




What do group therapists do

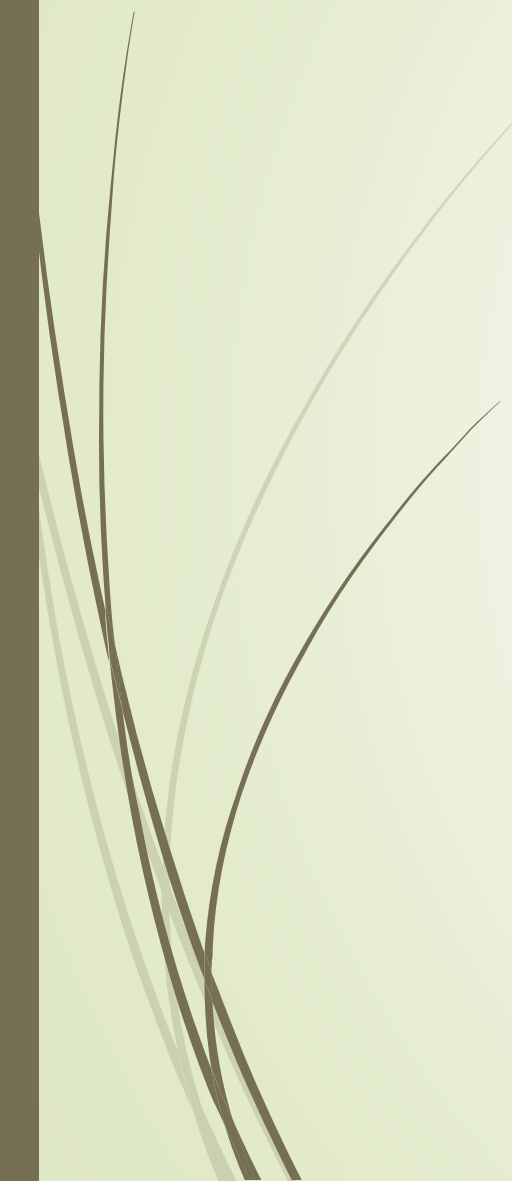
the practice of group treatment

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Doing group therapy is a three-step rocket

- ▶ STEP 1: expertise about groups in general
 - ▶ STEP 2: making the group a basic therapeutic group
 - ▶ STEP 3: making the group a specific therapy group
- 



STEP 1 Expertise about groups in general

- ▶ A therapy group is a group
- ▶ Organizing a productive group
- ▶ Being able to recognize and handle group dynamic processes
- ▶ Leading a group



Knowledge about groups

basic distinction

TASK

- Rational
- Instrumental
- Organisational

WHAT

PROCESS

- Personal
- Emotional
- Interactive
- Spontaneous
- Human
- Natural

HOW

this distinction helps to recognize group processes
and helps to organize a group

Bales, R.F. (1951), Forsyth D.R. (2013)



Organizing a group

TASK: Rational, instrumental
Target group is always the fundamental starting point

- Group Goals
- Theoretical method, & technical procedures
- Task, expectations & rules
- Organize Personal goals
- Design
- Evaluating-measuring results

PROCESS: Personal, emotional, interactive

- Cohesion
- Interaction
- Development in phases
- Norms
- Roles

Canalizing spontaneous group dynamic forces





Handling and using processes

TASK: Rational,
instrumental

- Group Goals
- Theoretical method, & technical procedures
- Task, expectations & rules
- Personal goals
- Design/build-up
- Evaluating/measuring results

**PROCESS: Personal, emotional,
interactive, spontaneous, natural**

- **Cohesion**
- **Interaction**
- **Development**
- **Norms**
- **Roles**

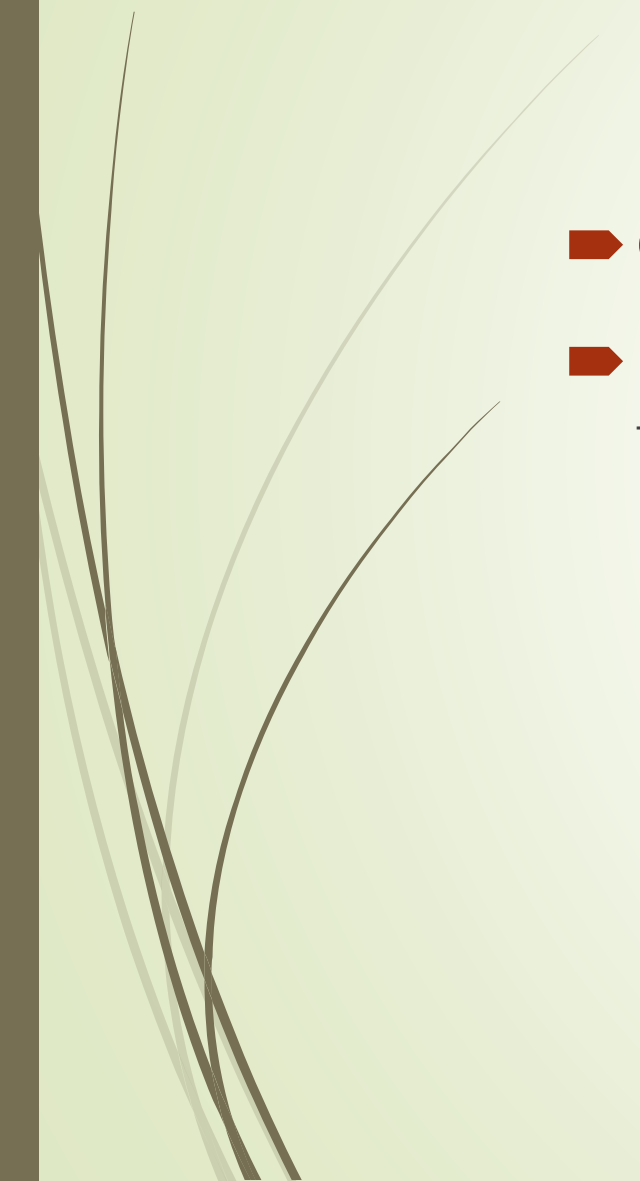
Leading a group: influence

A group therapist is not only a therapist but also a group leader



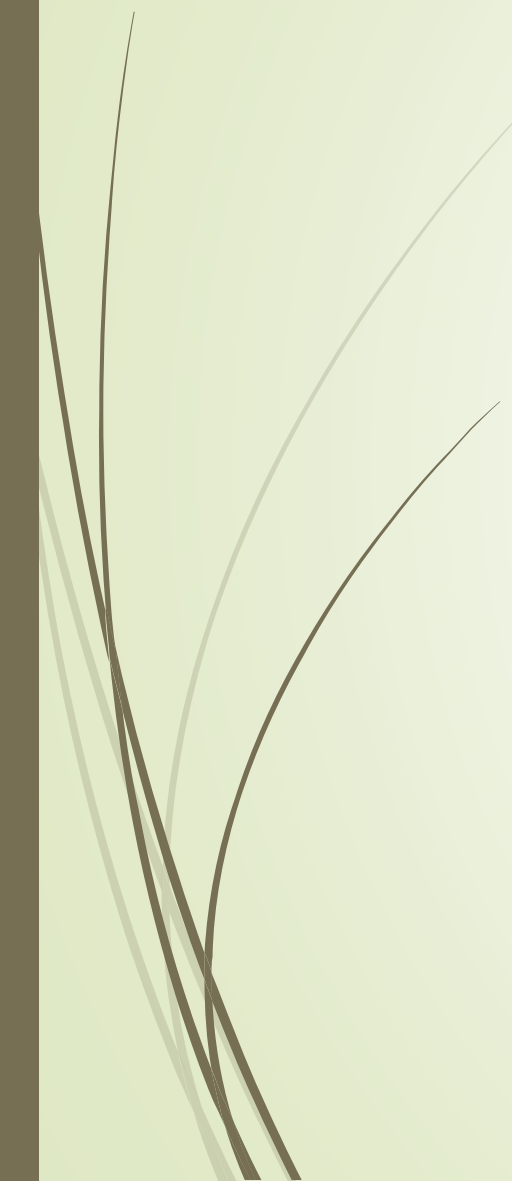



What group therapists do in step 1:

- **Organizational Expert:** Organizing a productive group
 - **Process Athlete:** be familiar with group processes, not only handle them but USE them in service of the task
- 



STEP 2: making the group a basic therapeutic, interactional group

- ▶ Making the group a powerful interactional instrument
 - ▶ Therapeutic factors in group therapy
 - ▶ The group therapist: knowledge, techniques and attitude
- 



Making the group a powerful interactional instrument

- ▶ Patients learn from each other: stimulating productive interaction for all individuals
- ▶ The group as a micro cosmos
- ▶ Translating individual problems, experiences, questions etc to the here and now and make them interpersonal
- ▶ Maximizing interpersonal learning: learning from feedback, modeling, etcetera
- ▶ The corrective emotional experience
- ▶ Changing beliefs about the self and the environment (cognitions) by experiential interactions

Yalom, I.D. & Leszcz, M. (2005).

Leszcz , M. & Malat. J. (2012),

Leszcz, M. (2014).



What do Group Therapists do in step 2:

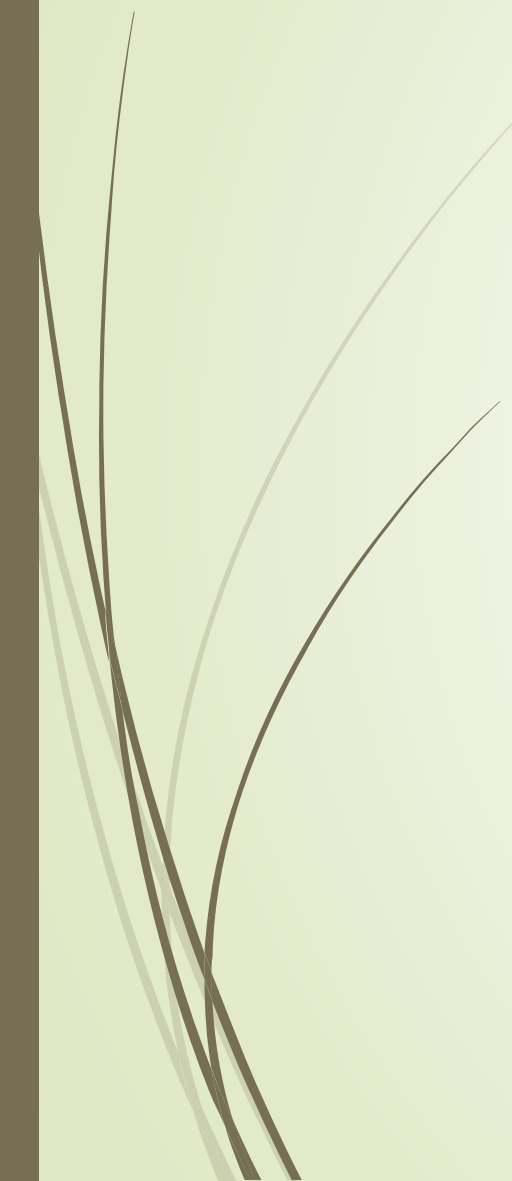
- **Interaction Ballerina:** facilitate interaction and interpersonal learning in the here and now
- **Technique:** Interpersonal therapeutic verbal techniques: bridging, asking for recognition, giving feedback etcetera
- **Attitude&Personality:** the interactive-interpersonal stance, appropriate transparency; being able to be serving

Lieberman, Yalom & Miles Project: in Yalom I.D & Leszcz, M. (2005)

American Group Psychotherapy Association (2007), Practice Guidelines



STEP 3: making the group a specific therapy group

- ▶ Diversity in group treatment
 - ▶ Different group therapies today
 - ▶ The group therapist: integration of interventions
- 



Modern specific group therapy: integration

- A clear target group
- A clear group therapeutic task , using the group processes to support the task
- Using a therapeutic frame of reference, method and technical procedures
- Combining & integrating the method with group dynamics and interpersonal learning
- Organizing interaction in the method
- Dosing the amount of interaction during the therapy



Different group therapies Today: examples

- Schema Focus Group therapy
- Interpersonal Group therapy
- CBT Group therapy
- DBT Group therapy
- MBT-Group therapy
- Psycho Dynamic Group therapy

Bieling, P. j., Mc Gabe, R.& Anthony, M.M. (2006).

Linehan, M, a.o., (1999)

Karterud,, S. (2015).

Yalom I.D & Leszcz, M. (2005)

Farrel & Shaw (2009).

Leszcz , M. & Malat. J. (2012)

Rutan, J. , Stone, W & Shay, J. (2014)



Two short examples

Video Start of a Schema Focus group therapy (Farrell & Shaw video)

Video Short example of a Interpersonal group therapy (Yalom)



What do group therapists do in step 3:

- ▶ Step 1 organize a productive group & use cohesion and other processes for the task & lead the group for safety and result
- ▶ Step 2 Use interpersonal learning
- ▶ Step 3 Be good in the therapeutic method and integrate it with group dynamics and interpersonal learning
- ▶ Flexibility Princess
- ▶ Integrating Queen



Levels and integration of interventions

Group dynamic

- *So you begin to feel safe in this group Jim, and I am glad to hear that because a safe group is the fundament of this therapy*
- *Wow.. thats a wise thing you just said to Roger, Mary*

Interpersonal

- *Is it the same in this group John?*
- *How do you feel now Kim?*
- *Can you say that to Caroll directly Ahmed*

Specific

- *Stop Mary, I think people lose contact with you*
- *What modus do you feel Ron is experiencing now?*
- *Do you have idees about a helping thought for Rachel?*



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