The Conductor’s Self-Disclosure of Negative Countertransference in Group Analytic Psychotherapy

Liat Warhaftig Aran

This article presents the contribution of the conductor’s self-disclosure of negative countertransference in group analytic psychotherapy and its advantage over interpretation in the working through of projective identification that leads to a therapeutic impasse.

The issues of timing of self-disclosure, spontaneous versus judicious self-disclosure and the contribution of disclosure of negative countertransference are discussed as well.

The presented ideas are demonstrated through vignettes from analytic groups.

**Keywords:** conductor’s self-disclosure, countertransference self-disclosure, projective identification, group analysis, the conductor’s role

Liat Warhaftig Aran is a clinical psychologist and a group analyst. She is a member of the Israeli Institute of Group Analysis and a candidate at Tel-Aviv Institute Contemporary Psychoanalysis. She works in individual, couple and group therapy in private practice, Raanana. She is a staff member in the Israeli Institute of Group Analysis and in the Ministry of Welfare School of Social Work.
Case Study: Group Process in a Mixed Gender Versus a Single Gender Group

Nitza Raskin and Bruce Oppenheimer

The dynamics and learning processes of two single sex experiential groups for school principals in training are compared with those of a mixed gender group. The former were characterized by high levels of trust, low competitiveness and high self-disclosure while in the mixed gender group, there was considerable resistance to the process orientation as well as attacks on boundaries and on the facilitators. These differences are discussed in terms of different expectations and gender stereotypes. Explanatory hypotheses regarding men’s difficulties in accepting a process orientation, the exaggeration of gender behavior in mixed groups and the alpha male phenomenon, are suggested. Caution is recommended in introducing learning in mixed gender groups for those whose past learning history is exclusively in single sex groups.

Keywords: school principals, gender, group process

Nitza Raskin, PhD, is an organizational consultant and group facilitator. Staff member in Mandel Center for Leadership in the Negev. Lecturer at various academic settings.

Bruce Oppenheimer, PhD, is an organizational consultant and a clinical psychologist supervisor at Zofnat Institute for Organizational Research, Development and Consultation.
“Taret-Taret”

Storytelling as a group intervention tool for Ethiopian immigrants with HIV

Miriam Levinger, Shahar Michael and Shai Schwartz

The double coping with both the implications of HIV positivity and the challenges of immigration to Israel from Africa, constitutes an unbearably heavy assignment for the immigrants from Ethiopia to Israel. One of the cultural practices that characterize the Ethiopian society is the practice of storytelling: “Taret-taret”. These tales are useful guides for life, but more importantly, they serve as a mean to create social intimacy and lend an expression to the emotional world of the storyteller and his or her listening audience.

This article analyses the traditional tales used in the context of a therapeutic group comprised of HIV Positive Ethiopian and Eritreans in Israel. This technique enabled the participants to express their inner world and voice the issues troubling their minds as to their HIV Positivity.

Keywords: traditional tales, therapeutic group, HIV virus, immigrants, Ethiopia

Miriam Levinger, PhD, is a social worker, supervisor and group facilitator. She is a lecturer at the School for Social Work at the Sapir Academic College and at the Central School for Workers in the Social Services.

Shahar Michael, MSW, is a social worker at the HIV Center who also works in the Clinic for Infectious Diseases at the Medical Center of Sheba - Tel Hashomer.

Shai Schwartz, originally from professional theater and storytelling is a group and individual, performance art-orientated therapist. Besides his private practice and other activities, worked since 1998 in group therapy with HIV Positive Ethiopians with the Ministry of Health in the Kaplan Hospital and the Medical Center of Sheba - Tel Hashomer.
MacKenzie on Stage
Group development through psychotherapeutic Playback Theatre
Shoshi Keisari, Nir Raz and Ronen Kowalsky

Playback Theatre (PT) is a form of improvisational theatre that centers on the personal story and its encounter with the community. Although Playback Theater has been defined as a community-based theater, research points to its healing potential. Psychotherapeutic Playback Theatre places the PT ritual at the center of the group process. In recent years we have witnessed the establishment of groups that focus on PT in a therapeutic setting, but the literature on the subject is still lacking in theoretical and applied models. This article presents the principles of the group process in psychotherapeutic PT, while presenting practical tools that may advance the group process in coping with the developmental tasks according to the Mackenzie & Leewesley model. The article focuses on the ways to enhance coping with developmental stages through theatrical forms that lend tangible expression to these stages in the group process.

Keywords: Playback Theater, psychotherapy, group development, drama therapy, psychodrama, creative process

Shoshi Keisari is a Drama therapist. Her PhD at Haifa University focuses on psychotherapeutic Playback Theater with narrative therapy in old age. She is a supervisor and lecturer in various academic settings.

Nir Raz is a group facilitator at Playback Theater, founder and co-director of the Institute of Psychotherapy in Playback Theater. He is a director, veteran playback actor, stage artist and a workshops’ conductor.

Ronen Kowalsky is a supervising clinical psychologist, the founder and head of the Israeli Institute of Psychotherapeutic Playback Theater. He is a member of the Israeli Institute of Group Analysis. He is a supervisor and lecturer in various academic institutes.
The Carriage Is on the Move
Progress and developments in online group counseling

Salit Shahak

The last decade indicates that the availability and accessibility of the Internet changed the way people run their lives. In accordance, the field of online consulting and therapy is going through intense changes. However, although research shows that group counseling has the potential to improve overall well-being, it appears that the demand is hardly met by professional supervised services. This review calls for further research on this new therapeutic discipline and its evolution into an on-hand valid tool.

Keywords: internet, online therapy, online counseling, group counselling

Salit Shahak is a senior Organizational Consultant, owner of a consulting company, specializing in team development accompanying a variety of organizations and leaders in development and change processes.
Self-Compassion Groups
Practices for expanding self-compassion in Israel

Yafit Auerbach

This article deals with practices for expanding self-compassion, as offered in two programs in Israel. The concept of self-compassion is fairly new. The last two decades have witnessed increased research activity as a consequence of the growing number of groups and programs seeking to implement self-compassion. Self-compassion is the awareness of our own suffering, accompanied by the will to relieve that suffering. Self-compassion refers to the manner in which a human being relates to himself or herself with kindness. The purpose of the study is to test how the translation of the notions of compassion into daily-applied practices manifested themselves in Israeli culture. The research approach employed in this study is qualitative, based on participant observation. All the qualitative data were analyzed according to the “Grounded Theory” approach.

The research findings yield two main themes. The first deals with the use of Buddhist discourse regarding self-compassion in the Israeli society. The second deals with the use of meditation practices meant to expand self-compassion while using self-discipline and self-awareness. According to these findings, this work foregrounds the need to continue the research and development of practices of self-compassion among members of groups in Israel.

Keywords: compassion, self-compassion, meditation, mindfulness, groups

Yafit Auerbach is an Animal-assisted therapist and Self Compassion Moderator Groups for children, youth and adults. Acquired B.Ed and M.A in the realm of Groups Facilitation. The article is based on her MA thesis on “Practices for the development and cultivation of self compassion in Israel” written at Haifa University.
Integrating Art in Psychodynamic-Narrative Group Work to Promote the Resilience of Caring Professionals

Rakefet Ben-Dori Gilboa and Atalia Mosek

This paper presents a theoretical foundation for integrating the psychodynamic and social construction perspectives in group work for the purpose of enhancing resilience. Based on theoretical knowledge, a model for narrative-dynamic group work integrating the arts was implemented with a team of caretakers dealing with the burden and emotional tension of working with children at risk and their families. The group’s purpose was to enhance and reinforce their personal and team resilience. Single case study methodology was used to describe and evaluate the group process. Results showed that participation in a dynamic group that incorporates arts and narrative approaches enabled group members to recognize vulnerabilities related to compassion fatigue and emotional burden, as well as identify sources of strengths and capabilities. Individual and group processes led to enhanced resilience. The paper raises and discusses dilemmas related to facilitation of the group process and impact of organizational demands. The suggested group working model can be used to develop awareness of the meaning and significance of emotional experiences while working with children and families at risk.

Keywords: group therapy, social construction perspectives, integrating art in group therapy, compassion fatigue, resilience, families, children at risk

Rakefet Ben-Dori Gilboa is a group-work facilitator integrating the arts, trainer and developer of programs for children, adolescents and families at risk.

Dr. Atalia Mosek, is a social worker and a retired senior lecturer from Haifa University and Tel-Hai Academic College in Israel.
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