



Practice Guidelines for Group Treatment

professionalizing group treatment in the Netherlands

Invited Symposium by Rob Koks and Willem de Haas

IFP World-congress of psychotherapy, Amsterdam, June 9, 2018



Program of this symposium

- **What do we know about groups and group treatment ?** Development of the research on groups. *Rob Koks*
- **What do group therapists do ?** The practice of group treatment. *Willem de Haas*
- **Professional application of group treatment:** practice guidelines in the Netherlands. *Rob Koks*
- **Discussion** on the themes. *Willem de Haas and Rob Koks*

What do we know about groups and group treatment ?


Development of the research on groups

Rob Koks

IFP World-congress of psychotherapy
Amsterdam, June 9, 2018



Content

- Are groups real ?
 - Four fields of research, conclusions
 - Therapeutic factors
 - Basic functions of the group leader
 - The future of group research
- 

Are groups real ?'

Gordon Allport, 1924





'Groups are real'

➤ $1 + 1 = 3$

➤ Real Madrid vs. Barcelona





Four fields of research

- **Before 1975:** 'impressionistic'
 1. Psychoanalytical studies
 2. Social Psychological studies

- **After 1975:** 'statistical'
 3. Research on process factors
 4. Research on specific disorders and methods



Before 1975 - 1

- **Psychoanalytic studies**: translated individual concepts; WW I+II
 - USA: Pratt (1906); Lazell (1921); Burrow (1927)
Slavson (1940/50), Wolf (1950): Psycho-analysis in groups
 - UK: Ezriel (1950), Foulkes (1960), Bion (1961): Group Analysis
 - USA: Whitaker & Lieberman (1964), Stanton & Schwarz (1954)
UK: Main(1957)
- **Conclusions**:
 - group is social system with mutual influence by interaction
 - focus on depth-processes e.g. projective identification and parallel-processes

Trigant Burrow

The Social Basis of Consciousness, 1927



Before 1975 - 2

- Social psychological (small group) research: neutral observation, non-patients
 - Lewin (1936): field theory
 - Homans (1950): two hypotheses, two aspects (task-social emotional)
Leary's Rose (1957)
 - Tuckman (1964): developmental phases (Levine, 1982)
 - Bradford, Lippit, Benne: NTL: T-groups, encountergroups
- Conclusions:
 - Group is a system with specific structures and regularities: interactions, cohesion, roles, norms, phases
 - Cohesion is interpersonal attraction and commitment to the task
 - Feedback on the here and now-interaction helps changing cognitions

Kurt Lewin

Field-theory (1929/1951)



After 1975 - 3

- **Research on common factors:**

- Powdermaker & Frank (1953)
- Corsini & Rosenberg (1955), Yalom (1970), Bloch & Crouch (1985), Colijn & Snijders (1993)
- Lieberman (1983), Kvilighan (1988)
- Lieberman, Yalom & Miles: Encounter groups, first facts

- **Conclusions:**

- common factors regardless of the therapeutic 'school'
- these factors differ per phase and kind of group
- common strategies or basic functions of the group leader

Jerome Frank

Persuasion and Healing, 1953, 1961/1993





Therapeutic factors -1

Corsini & Rosenberg (1955), Yalom (1970), Bloch & Crouch (1985)

- Installation of hope
- Universality
- Information+advice (guidance)
- Altruism
- Cohesion/acceptance
- Interpersonal learning
- Self-understanding
- Family re-enactment
- Catharsis
- Vicarious learning/ imitation/modeling
- Existential awareness
- Self-disclosure



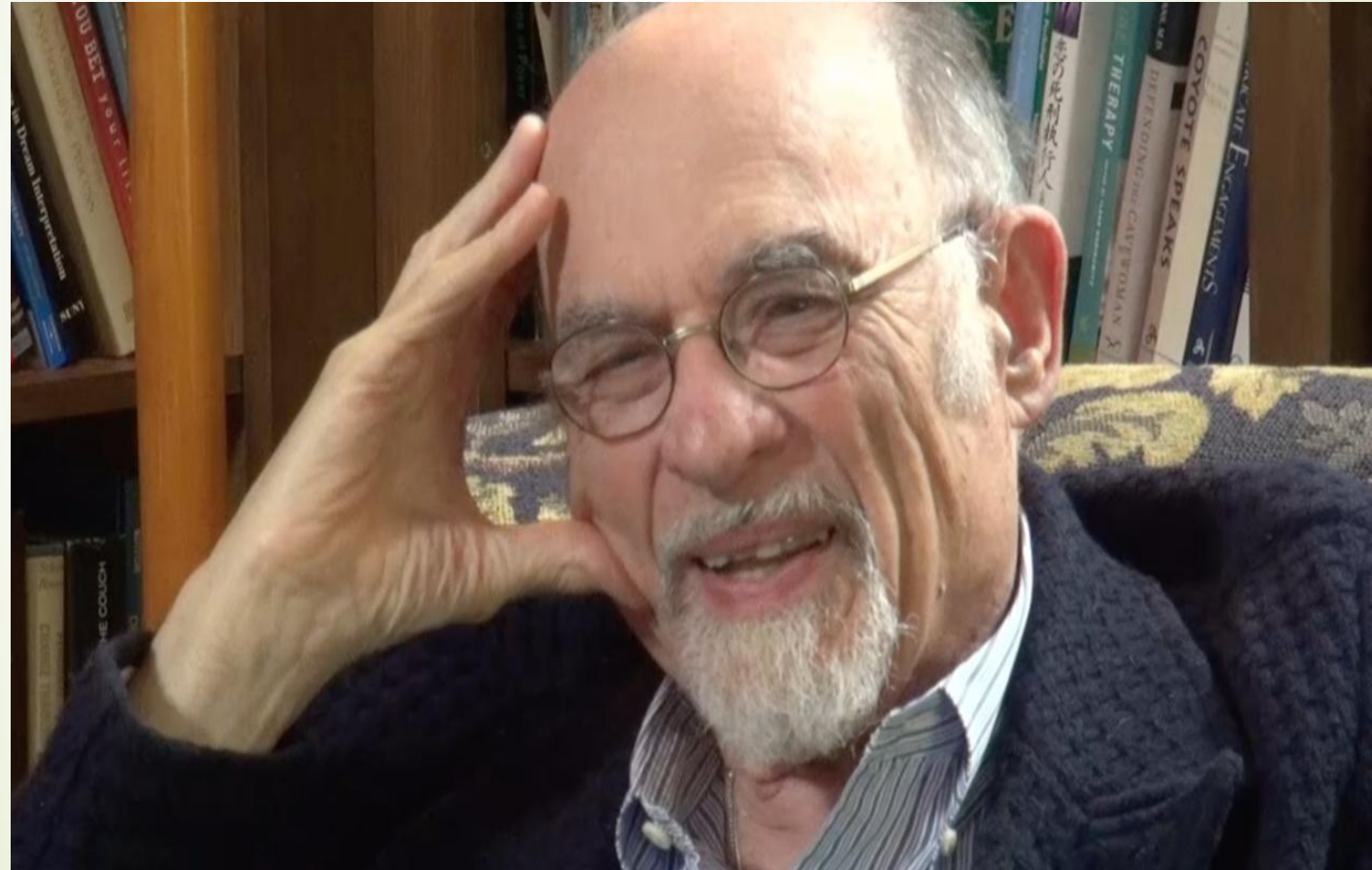
Therapeutic factors -2

Colijn & Snijders (1993)

- In all forms of psychotherapy:
hope-information/advice-catharsis
- In all forms of group therapy:
universality-altruism-cohesion-interpersonal
learning-selfdisclosure
- For specific groups and specific groupmembers:
self-understanding-family-re-enactment-
existential awareness-vicarious learning (imitation)

Irving Yalom

Theory and Practice of Group Psychotherapy, 1975/2005





After 1975 - 4

- **Research on effects:** disorders and methods
 - Bednar & Kaul (1978, 1986, 1994)
 - Burlingame, Mc Kenzie & Strauss (2004)
 - Burlingame, Strauss & Joyce (2013)

- **Conclusions:**
 - No difference in effect between individual and group therapy
 - Cohesion is the therapeutic relationship of the group-setting, and the most central factor
 - Group treatment is as effective as individual therapy for several disorders
 - Three domains of interventions for the group therapist

Gary Burlingame

Change Mechanisms and Effectiveness of Small Group Treatments,
2004/2013





Basic functions of the group therapist


- ▶ Executive function (structuring +management of frame)
- ▶ Structuring the group
- ▶ Caring for the group and it's members
- ▶ Creating and maintaining an therapeutic climate
- ▶ Emotional stimulation
- ▶ Stimulating verbal interaction
- ▶ Meaning attribution

Lieberman, Yalom & Miles (1973)

Burlingame e.a. (2002/2010),



The future of group research

- ▶ Integration of models
 - ▶ Attachment-style as mediator and predictor
 - ▶ Virtual group leaders and online groups
 - ▶ Conceptual clarity
- 



Literature



- American Group Psychotherapy Association(2007). Practice Guidelines for Group Psychotherapy, Science to Service Task Force
- Berk T. (2005). *Leerboek Groepspsychotherapie*. Utrecht, de Tijdstroom
- Bloch S. & Crouch E. (1985). *Therapeutic factor sin group psychotherapy*. Oxford: Oxford University Press
- Burlingame G.M., K.R. Mc Kenzie , Strauss B., 2004. Groepsbehandeling: evidentie voor effectiviteit en veranderingsmechanismen (vert. T. Thijssen). In: Lambert M.J. (ed.) *Bergin and Garfield's Handbook of Psychotherapy and Behaviour*. 5th ed.
- Burlingame G.M., Mc Cleddon, D.T.& Alonso, J (2011). Cohesion in group therapy. *Psychotherapy*, 48, 34-42
- Burlingame, G.M., Strauss, B. & Joyce, A.S. (2013). Change Mechanisms and Effectiveness of Small-group Treatments. In: Lambert M.J. (ed.): *Bergin and Garfield's Handbook of Psychotherapy and Behaviour* . 6th ed.640-68. Hoboken/New Jersey: John Wiley and Sons Inc.
- Burlingame, G.M & Jensen J.L. (2017): Small Group Process and Outcome Research Highlights: A 25-Year Perspective. *International Journal of Group Psychotherapy* 67(sup.1), 194-218
- Frank, J. & Frank, J. (1993). *Persuasion and healing, a comparative study of psychotherapy*, 3th ed. John Hopkins University Press
- Karterud, S. (2015). *Mentalization-based Group Therapy (MBT-G), a theoretical, clinical and research manual*. Oxford: University Press
- Leszcz M.: (2014). The effective group psychotherapist. *Groepen, tijdschrift voor groepsdynamica en groepspsychotherapie* 9 (2), 9-20
- Remmerswaal, J. (2013): *Handboek Groepsdynamica, een inleiding op theorie en praktijk*. 11^e druk, Meppel, Boom
- Yalom, I.D. & Leszcz, M. (2005). *Theory and Practice of Group Psychotherapy* . New York, Basic Books