

# **INTERACTIVE PROCESS GROUPS / “IPGs”**

## **Basic Information**

Well-being across the lifespan depends on our ability to establish, develop, and sustain mutually nourishing relationships. The quality of our lives is directly linked to the quality of our relationships.

The IPG is a collective effort to pursue two goals:

- 1) Deepening our lived understanding of how basic emotions organize the way we relate to others
- 2) Honing our ability to identify, articulate, and skillfully use emotion to establish, develop, and sustain important relationships

Each of us develops habitual patterns of relating and attempting to get what we need. Many of these patterns serve us well; others leave us feeling stuck, frustrated, hurt, resentful, and/or lonely. The IPG helps you develop more effective ways of relating to other people. You become more familiar with your own patterns and habits – the ones that work well, and the ones that no longer serve you. And you can experiment with changing your patterns in a safe, supportive setting.

Our emotional well-being is developed, maintained, and restored through supportive relationships with others. These groups offer an ongoing opportunity to improve the quality of our lives by improving our ability to relate deeply, authentically, and meaningfully with others.

## **What makes the IPG different from other groups?**

While the Interactive Process Group can have great therapeutic benefit, it is not a “therapy group.” Members are not there to heal from some diagnosable psychiatric condition.

Instead, the purpose of the group is to grow through experiential learning in relationships. It is a group dedicated to expressing thoughts and feelings towards one another in real time, thereby building relational and emotional skills that influence every area of life, from the personal to the professional.

In some groups, members are discouraged from having outside contact with one another. In the IPG, everyone involved is free to associate with one another in whatever ways they choose. Within the confines of the group meeting, however, people relate to one another in accordance with the Group Agreement, which calls for a high level of candor, vulnerability, and emotional honesty.

### **The IPG helps you:**

- Deepen your capacity for intimacy
- Become more assertive & take more risks
- Express your needs, feelings, hopes, and fears
- Feel more comfortable connecting in a group of people
- Speak your truth and develop a sense of inner authenticity
- Learn how to deal with anger and conflict constructively
- Change stuck patterns in your relationships
- Grow more outgoing and socially comfortable
- Learn more about the part you play in relationships that remain stuck or unsatisfying
- Become part of a caring community of people

## **You'll develop relationship skills such as:**

- Being in touch with your feelings and reactions, and expressing them effectively
- Understanding other points of view
- Summoning the courage to bring up challenging issues
- Letting others know you and understand you
- Empathizing & listening
- Becoming more aware of your own blind spots
- Establishing boundaries & setting limits
- Allowing yourself to be more open and vulnerable
- Building trust, responding to breaches of trust, and restoring trust
- Identifying your needs, desires, hopes, and fears

## **What happens in the IPG?**

- A strong sense of support and community develops. Members join in order to deepen their connections with other people, to work on themselves, to support each other, and to learn about their own and others' patterns of relating. Because of this, you spend a good deal of time relating directly with the other people in the group
- The group is far more than a time to talk about problems and get advice. When the group meets, we look at the ways we respond to one another, the strategies we use in relationships, and the choices we make. We look at how these affect us as well as those around us. We explore the places where new understandings and growth can happen.
- At your own pace, you'll gradually learn to risk showing the group more of who you are. When members of a group take the risk of opening up, they often discover that they are not only accepted, but appreciated for their courage and trust
- You'll identify patterns of relating that don't work for you so that you can change them, and you'll identify patterns of relating that *do* work for you, so you can expand on them

- You'll get direct, honest, feedback about how you affect others, and why they're responding to you the way they are. This process is immensely clarifying and helpful in your life outside the group
- You'll have the opportunity to discover how your behavior effects other people, and how others' reactions to your behavior influences your image of yourself
- You'll have the opportunity to give honest, authentic feedback to others in the group, helping them with their own learning, and helping them achieve their goals
- You'll learn how to identify your feelings, and the subtle emotional responses people have when interacting with one another
- You'll see other people struggling with issues that may be similar to yours, and through this you'll learn about yourself as well as others
- You'll have the opportunity to try out new behaviors in a safe setting

**Additional Information:**

The IPG is an open-ended endeavor and regular attendance is required. Current fees are listed on the website ([www.archieroberts.net](http://www.archieroberts.net)), and because these groups are elective no insurance is accepted.

For more information, please contact me at (401) 709-4295  
or [ARoberts@archieroberts.net](mailto:ARoberts@archieroberts.net)