience to invivo experience.** What people tell us about their past can be made vivid, alive through the process in group. In this way we can reconstruct the events that shaped them and delineate each member carefully crafted system for survival. All of the participants get familiar with each person's maturational needs so that they can be met by the group's members and leader. We establish a positive climate in which all feelings are encouraged. The emphasis is on the power of interpersonal experience, not on interpretation, so that over time new feelings and thoughts emerge and are made available for the members to expand their self concept.

**Learning to work with immediacy enhances our ability as group leaders to work effectively with our objective counter transference reactions. The Seven Questions facilitate this process.**

We adopt a positive view of resistance and rather than trying to overcome or subdue it. We join resistant behavior and study it until the patient is willing to relinquish it. When resistance requires a more active investigation we can help bring it to the surface by:

- 1. Consulting another member who employs the same resistance**
- 2. Consult a member who has been victimized by the resistance and is super sensitive to it and**
- 3. We can ask the entire group about a particular resistance**

To learn to live and work with immediacy frees us from holding grudges (the past), having unrealistic expectations (the future) and finally it frees us from a need to control those closest to us. If we can help group members talk in the here and now the past won't matter and the future will take care of itself.



**THE INTERPERSONAL EGO  
SEVEN QUESTIONS/A SCHEMA FOR INTERPERSONAL UNDERSTANDING**

**Transference** - The emotional attitudes and feelings of the past that we transfer to our relationships in the present.

**Counter transference** - The response of the therapist to the patient's transference. feelings that are induced in us as we interact with another person.

**Seven Questions** - Ask your mind as a human interaction unfolds:

1. WHAT AM I FEELING?
2. WHY AM I FEELING THIS WAY?
3. WHAT DO I WANT TO SAY OR DO TO THIS PERSON NOW?
4. HOW WOULD IT AFFECT HIM/HER IF I SAID OR DID THIS?
5. WHAT IS HE/SHE FEELING NOW?
6. WHY IS HE/SHE FEELING THIS WAY NOW?
7. WHAT DOES MY EGO WANT TO SAY TO THIS PERSON NOW?

**Three ways to identify objective counter transference:**

1. **Self study**, look for a pattern of reaction that is repetitive.
2. In group, listen for **echoes** of your own reaction in other people.
3. **Supervision** or consultation.

**Concordant Countertransference** - therapist gets the same feelings as the patient.

**Complementary Countertransference** - therapist gets feelings that are discordant with the patient's feelings. These are feelings experienced by significant objects in the patient's past.

**Countertransference Resistance** - when we resist the feelings induced in us by another person.



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