

Journal 5

Today in class we discussed the Psychoanalytic Approach to Groups and the Key Concepts: The Unconscious, Anxiety, Ego-Defense Mechanisms, Resistance, Transference & Countertransference. According to Corey the resistance in the psychoanalytic approach is viewed as an unconscious dynamic of avoidance. The primary goal of analytic group work is to work toward uncovering early experiences and showing members how the past is connected to the present. According to Corey contemporary analytically oriented practitioners are not interested in their clients' past, but they intertwine that understanding with the present and with the future.

Benefits of the group format include all of the following except not exploring resistance and transference. Freud believed that most human behavior is motivated almost entirely by forces outside conscious experience. The first conceptualized by psychoanalytic theorists as a way of explaining behavior was the ego-defense mechanisms. According to Corey, when we see denial plays as a defensive role similar to that of repression, yet it generally operates at the preconscious or conscious level. Group members tend to compete for the attention of the leader, also, members can direct their projection to other members as well as the leader.

According to psychoanalytic theory, the concept of countertransference consists of a therapist's unconscious emotional responses to a client based on the therapist's own past, resulting in a distorted perception of the client's behavior.

However, according to Corey, the ego organizes and mediates between the impulses of the id, the demands of reality, and the imagined demands of parental figures and others. When

there is a threat to the ego, anxiety is experienced. The ego is part of the unconscious mind. The group leader welcomes manifestations of transference to create opportunities for fruitful work with the members. The analytic group leader would be least likely to insist upon therapeutic contracts from each member as a prerequisite for joining the group. The therapeutic relationship is central to increasing self-awareness and self-understanding. Erickson also was the first one to describe the biopsychosocial perspective theory.

Reading Erickson, it was interesting the part when feelings of being unloved and the need to be loved. which is one common theme explored in groups when using psychoanalytic theory. The psychoanalytic model views personality development as taking place across a sequence of stages, each of which is characterized by conflicts and tasks. In early life the individual has drives that are satisfied through attachment to specific people is central to object-relations theory.

The object relations approach includes self psychology and relational psychoanalysis attachment. At the end Corey defined that a group setting can help a member with borderline personality disorder by offering space for therapeutic factors of cohesiveness to occur. It is important to remember that psychoanalytic dream work consists of interpreting the meaning of the dream by the therapist.

