



Professional application of group treatment

Practice Guidelines in the Netherlands

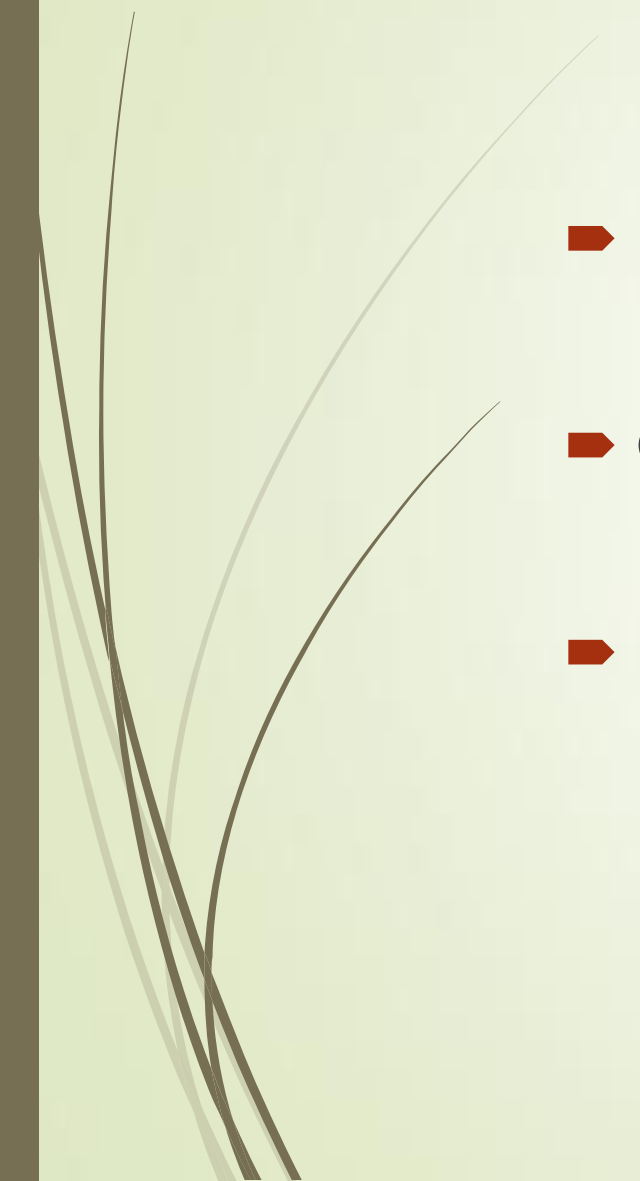
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Content


- Diversity of group treatments: pro's and con's
 - Group as power-station: pro's and con's
 - Practice Guidelines for Group Treatment: what and why
- 




Diversity: pro's

A rich variety of groups treatments

- Methods:
 - Settings:
 - Target groups:
 - Therapists:
- 




Diversity: con's

- ▶ Methods developed and examined in individual+combined format
 - ▶ Therapists have limited knowledge on power of groups and on empirical research
- 




Group as power-station

- Constructive forces
 - Destructive forces
 - Independent of the specific change-theory
- 





Constructive forces (dynamics)

- ▶ Curative factors
 - ▶ Training ground
 - ▶ A slower pace, a more longterm effect
- 



Destructive forces (dynamics)

- Increase of arousal: risk of escalation or stagnation
 - Negative transference
 - Composition: risk of contagion or lack of cohesion
 - Drop-out, push-out, disintegration
 - Problem of continuity
- 



'Doing' a group or 'leading' a group ?


Two examples:

- Research on leadership
- *'Shall we step in ? No, let the guards figure it out, let's see where it goes'*: the Zimbardo-experiment

<https://youtu.be/3XN2X72jrFk> (2.30 m.)




Matrix of interactions

- ▶ Participation in a group treatment is an intense, sometimes frightening experience
 - ▶ Empirical knowledge helps to increase the effectiveness
- 



Practice vs. Treatment Guidelines

- ▶ direction vs. prescription
 - ▶ practice-based vs. method/disorder-based
 - ▶ common factors vs. unique factors
- 




Practice Guidelines

- Guidelines AGPA+NVGP:
 - ✓ integration of scientific research with clinical expertise
 - ✓ evidence based practice



AGPA vs. NVGP

- ▶ Group-dynamic basis more systematically explicated
 - ▶ Interpersonal Model vs. any model
 - ▶ Actual research and (also Dutch) literature
- 



Correct application

The minimum competence (knowledge+skills):

- Theories of Group-Dynamics and Therapeutic Factors
- Combining group-processes with a specific (evidence-based) change-theory adds value and effect
- Awareness of actual research on groups and group-treatment



A tip of the veil: Contents -1

➤ **Part I: Creating a therapy-group**

- ❑ organization of the group
- ❑ selection of patients and composition of the group
- ❑ preparation and pré-therapy

➤ **Part II: Processes in group treatment**

- ❑ therapeutic factors and mechanisms
- ❑ group processes and dynamics: cohesion, interaction, roles, norms
- ❑ developmental phases
- ❑ termination and goodbye




A tip of the veil: Contents -2

► **Part III: The method of group therapy**

- ❑ strategies and interventions
- ❑ decreasing negative effects
- ❑ combining specific methods with group processes
- ❑ multidisciplinary treatment in different settings
- ❑ co-therapy

► **Part IV: Themes**

- ❑ professional ethics and norms
- ❑ measuring effect and monitoring
- ❑ education and training



Take home message

a professional group therapist:

- ▶ not every psychotherapist is able to do group therapy; group treatment is a professional and evidence based competence
- ▶ a professional group therapist has no fear for the forces of a group, but is aware of the risks of a group treatment
- ▶ a professional group therapist launches a 3 step-rocket, and knows
how to organize and to lead a group, and utilize group processes
how to make a group interactional and mobilize group-therapeutic factors,
how to make a group a specific therapy-group
- ▶ a professional group therapist has a situational leadership-style: is able to adapt his leadership-style to the needs appropriate to group-developmental phases
- ▶ 'With group treatment you go slower but come further'



Literature



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