

# Modified Interpersonal Group Process: for drug dependent patient populations

by  
Jeffrey Georgi, M.Div., MAH, LCAS, CGP, LPC  
Consulting Associate  
Division of Addiction Research and Translation  
Department of Behavioral Science  
Duke University Medical Center  
Georgi Educational Counseling Services  
jeff@georgicounseling.com

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Biological+Psychological+Social+Spiritual  
Vulnerability Liability Context Bankruptcy

plus

Experience  
equals  
Addictive Disease

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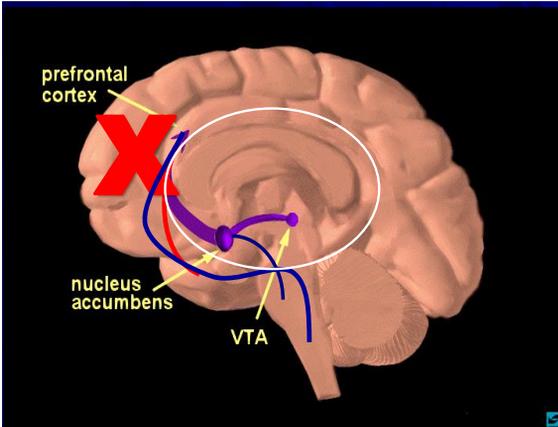
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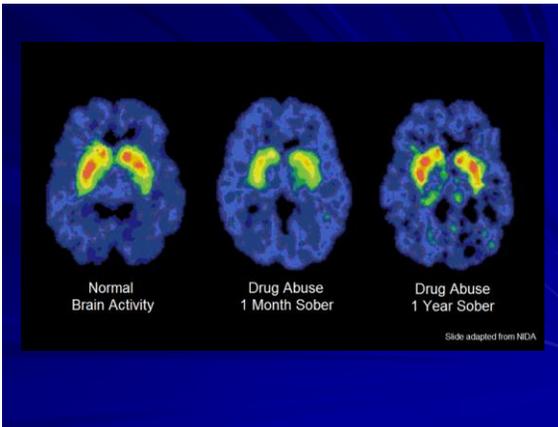
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## Shame: the psychological piston that drives addiction

- Children have three basic psychological needs provided by "good enough parenting":
  - Narcissistic – to be mirrored
  - Exhibitionistic – to be seen
  - Grandiose – to be seen as unequivocally wonderful
- If these needs are not met the child grows into an adult who sees themselves as: "less than", unworthy, empty, a fraud, not good enough.

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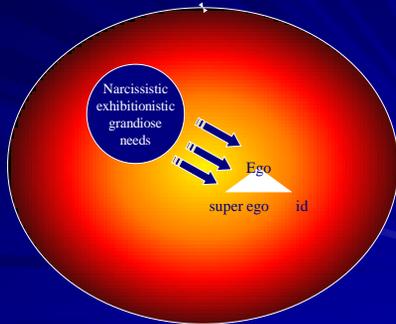
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## Psychology of Addiction



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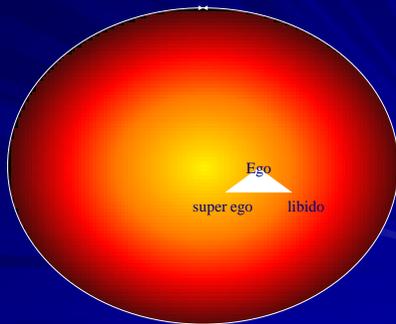
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## Psychology of Addiction



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## Social Context

- We are thrust into our culture and defined by it.
- We can not separate ourselves or our identity from our social context.
- When we think we are “speaking” for ourselves, our personal truth is but an extension of context.
- We live in a shame based culture.
- Eventually, the shamed shame themselves.

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We are pack animals.

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We are herd animals.

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## Modified Interactive Group why group heals

- Group represents a safe container for change.
- Group addresses the fundamental failure of attachment within lives of the addicted.
- Group creates a safe place for relational awareness and experimentation.
- Group re-creates the “family of chance” and allows for the experience of a “family of choice.”

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## Modified Interactive Group why grouping heals

- Group creates a safe environment for healthy limbic resonance to occur.
- Group becomes a relational laboratory.
- Group helps to move beyond the isolation of addiction.
- Group provides an opportunity to care and to be cared for by other people without shame.

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## Modified Interactive Group why grouping heals

- Group helps patients identify the expression of shame within their lives.
- If done well, group can detoxify shame.
- Group tends to lower the intensity of transference and countertransference.
- Group is the essentially human.

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## Modified Interactive Group the facilitator's role

- Facilitation is inherently manipulative.
- You are active but not central.
- Convene the group.
- Select the membership.
- Create a group culture of respect and safety.
- Foster member to member communication.
- Constructed and maintain the group agreements.

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## Modified Interactive Group the facilitator's role

- Reinforce procedural norms and agreements.
- Model involvement and respect.
- Accept your own professional and personal fallibility.
- Support appropriate self-disclosure.
- Explained and model “*meta* disclosure.”
- Reinforce the “here and now” focus of group.

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## Modified Interactive Group the facilitator's role

- Connect to the group with its history.
- Identified group members mutual helpfulness and support.
- Executive decisions regarding the addition or the elimination of a group member is **exclusively** the responsibility of the group leader.

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## Modified Interactive Group group agreements

- Beginning and ending on time.
- Confidentiality.
- The group accepting responsibility for itself.
- Putting feelings into words not actions.
- The group is only as important as the members make it – make it important.
- Group members are the agents of change.

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## Modified Interactive Group group agreements

- Group is a safe place to give and receive support.
- Respect to your fellow group members.
- Make specific agreements related to issues of comfort.
- Asked the group what other agreements they may wish to put in place in order for the group to be safe.

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## Modified Interactive Group group preparation

- Conduct or review a thorough assessment, get to know your group members.
- Explain the group expectations.
- Review the group contract.
- Review and discuss anticipated group agreements.
- Explaining the “here and now” group focus if applicable.

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## Modified Interactive Group group preparation

- Preparation may include an introduction exercise, a review of a tape or may even be discussed in group.
- Preparation continues throughout the early stages of group, if not throughout the entire life history of the group.

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## Modified Interactive Group group contract

- Continue in group until you have met the goals to have set for yourself.
- Attend all groups.
- Remember, group is therapeutic not social.
- Put feelings into words not behaviors.
- Claim your own space and time. If you decide to leave the group let the group be a part of the process and say goodbye.
- Pay (my) fee.

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## Modified Interactive Group therapeutic factors

- Universality
- Self understanding
- Altruism
- Corrective re-experience of the family
- Group cohesiveness
- Interpersonal learning (about self)
- interpersonal learning (about others)

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## Modified Interactive Group therapeutic factors

- Guidance
- Catharsis
- Identification
- Installation of hope
- Existential factors.

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## Modified Interactive Group

- Remember, no matter what kind of group all of the therapeutic factors are in play.
- Different groups will stress different factors.
- Even in a psycho educational group attention to process as well as content is important.
- “Process” is proceeding whether or not you are aware of it.

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## Modified Interactive Group suggestions for an effective treatment group

- Beginning and end on time
- BREATHE – WAIT – TRUST, don't push the process or “when in doubt don't.”
- Help keep the group focused on the “here and now”, the group will naturally move to “the then and there.”
- Interventions such as “I wonder”, “it seems as if” are appropriate in this model because they help move the group from their “gut” to their head.

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## Modified Interactive Group

### suggestions for an effective treatment group

- Facilitate member to member interaction.
- Facilitate member to group interaction.
- Remain active but not central.
- Stay involved.
- Avoid the “guru” mentality.
- Limit your self-disclosure.
- When working with co-therapists spend adequate time preparing and debriefing.

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## Modified Interactive Group

### suggestions for an effective treatment group

- Pay attention to your own involvement in the group.
- Listened to your gut but **do not** trust it.
- Use body language intentionally.
- Let the group know that you are involved.
- Acknowledge each group member at least twice in each session (this can be nonverbal).

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## Modified Interactive Group

### suggestions for an effective treatment group

- What goes on in the group goes on the outside of the group.
- What goes on outside of the group goes on inside the group.
- “Patients do not to bring their problems to group they live them there.”
- Self-disclosure is always a relational act.

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## Modified Interactive Group

### suggestions for an effective treatment group

- The group leader must always keep in mind the power attributed to them by group members.
- Consistency is extremely important.
- Group therapy represents a reality that is often more “real” than our everyday lives – there in lies the power of group.

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## Modified Interactive Group

### suggestions for an effective treatment group

- Move to promote rapid development of cohesiveness by identifying member to member connections.
- Find ways to help group members look at themselves in group and received feedback from others.
- Encourage appropriate self-disclosure on the part of group members as they become more vulnerable and open.

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## Modified Interactive Group

### suggestions for an effective treatment group

- Quickly expanded group members common ground beyond their mutual drug use experiences.
- Encourage open discussion of both their vulnerabilities and competencies.
- Help develop a “middle ground” which is often preferable to the extremes taken by the addicted.

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## Modified Interactive Group

### suggestions for an effective treatment group

- Help group members recognize that their time together is more about finding meaning in relationships than simply staying abstinent.

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## Modified Interactive Group termination

- If termination is not being addressed in the group, let the group know.
- Saying goodbye is not easy – in our culture we are extremely skilled at avoiding it.
- Saying goodbye takes practice and makes the next hello both possible and more meaningful.

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## Modified Interactive Group termination

- A goodbye includes the following:  
Acknowledgments – the shared awareness of gifts given in gifts received.  
Appreciations – the open communication of shared meaning.  
Regrets – sadness overworked left undone.  
Resentments residual sadness over difficult shared experience.

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## Modified Interactive Group termination

- Despite all the parental promises to the contrary - life is unfair.
- There is never enough time.
- There is no escape from life's pain.
- There is no escape from death.
- Facing these realities helps set priorities.
- I am responsible.

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## Modified Interactive Group termination

- **“This”** is all there is and – it is enough.

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