

Silence Is a Fence Around Wisdom

Efrat Zigenlaub

This paper presents the anti- and pro-group forces through the dialectic of assimilation versus aloofness, in the context of ultra-orthodox society. The paper illustrates these forces through the tension between speaking and keeping silent, that manifests itself in such group phenomena as splitting into two sub-groups and the “cautionary” social role. This is followed by a discussion of different styles of leading the group that enable a more dynamic transfer between these two forces and promote effective group work as well as an authentic and voluntary socialization process.

Keywords: ultra-orthodox, assimilation, aloofness, silence, anti-group, pro-group

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Facilitator and Group as Parent-Child Relations Changing Through the Years

A metaphorical model for the development of the group in stages

Alon Oren

The article proposes a model of the consecutive stages of group development using a metaphorical framework informed by the individual development process. The model deepens our understanding of the group as a whole, uniquely presenting its development as parallel to individual growth from infancy through toddlerhood, adolescence and adulthood to death. In particular, it emphasizes the importance of the adolescence stage as constitutive of the group's developmental tasks. The model's theoretical basis relies on an integration between individual development theories, psychodynamic concepts and three basic assumptions in the group facilitation discipline: the group as a whole, the group as an entity that develops in stages, and project relations theories – all of which conceptualize facilitator-group member relations as akin to parent-child relations.

For each development stage, the article presents the group's development task and related individual and group processes, and the obligations of the facilitator as its metaphorical parent. The consecutive stages are illustrated by examples from the author's experience as a supervisor and therapeutic or practicum facilitator.

Keywords: group development, stages, group therapy, group work, facilitator's role

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Keywords: exclusion, idealization, the group guide's experience, setting

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From Exclusion to Idealization and Back

The group facilitator's experience and the group's perception of the group facilitator as a function of the setting

Idit Kaufman-Strull

The main argument of this article is that the setting (the group composition in terms of age, gender, nationality of individual members as well as the social context of the group as a whole) has an impact on the experience of the group's facilitator and on the group's perception of him or her, as an excluded stranger or as an idealized stranger.

The article describes two short workshops of five meetings, each held in an Arab high school in Jaffa during two consecutive years of study by the same two group facilitators.

The first workshop was held within the framework of two subgroups of different size, according to gender distribution: the facilitator of the female students' group was a female Jewish-Israeli psychologist, and the group of the male students was facilitated by a male Arab-Israeli psychologist. The workshop aimed to promote the prevention of early marriage of young women, which is a common practice in the traditional Arab society, and thus to enable them to fulfil their personal potential and increase their chances of future employment. As this setting triggered unexpected difficulties and conflicts, we constructed a different setting the following year. This time, there were two parallel groups of equal size and mixed gender, with the same facilitators. This setting raised other difficulties and conflicts. The article examines these setting-related issues, focusing on the reversing of the group facilitator's experience and perception by the participants – from an excluded stranger to an idealized stranger and vice versa.

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The Third Voice of the Social Unconscious

Experience in group bibliotherapy

Orit Even Shoshan-Reshef, Einat Kaufman, and Irit Kaminsky

The article describes a process in a group bibliotherapy workshop, and examines the resonance of the literary text that serves as a third voice, and raises themes from the Israeli social unconscious.

The two days' workshop described in the article was conducted in the framework of doctoral studies in the group therapy course. It included a facilitator and seven participants, among them the authors. During the workshop each participant presented a different text. The article presents the main themes raised by the group following the reading of Natan Zach's poem, "I Always Want Eyes". It examines the interaction between the text, which served several functions in the group, and the content it raised.

The main argument of the article is that in the framework of group bibliotherapy, social unconscious is powerfully revealed and inscribed in the process. The greatness of the literary text lies in its ability to bring the participants, in a direct and nonverbal way, to get in touch with this content. The ability to work with texts makes it possible to process the various reflections generated by the social unconscious. This ability allows us to develop a discourse that offers a different perspective on those themes.

Keywords: group bibliotherapy, Israeli social unconscious, the third voice, group processes, reading processes

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The Seventh Summer Day Camp of the Children of Kfar Etzion

Collective loss as a source of strength and growth

Tami Ginsburg and Miriam Shapira

This article describes a group process that took place in the framework of preparing a documentary about the children of Kfar Etzion. The goal was to enable those orphans, who met at the place where their parents died almost 70 years earlier, to process in an emotional and empowering way the collective bereavement experienced in their childhood. The filmmakers decided to hold a two-day workshop in Kfar Etzion, with professional facilitation, and to accompany the participants in the processing of the personal and collective narrative of bereavement. The entire workshop was filmed and became part of the documentary film that was screened about a year later and was titled “The Orphan Group”.

The article focuses on the adult orphans group and examines the functioning of the group as a source of strength in coping with the loss. On the one hand, the group functioned as a substitute for the missing family and gave protection from the external environment, but on the other hand, it excluded those who did not agree with the concepts and norms it had established. The workshop was actually the first time the group underwent a process of joint processing under professional facilitation. The process allowed each member of the group to contain and accept a variety of voices and opinions, to deal with difficult feelings and memories, to face unresolved issues with the parents’ generation and within itself, and so to experience a healing process.

Keywords: grief, workshop, orphans, silence, narrative

Your Artwork Is a Glance, a Window, a Mirror

Resonance in group therapy

Tal Schwartz

This article discusses the combination of two therapeutic approaches: group analysis and art therapy, and reviews the different aspects of the phenomenon of resonance.

Foulkes has defined resonance as a communication without any message being sent or received, as an a-causal and transpersonal process that takes place at the primordial level in the psychic network of communication, the matrix. Through a discussion of clinical examples from an analytic group and art therapy, the article demonstrates how basic concepts from both approaches can be applied in a group process. Resonance unfolds as a-causal expressions of meaning rather than as causal interactions. The synthesis of these approaches assists in building an emotional bridge both on the personal level of each of the participants, and among the members of the group as a whole. Therefore, certain basic terminology from these different types of therapies is examined, including terms as matrix, mirroring, echoing, the group as a whole, projection, internal objects and reflection.

Keywords: matrix, resonance, mirroring, art therapy, group therapy, the group as a whole

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A Combination of Trauma-Focused Group Therapy and Art Therapy for Veterans Who Were Exposed to Combat Events

Ofir Levi, Vlad Svetlitsky, Sergei Zusmanovitz, Eli Parasha, and Eyal Fruchter

This research presents findings from trauma-focused cognitive group therapy in combatants who were exposed to traumatic combat events. The therapy combined drawing and sketching techniques aimed at exposing the traumatic event with the help of the group members who were also exposed to traumatic events. The research measured post-traumatic, depressive, functioning and hope symptoms in 60 combatants who agreed to take part in the therapy process. Testing was done at three different occasions: the beginning of therapy, the end of therapy and six months post-therapy. Multi-level modeling showed the level of post-traumatic and depressive symptoms were significantly reduced when comparing the first and second occasions, and the second and third occasions. The functioning level was significantly increased between the first and second occasions, and between the first and the third occasions. However, hope measures did not change significantly between the different occasions. In light of the findings of this unique therapy method it is important to continue investigating the efficacy of group therapy methods.

Keywords: trauma-focused group therapy, art therapy, depression, function, hope

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