

Between Guilt and Responsibility in Group Psychotherapy

Michal Shyovitz

This article deals with the difference between the development of feelings of guilt and the development of emotional and practical responsibility. The article outlines the two common areas, their confusion, the different meanings and implications, and the contradiction between guilt and responsibility. There is a lack of in-depth writing that examines the relationship between guilt and responsibility. This article discusses how different theorists from Freud and on, wrote about guilt and responsibility. Emphasis is placed on the contribution of group analysis in understanding these concepts and how it enables patients to evolve toward being able to take responsibility with all that entails. Group therapy is a potential space for seeking a more constructive attitude towards the self. What follows is a more constructive attitude towards others, the environment and society. Responsibility is a position of mature development, enabling, powerful feelings such as vulnerability, connection, passion; in short, vital life. A vignette is presented and discussed from group analytic therapy. The article presents the idea that responsibility includes the ability to carry a wide range of emotions within the individual, in interpersonal relationships, and within the group as a whole.

Keywords: guilt, individual responsibility, social responsibility, group analysis, emotional range, relationships

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The Development of Social Roles in Playback Theater Group According to Mackenzie & Livesley

Naphtaly Shem-Tov, Oshrat Mizrahi Shapira, and Shoshi Keisari

Playback theatre is a form of improvisational theater in which a group of actors creates a theatrical improvisation in response to a personal story. The playback theater group dynamic is reflected both in the group's verbal dialogue and in the embodied elements of the theatrical expression. We propose to use Mackenzie and Livesley's concept of diagnosing types of social roles to show the interrelationship between the social role and the dynamics that occur on the theatrical stage. We especially relate to three lenses of observation: i) the dramatic role; ii) the rules of the creative process; iii) and a theatrical encounter with the story's content. The three lenses help the conductor to recognize the mutual influence between the individual social role in the group and the drama that takes place on stage and the way it affects the developmental group process. Accordingly, the conductor will be able to choose methods in the theatrical space that may promote the development and expansion of individual social roles in the group.

Keywords: Playback Theater, group role, dramatic role, acting, Mackenzie, group facilitation

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The Israeli Backpackers on the Big Trip

Self-Formation Within the Group

Noam Ben Asher

This research examines the phenomenon of young Israeli backpackers who travel the world in groups. The research question dealt with the significance of these groups for travelers and the instrumental and social functions that the groups constitute for them. Also examined are the interpersonal processes that take place in the groups of Israeli travelers in relation to group processes described in the literature. The researcher has conducted 30 semi-structured interviews with travelers while they were on their “big trip”, in a backpackers’ center in Cusco, Peru. In the universal category, the following topics were found as central: traveling in groups, the group as a set of mirrors that reflect back to the traveler his image from different angles, group conflicts, and leadership. In the Israeli category we find the following topics: Israeli-only enclaves, mutual commitment, and the formation and dissolution of the groups as a normative process. The conclusions arising from the research point to the importance of the “big trip” as part of the late adolescence path of Israeli youngsters, its contribution to their maturation and the importance of the “big trip” to the travelers in terms of shaping their identity.

Keywords: backpackers, natural groups, maturation, group processes, Israeli travelers, narrative research, self-formation

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Between the Lecturer and the Facilitator

Challenges in Group Facilitation in an Academic Setting

Tamar Icekson and Yael Ben-David

Since most academic learning is characterized by frontal instruction, the attempt to create experiential learning, where knowledge emerges as part of the group process poses challenges to lecturers/facilitators. The suggested model and the challenges related to its implementation are based on our experience as group facilitators within academic courses at three higher education institutions in Israel over the past seven years. The emerging working model suggests four major challenges: establishing the course as an alternative learning setting, participants' engagement and personal exposure, the learners' reflective work challenge, and the duality of authority challenge (facilitator/lecturer). While the challenge of set-up, the challenge of personal exposure, and the challenge of reflexivity tend to be resolved as the group process progresses, the authority challenge characterizes the process all along. A number of coping methods are described in order to better integrate experiential learning in group process within an academic setting. Taken together, the feasibility of a dialogue between academic logic and the group's 'language' is essential for the formation of a significant learning experience. The current work also demonstrates how group facilitation courses, not only challenge the prevalent academic pedagogy, but have the potential to broaden it.

Keywords: teaching group facilitation, academic setting, learning model, experiential learning, peer learning, group set-up, reflexivity, role complexity

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From Monopoly to Discourse

A Consultancy Model Based on Group Analysis

Idit Rosenbaum-Harel and Tamar Sagiv

Many organizations in the “digital era” experience the loss of their competitive advantage due to transformations in the physical space and the perception of time. This paper outlines a consultancy model based on group analytic approach. The consultancy process is carried out in an established financial firm facing a competitive environment which calls for organizational change that may allow for growth and expansion in the digital era. Framing the organization as an adaptive, self-regulating network and positioning the consultant as a group analytic facilitator, leads to a two-staged consulting intervention model: In the first stage, the consultant actively assists the organization to mend the self-regulating network and by doing so, creates a space for communication which encourages open discourse among the organization’s members. In the second stage, the consultant’s role is less dominant, and focuses mainly on facilitating the organization’s members on how to develop their own solutions for enhancing the effectiveness of the change process. This model departs from the traditional view that considers the consultant mainly as a “content expert” whose role is to provide best solutions for the organization to a “process consultant”, who facilitates the organization’s members to find adequate solutions themselves.

Keywords: digital era, organizational consultancy model, group analysis, self-regulating communication network, matrix; group facilitator

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Loss-Focused Qigong-Practice Groups as a Source of Renewed Mobility on the Axes Connecting Mind-Body-Environment and Time

Nurit Gafni

The object of this paper is to synthesize Western psychoanalytical and ancient Chinese medicine. While Western theories see trauma, including traumatic loss, as a cause for disassociation and immobility in the connection between mind-body-environment and time, Taoist philosophy and ancient Chinese medicine, indicate that motion is the body's ability to serve as a support and anchor which can serve as a pathway through crisis situations and traumatic loss. This paper reviews the significance of the development of Qigong practice groups in anthropological, psychoanalytic and existential terms. The article expands the understanding of the effect that Qigong has on renewing the axes that connect the mind-body-environment and time, and highlights the importance of using trauma and loss-focused Qigong practice as a group therapy based on "body language" to renew mobility on those axes.

Keywords: trauma, loss, body-mind, Qigong, group therapy

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Hope in the Time of Corona

Unique Tools for Coping with the Pandemic Based on the “Phenomenon of Hope”

Ofir Levi

The coronavirus outbreak has been recently labelled a pandemic by the World Health Organization, threatening the world population without distinction of any kind such as religion, color, race, nation, or country. Its appearance increases the feeling of personal and community distress. This article is based on the natural role of the “phenomenon of hope” and suggests through the concept, that hope is a meaningful resource for coping with crisis both on the personal and the community level. The objective is to assist the therapeutic community to find hope in its work with individuals and communities (groups) in this new reality. The article reviews the concepts “phenomenon of hope”, “trauma” and “mass trauma” (community trauma) and demonstrates hope’s unique role in such situations. It offers a few points of view on coping with trauma in the personal and community level and demonstrates them through a group case study.

Keywords: phenomenon of hope, trauma, mass trauma, coronavirus

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Zoom-in on Coronavirus Times

Occurrences in Online Group Therapy via 'Zoom' During the Coronavirus Pandemic

Efrat Zigenlaub and Ella Stolper

The current study presents an analysis of unique occurrences during the sudden transition from face-to-face group therapy to an online 'Zoom' format. The study is based on our experiences from leading seven dynamic groups, that started with face to face meetings and moved to an online groups held on the 'Zoom' platform during the 'first wave' and the beginning of the 'second wave' of the coronavirus pandemic (March to July 2020) in Israel. The study suggests four central themes: "the visible and the invisible", "the transition from a group conductor to a group host, "the group situation during the transition to the 'Zoom' format" and "proximity-distance". These themes describe the changes that have occurred in the group dynamics following the mutual influence of the transition from circle to screen and the external reality of the coronavirus pandemic. The paper proposes a unique clinical and theoretical perspective on online group therapy in a time of pandemic that necessitates quarantine and that prevents physical encounters between people. Drawing on an analysis of the findings, the authors propose practical recommendations for group facilitators of online groups in general, and in times of crisis in particular.

Keywords: group facilitation, group therapy, online groups, coronavirus, COVID-19, Zoom

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