



16TH CONGRESS OF THE EUROPEAN ASSOCIATION FOR PSYCHOTHERAPY: MEANINGS OF
HAPPINESS AND PSYCHOTHERAPY

**Encounter Groups Experience
Self Esteem and Subjective Wellbeing**

**A experiência de Grupos de Encontro
auto-estima e bem-estar subjectivo**

5 JULHO 2009

 APPCPC
Associação Portuguesa de
Psicoterapia Centrada na
Pessoa e Counselling

 UAL
UNIVERSIDADE
AUTÓNOMA
DE LISBOA

DEPARTAMENTO
PSICOLOGIA E SOCIOLOGIA

Pires, M., Nunes, O., Hipólito, J., Brites, R. & Pires, P.(2009).
Encounter Groups Experience - Self Esteem and Subjective Wellbeing.
*16th Congress of The European Association For Psychotherapy: Meanings of
happiness and psychotherapy. Lisbon, July 5, 2009.*



1. Literature's revision and research data
2. Study's Pertinence
3. Objectives
4. Sample
5. Study 1 – Residential Encounter's Groups results
6. Study 2 – No-Residential Encounter's Groups results
7. Study 3 – The two groups comparison results
8. Discussion
9. Conclusion

2



Literature's Revision

SELF-ESTEEM	AFFECTS
It implies two actions on the person itself: measuring and valuing his way of being. Tap (2006)	Affective dimension of wellbeing Galinha & Ribeiro (2005)
- Plays a fundamental part on the variables that allow the person to affirm his identity, to develop stress coping strategies, social integration competences and to elaborate a meaningful existential project. - Depends on the way the person mobilize different strategies and efforts with the goal of obtaining a good personal, professional and social integration.	The 2 wellbeing dimensions:: Cognitive: Personal life satisfaction evaluation Emocional: affects demonstrated on every moment; preponderance, duration and intensity of positive and negative emotions



Investigation Data

Rogers, 1970/1987	Encounter's groups experience significantly contributes to a constructive change
Meador, 1970/1987	Significant process's evolution: greater flexibility and expression, better contact with his own emotional expressivity, greater availability and trust in significant interpersonal relationship.
Gibb, 1970/1987	Evidence that intensive training group's experiences have therapeutic aspects: Changes in sensibility, in the capacity of direct the feelings, in the motivation, in the attitudes towards it self and others, and in his interdependency.
Laneiro, 2006	No-residential encounter's groups experience increase communicational aspects (pre and post tested).
Pires, 2006	In no-residential encounter's groups experience participants mentioned with other aspects : personal and interpersonal growth, a better personal and interpersonal knowledge, and the promotion of personal and interpersonal change.

4



Study's Pertinence

- Experience of APPCPC's team during more than 20 years with Residential Encounter's Groups and more 10 years with No-residential Encounter's groups (collaboration with Universities).
- Research has shown that Encounter's groups facilitate personality's constructive changes.
- Being Encounter's groups limited in time, how long will last their impact in the person?
- Self Esteem as a measure of the incongruence between the Real (perceived) Self and the Wanted Self might be an indicator of "subjective happiness".

5



Objectives

1. Evaluate the Self esteem and the affects of participants in Person Centered personal development's groups. Residential Encounters' groups (Group 1).
2. Evaluate the Self esteem and the affects of participants in Person Centered personal development's groups. No-residential Encounters' groups (Group 2).
3. Compare the Self esteem and the affects in the two groups.
4. To verify if Self esteem and affects are influenced by time passed since the last Encounter's group as well as by the number of participations.
5. To verify if there are gender differences in the perception of Self esteem and affects.

A. To verify if there is a correlation between Self esteem and affects.

6



Hipotesis

- 1 There are differences between self-esteem perception of residential and non residential encounter groups.
- 2 There are differences between affects perception of residential and non residential encounter groups.
- 3 The time passed since the last encounter group experience is associated with self-esteem perception.
- 4 The time passed since the last encounter group experience is associated with affects perception.
- 5 There are gender defferences on self-esteem and affects perception.



Sample

89 subjets:

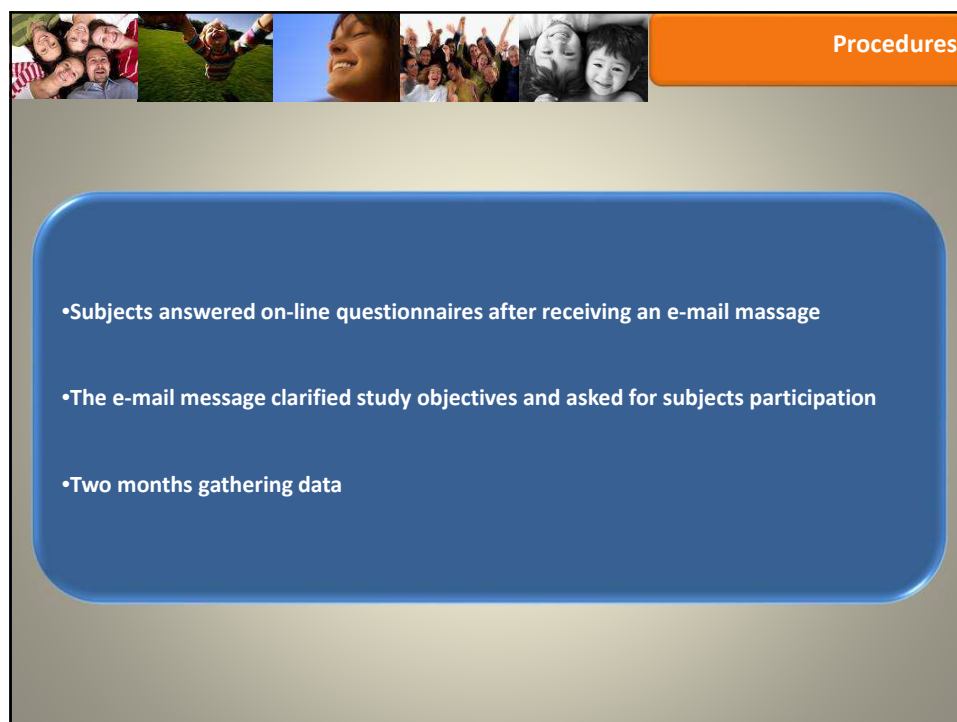
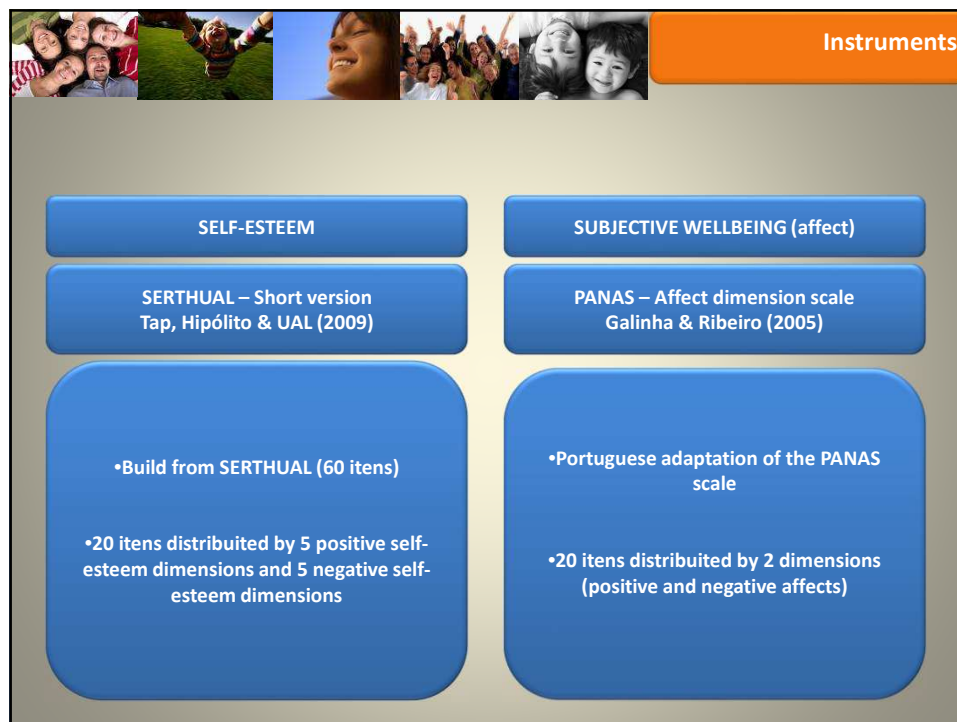
29 men (33%)
60 women (67%)

Age:
Between 20 and 68 years
($\bar{x}=39,04$ std=11,55)

Schooling:
University degree or University frequency

GROUPS	GENDER	n	%
Residential Groups	Men	15	17
	Woman	32	36
Non Residential Groups	Men	14	16
	Woman	28	31
TOTAL		89	100







Results

Study 1
Self-Esteem and positive and negative affects perception analyses – Residential Encounter Groups

	<i>Men</i>		<i>Women</i>		<i>Dif</i>
	Mean	DP	Mean	DP	
General Self esteem	18,67	7,47	20,31	6,21	ns
Positive dimension of Self esteem	39,87	4,19	39,62	5,99	ns
Negative dimension of Self esteem	21,2	4,21	19,31	4,12	ns
Negative affect	1,19	0,25	1,25	0,29	ns
Positive affect	3,64	0,57	2,92	0,79	U= 102, p=0,005
General affect	2,45	0,46	1,67	0,8	U=83, p= 0,001



Results

Study 2
Self-Esteem and positive and negative affects perception analyses – Non Residential Encounter Groups

	<i>Men</i>		<i>Women</i>		<i>Dif</i>
	Mean	DP	Mean	DP	
General Self esteem	19,08	8,92	18,81	8,38	ns
Positive dimension of Self esteem	29,36	3,08	39,48	4,23	ns
Negative dimension of Self esteem	20	6,8	20,67	5,13	ns
Negative affect	1,57	0,82	1,39	0,56	ns
Positive affect	3,12	0,62	3,28	0,69	ns
General affect	1,54	0,89	1,88	0,85	ns



Results

Study 3
Group comparison - Self-esteem and Affects perception

There are no significant differences on self-esteem and affects between residential and non residential encounter groups.

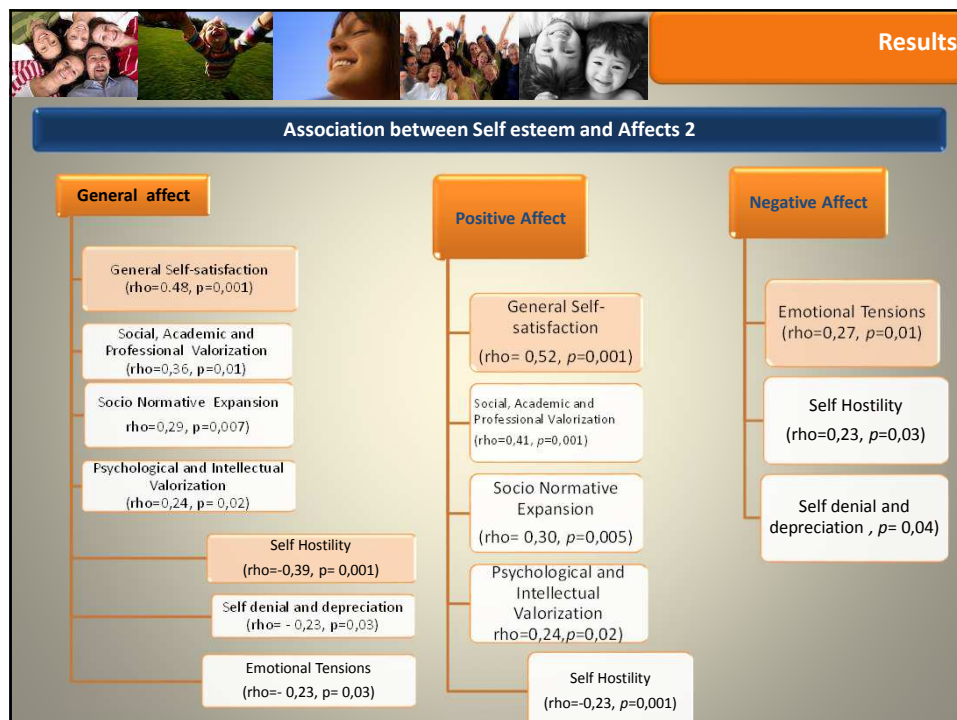
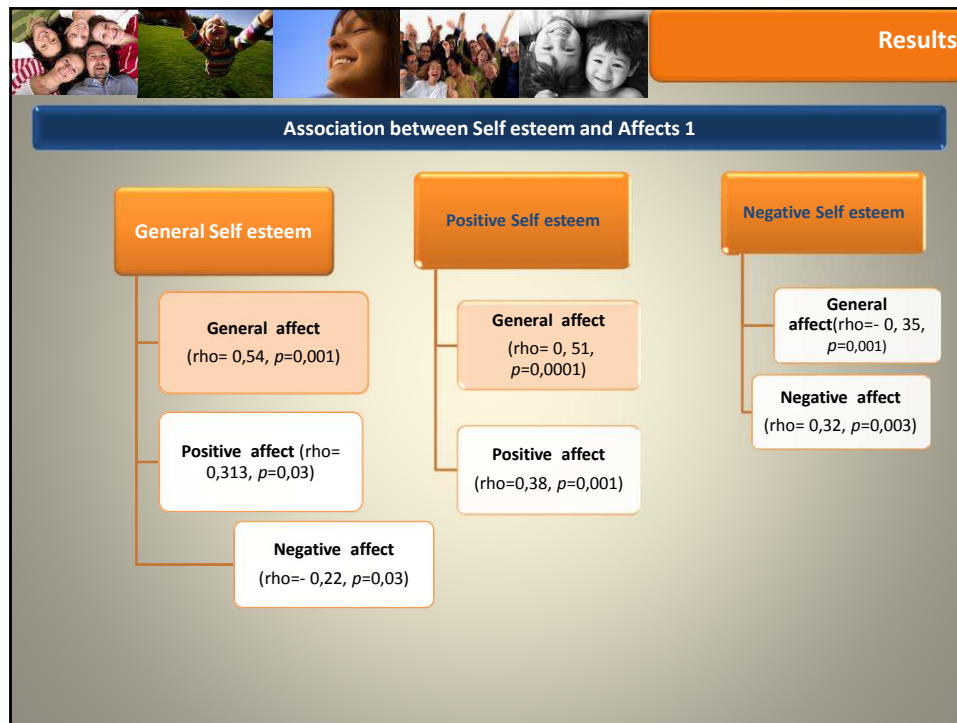


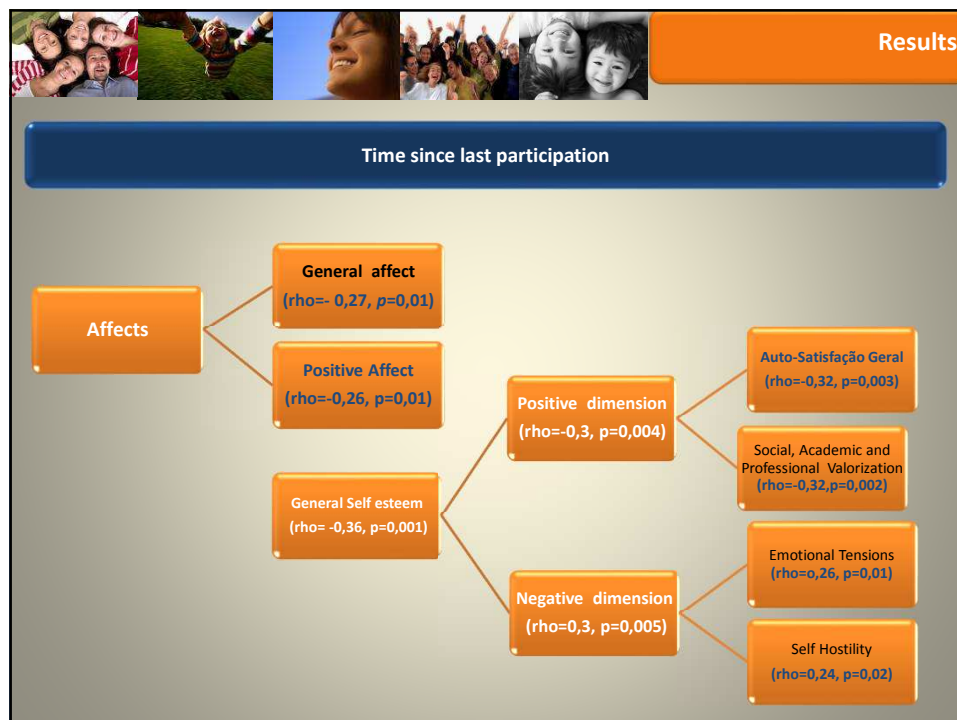
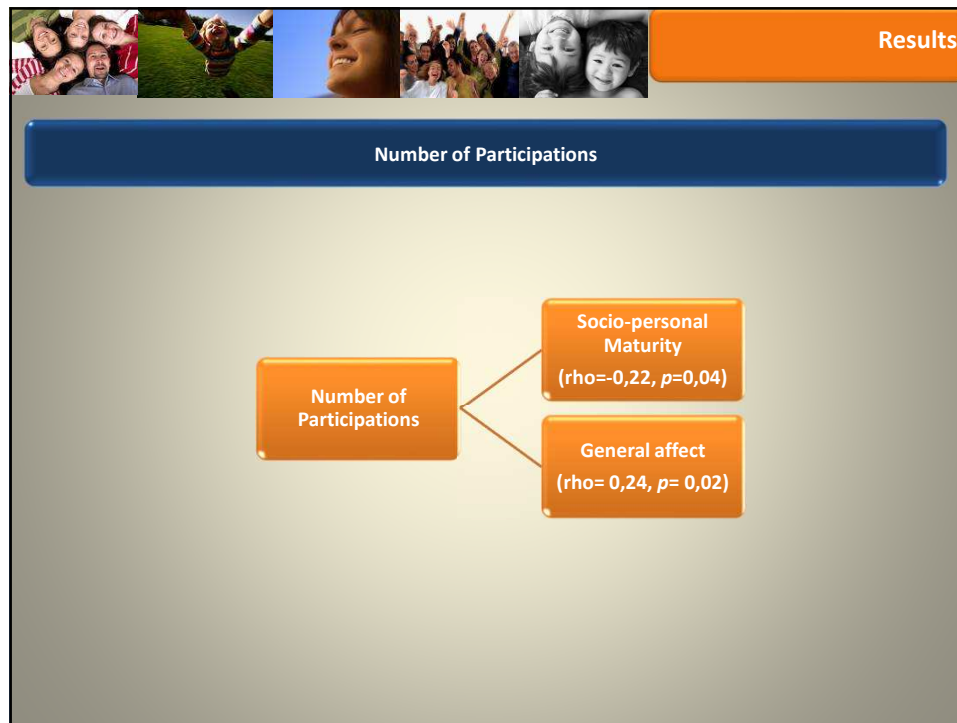
Results

Study 3

- In a gender comparison there are no significant differences on self-esteem between residential and non residential encounter groups.
- But concerning the affect variable:

	Men Residential Group	Men Non Residential Group	Dif	Woman Residential Group	Woman Non Residential Group	Dif
	Mean (ords.)	Mean (ords.)		Mean (ords.)	Mean (ords.)	
General Affect	19,39	9,61	U=29,5, p=0,01	27,06	31,31	ns
Positive Affect	17,93	11,07	U=50, p=0,02	24,84	33,96	U=274, p= 0,03
Negative Affect	12,21	16,79	ns	27,71	30,54	ns







Results

Time since last participation

- The number of years passed since last time encounter group participation influence:
 - General Self-esteem ($H(2)=10,46$, $p=0,005$)
 - Self-esteem's positive dimension ($H(2)=7,58$ $p=0,02$)
 - Self-esteem negative dimension ($H(2)=10,59$, $p=0,005$)
- Group differences (*post hoc* Mann-Whitney comparisons) :
 - The last 1 or 2 years participation group ($Mdn=22$) has significantly higher self-esteem scores compared with the last 3 years participation group ($Mdn=18$) and with the more than 5 years participation group ($Mdn= 15$)
 - The last 1 or 2 years participation group ($Mdn=41$)has significantly higher positive self-esteem scores compared with the last 3 years participation group ($Mdn=18$) and with the more than 5 years participation group ($Mdn= 38,5$) ($U=280,5$, $p= 0,01$)
 - The last 1 or 2 years participation group ($Mdn=19$) presents lower scores of negative self-esteem compared with the last 3 years participation group ($Mdn=22$) and with the more than 5 years participation group ($Mdn= 22,5$)



Discussion

1. Both groups presents a General Self esteem positive and a predominance of positive Affects
2. Gender influences the predominance/intensity of positive Affects (higher values in men) being this difference higher in the residential group
3. However, Residential women's group presents lower values of positive affects when compared with no-residential women's group
4. General Self esteem/positive has a positive correlation with recent participation in Encounter's groups (residential or no-residential)
5. General Self esteem/negative has a negative correlation with recent participation in Encounter's groups (residential or no-residential)
6. The intensity of positive Affects has a positive correlation with recent participations in Encounter's groups (residential or no-residential)

22



Conclusion

1. The differences between residential groups and no-residential groups are not evident. However, the results seem indicate the presence of other variables affecting the study's dimensions (ex. Gender)
2. The impact of Encounter's groups in Self esteem and Affects, usually decreases with the time passed, accentuating the negative aspects. However the continued participation in Encounter's groups seems to reverse this tendency accentuating the positive aspects

23



16TH CONGRESS OF THE EUROPEAN ASSOCIATION FOR PSYCHOTHERAPY: MEANINGS OF
HAPPINESS AND PSYCHOTHERAPY

**Encounter Groups Experience
Self Esteem and Subjective Wellbeing**

**A experiência de Grupos de Encontro
auto-estima e bem-estar subjectivo**

5 JULHO 2009



APPCPC
Associação Portuguesa de
Psicoterapia Centrada na
Pessoa e Counselling

DEPARTAMENTO
PSICOLOGIA E SOCIOLOGIA

Pires, M., Nunes, O., Hipólito, J., Brites, R. & Pires, P.(2009).
Encounter Groups Experience - Self Esteem and Subjective Wellbeing.
*16th Congress of The European Association For Psychotherapy: Meanings of
happiness and psychotherapy.* Lisbon, July 5, 2009.