

# GROUP PSYCHOTHERAPY

A PEER-FOCUSED APPROACH



Richard A. Hogan

# Group Psychotherapy A Peer Focused Approach

**Steinar Lorentzen**



## **Group Psychotherapy A Peer Focused Approach:**

Group Psychotherapy Richard A. Hogan, 1980

**Group Psychotherapy with Addicted Populations** Philip J.

Flores, Jeffrey Roth, Barney Straus, 2023-06-09 This newly updated and streamlined edition of *Group Psychotherapy with Addicted Populations* provides proven strategies for combating alcohol and drug addiction through group psychotherapy. The interventions discussed in the book build on a foundation of addiction as an attachment disorder rooted in the understanding of addiction as a family disease. An appreciation of group and organizational dynamics is used to address the complex experience of developmental trauma that underlies addiction. Having identified the essential theoretical underpinnings of supporting recovery from addiction in Part One, the second half of the book gives a thorough nuts and bolts description of constructing a psychotherapy group and engaging productively in the successive phases of its development from initiation of treatment to termination. The book concludes with specific recommendations for group psychotherapists to increase their competence with groups, deepen their appreciation of group and organizational dynamics, and develop a community of support for their own well-being. These methods are important for psychotherapists working with addicted populations who are inexperienced with group psychotherapy as well as seasoned group psychotherapists wishing to enhance their work.

*Group Psychotherapy with Addicted Populations* Philip Flores, Bruce Carruth, 2013-05-13 In this newly revised edition Philip J. Flores, a highly regarded expert in the treatment of alcoholism and in group psychotherapy, provides you with proven strategies for defeating alcohol and drug addiction through group psychotherapy. For the first time, practical applications of 12-step programs and psychodynamic groups are jointly explored, jointly explained, and jointly brought into therapeutic use. You will examine the constructive benefits of group therapy to chemically dependent individuals, opportunities to share and identify with others who are going through similar problems, to understand their own attitudes about addiction by confronting similar attitudes in others, and to learn to communicate their needs and feelings more directly. *Group Psychotherapy with Addicted Populations* covers the key areas of group psychotherapy for chemically dependent persons, including alcoholism, addiction, and psychodynamic theories of addiction. Alcoholics Anonymous and group psychotherapy use of confrontational techniques in the group, inpatient group psychotherapy, characteristics of the leader, transference in the group, resistance in groups, preparing the chemically dependent person for group, the curative process in group therapy. Along with his powerful chapters that emphasize the positive and constructive opportunities group psychotherapy brings to the chemically dependent individual, Flores has added these new sections: integrating a modern analytic approach, a discussion of object relations theory, group psychotherapy, AA and twelve-step programs, diagnosis and addiction treatment, treatment issues at early, middle, and late stages of treatment, a discussion of guidelines and priorities for group leaders, countertransference, special considerations of resistance to addiction, termination of treatment. Those working in group therapy will find this expanded second edition a valuable resource for better recognizing and serving their group members.

needs and they will feel a sense of fulfillment as Flores reaffirms the positive effects of group psychotherapy *Current Catalog* National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 *A Pragmatic Approach To Group Psychotherapy* Henry Spitz,Susan Spitz,2013-06-17 Published in 1998 A Pragmatic Approach To Group Psychotherapy is a valuable contribution to the field of Psychotherapy *Oxford Textbook of Psychotherapy* Glen O. Gabbard,Judith S. Beck,Jeremy Holmes,2007 With the publication of this book psychotherapy finally arrives at the mainstream of mental health practice This volume is an essential companion for every practising psychiatrist clinical psychologist psychotherapy counsellor mental health nurse psychotherapist and mental health practitioner It is integrative in spirit with chapters written by an international panel of experts who combine theory and research with practical treatment guidelines and illustrative case examples to produce an invaluable book Part One gives a comprehensive account of all the major psychotherapeutic approaches Parts Two and Three systematically describe psychotherapeutic approaches to the major psychiatric disorders and personality disorders Many chapters are multi authored and describe the psychodynamic cognitive behavioural and other approaches for treating these illnesses Part Four examines applications and modifications of psychotherapy across the lifecycle Part Five describes psychotherapy with specific populations such as medical patients and those where gender is an issue and finally Part Six tackles some of the special topics of concern to psychotherapists including ethics legal issues and psychotherapy and neuroscience The first of its kind this is a must have volume for all trainee and practising psychological therapists whatever their background psychiatry psychology social work or nursing

Comprehensive Index of Group Psychotherapy Writings Bernard Lubin,1987 Comprehensive worldwide bibliography of 13 304 entries to literature published between 1906 80 Main sources were Psychological abstracts Cumulated index medicus Sociological abstracts and Dissertations abstracts international Alphabetical arrangement by authors Contains a list of cited journals Subject index **Focused Group Analytic Psychotherapy** Steinar Lorentzen,2022-03-14 This practical text lays out a new form of focused time limited group analytic psychotherapy built on new and existing research and integrating clinical experience from across the field Presented in three parts Focused Group Analytic Psychotherapy clearly introduces the therapeutic approach fully explores all the elements involved from considering suitable patients to composing the group and the role of the therapist and provides an in depth examination of clinical quality assurance research and the integration of supervision Peppered with examples and vignettes from carefully designed research by the author and others the chapters demonstrate how this approach can be used in group therapy with patients facing specific psychological problems symptomatic distress and or a problematic relationship to self or others This book will be an essential guide for psychotherapists who have primarily focused on individual psychotherapy and who want to learn more about groups and to those including group analysts who have experience with long term groups and want to learn more about time limited groups

Theoretical Models of Counseling and Psychotherapy Kevin A. Fall,Janice Miner Holden,Andre Marquis,2017-02-17 The

third edition of *Theoretical Models of Counseling and Psychotherapy* provides a comprehensive overview of a variety of major counseling theories and focuses on the integration of different theoretical models. With new information on multiculturalism, diversity, and cutting edge theories such as psychosynthesis, the book offers a detailed description of the philosophical basis for each theory as well as historical context and biographical information on each theory's founder. Chapters include new case excerpts and clinical examples, and each chapter follows a consistent structure in its exploration of each theory's features including its approach to and ideas on personality development, human nature, the role of environment, the change process in therapy, and contributions and limitations to the mental health field. Theory-specific information on diagnosis, psychopharmacology, spirituality, and gender issues is also discussed, and the book is accompanied by a companion website where professors and students will find exercises and course material that will further deepen their understanding of counseling theory and allow them to easily bridge classroom study to future practice. Available for free download for each chapter: PowerPoint slides and a testbank of 21 multiple choice questions.

*Encyclopedia of Clinical Child and Pediatric Psychology* Thomas H. Ollendick, Carolyn S. Schroeder, 2012-12-06. The *Encyclopedia of Clinical Child and Pediatric Psychology* for children, adolescents, and their families with a focus on Psychology is intended to be an authoritative and comprehensive resource that provides up-to-date information on a broad array of problems and issues related to behavioral and family problems of children. Of particular importance to clinical child psychologists is an understanding of the basic psychological needs of children and the social contexts that influence child development. It is designed to be of particular interest and use to laypersons, parents, and grandparents, and undergraduate and graduate students in training as well as diverse medical professionals who live with and/or concern for the clinical child psychologist work with young persons but who have limited information on a particular topic. Inasmuch as the scope of child psychology is interested in the psychological needs of children, clinical child and pediatric psychology is extensive, but the focus is on the psychosocial aspects. A range of topics is included that cover typical and atypical development and adjustment, thus typical and atypical graduate students in training as well as diverse medical development and the impact of life stresses are of interest to mental health professionals who live with and/or concern for the clinical child psychologist work with young persons but who have limited information on a particular topic. The specialty of pediatric psychology like clinical child and pediatric psychology is extensive, but the focus is on the psychosocial aspects. A range of topics is included that cover typical and atypical development and adjustment, thus typical and atypical graduate students in training as well as diverse medical development and the impact of life stresses are of interest to mental health professionals who live with and/or concern for the clinical child psychologist work with young persons but who have limited information on a particular topic.

**Evidence-Based School Counseling** Greg Brigman, Elizabeth Villares, Linda Webb, 2017-10-05. *Evidence-Based School Counseling* presents a unique method for training graduate students to become effective school counselors that is presented in a Tell-Show-Do-Coach approach to instruction and reflective of ASCA CACREP and CAEP standards. This method is based on three interrelated components: a) the ASCA National Model especially its Mindsets Behaviors for Student Success and its related student competencies; b) the extensive research base associated with social emotional learning (SEL), non-cognitive factors, and college/career readiness; and c) evidence-based programs tied to this research base and suited to school counselor implementation. The text highlights how the new ASCA Mindsets Behaviors for

Student Success have been modeled after this research base and provides resources for school counselors to find evidence based programs and interventions connected to this research Evidence Based School Counseling provides extensive practice and coaching so students can arrive at practicum and internship feeling confident and they can hit the ground running as they start their careers

**Generalist Social Work Practice** John Poulin, Selina Matis, Heather Witt, 2025-03-13 A competency based approach to generalist social work practice that integrates an anti oppressive perspective and foundational practice principles Generalist Social Work Practice A Competency Based Approach aligns with the nine professional social work competencies defined by the Council on Social Work Education's CSWE 2022 Educational Policy and Accreditation Standards EPAS and is fully revised to incorporate the latest updates This textbook offers a comprehensive chapter by chapter exploration of each competency and covers all areas of social work practice including theory ethics human rights social justice and interventions at micro and mezzo levels Generalist Social Work Practice integrates the critical themes of anti racism diversity equity and inclusion ADEI to ensure future social workers engage thoughtfully and competently in diverse settings New to the Second Edition Explicit focus on generalist social work practice Integration of anti oppressive practice principles into the generalist model Alignment with CSWE 2022 EPAS Combined assessment and intervention content across chapters Introduction of a new chapter on evaluation Enhanced ADEI content throughout the book Key Features Provides comprehensive coverage of generalist practice with individuals families groups organizations and communities Explores the nine CSWE professional competencies Incorporates social justice perspectives into practice models Offers extensive case examples ADEI reflection questions and chapter summaries Includes QR Codes that link to supplemental videos for enriched learning Provides online instructor resources such as electronic presentations discussion questions and grading rubrics Presents a student friendly writing style to encourage engagement and understanding

**Animal-Assisted Therapy in Counseling** Cynthia K. Chandler, 2017-02-17 The third edition of Animal Assisted Therapy in Counseling is the most comprehensive book available dedicated to training mental health practitioners in the performance of animal assisted therapy in counseling AAT C New to this edition is discussion of the human animal relational theory a new theory dedicated to the practice of AAT C This edition also has added applications for supervision and includes the most recent research and practice Consistent with previous editions a variety of animal assisted interventions are described with case examples provided in a variety of settings with different types of animals This unique resource is an indispensable guide for any counselor or psychotherapist looking to develop and implement AAT techniques in practice

**Practical Approaches in Treating Adolescent Chemical Dependency** Paul B Henry, Bruce Carruth, 2019-07-23 Here at last is a comprehensive volume on the often ignored but vitally important subject of care for the chemically dependent adolescent The most current treatment approaches are included all focused on the unique needs of this population For the first time a book on adolescent chemical dependence illustrates in a practical way the major issues of on going care from intervention and

assessment through aftercare and relapse Written by professionals who have worked extensively with chemically dependent youth Practical Approaches in Treating Adolescent Chemical Dependency will be appreciated by all in the field of chemical dependency administrators treatment directors and certified addictions counselors as well as by social workers family therapists school guidance counselors and student assistance personnel BACKCOVER COPY The treatment of alcoholism and drug use is a relatively young field that has developed only in the past 25 years And as most of the expertise efforts and money have been targeted toward the chemically dependent adult population the use and abuse of substances among young people has skyrocketed Here at last is a comprehensive book on the often ignored but vitally important subject of care for the chemically dependent adolescent The most current treatment approaches are included all focused on the unique needs of this population For the first time a book on adolescent chemical dependence illustrates in a practical way the major issues of on going care from intervention and assessment through aftercare and relapse Written by professionals who have worked extensively with chemically dependent youth Practical Approaches in Treating Adolescent Chemical Dependency features a comprehensive overview of the dynamics of adolescence and the destructive impact that chemicals have upon kids a description of adolescents who are at risk for chemical dependency guidelines for making accurate assessments of chemically dependent adolescents successful programs and interventions that involve communities schools and families special insights into treating chemically dependent minority youth a review of the stages of recovery adapted to the developmental needs of adolescents a look at support groups that best facilitate the recovery process among adolescents much more

**Diagnosis and Treatment Planning in Counseling** Linda Seligman, 2004-07-14 Key features of the third edition An overview of the changing face of counseling from emerging employment opportunities to core competencies for counselors and trainers A broad range of qualitative and quantitative assessment tools with guidelines for their selection and interpretation A thorough review of the current edition of the Diagnostic and Statistic Manual of Mental Disorders including strategies for multiaxial assessment The DO A CLIENT MAP a comprehensive structured approach to treatment planning Expanded coverage of individual family and group interventions An updated chapter on documentation report writing and record keeping with sample reports and forms Brand new chapters on career and organizational development counseling and ethical standards for counselors A predictions chapter identifying trends most likely to influence the future of the field Case studies models and examples throughout

**Handbook of Group Counseling and Psychotherapy** Janice L. DeLucia-Waack, Cynthia R. Kalodner, Maria Riva, 2013-12-02 The most comprehensive and thoroughly researched text available on this topic Handbook of Group Counseling and Psychotherapy Second Edition underscores the notion that group work is improved through increased collaboration between researchers and practitioners Edited by renowned leaders in the field this thoroughly updated and revised Second Edition explores current literature and research and offers suggestions for practice in psycho educational counseling and therapy groups The Handbook is divided into five main sections current and historical

perspectives best practices multicultural and diverse groups groups in special settings and an introduction to special topics

**A Practical Approach to Trauma** Priscilla Dass-Brailsford, 2007-02-14 A Practical Approach to Trauma Empowering Interventions provides trauma counselors with effective guidelines that enhance skills and improve expertise in conducting empowering therapeutic interventions Taking a practitioner's perspective author Priscilla Dass Brailsford focuses on practical application and skill building in an effort to understand the impact of extreme stress and violence on the human psyche provides trauma counselors with effective guidelines that enhance skills and improve expertise in conducting empowering therapeutic interventions Taking a practitioner's perspective author Priscilla Dass Brailsford focuses on practical application and skill building in an effort to understand the impact of extreme stress and violence on the human psyche

**Career Counseling Across the Lifespan** Grafton T. Eliason, Jeff L. Samide, John Patrick, Trisha Eliason, 2014-03-01 Career Counseling Across the Lifespan Community School and Higher Education is the latest volume in the Issues in Career Development Book Series edited by Grafton Eliason John Patrick and Jeff Samide from California University of Pennsylvania The purpose of Career Development Across the Lifespan is to provide a broad and in depth look at the field of career development as it applies to individuals involved in all areas of community counseling school counseling and higher education The book will examine some of the field's major theories themes approaches and assumptions using the writings of a variety of regional and international experts Specific emphasis is spent examining issues reflective of today's challenges in developing and maintaining a workforce that is diverse flexible and efficient Readers will be provided with an action based framework built on the best available research information This text book is truly the culmination of 8 years work compiling comprehensive studies from three previous volumes and updating key concepts in career counseling with the most contemporary theories and innovations We examine three primary domains of career counseling throughout all of the developmental stages of the lifespan community schools K 12 and higher education We include a specific focus on career history and theories to prepare students for both the counseling environment and for national exams leading to certification and licensure such as the NCE National Counseling Exam We also include cutting edge research on contemporary topics including such areas as military careers life after the military athletics individuals with disabilities or special needs career counseling in our current socio economic environment and current technologies such as virtual counseling In addition we have added case studies and key terms as study guides at the end of each chapter We are fortunate to include many recognized experts in the field of career counseling Career Counseling Across the Lifespan Community School and Higher Education is a comprehensive text written to address the broad needs of career counselors educators and students today

**Psychiatry: An evidence-based text** Bassant Puri, Ian Treasaden, 2009-11-27 Succinct user friendly thoroughly referenced and prepared by leading experts in the field this book is the only single textbook you will need to succeed in the Royal College of Psychiatrists MRCPsych and other related higher examinations Chapters follow the structure and syllabus of



the examination ensuring that you receive the necessary essen      Strengths-Based School Counseling JohnP. Galassi, 2017-07-05 Despite calls for a more preventive and developmental mode of functioning school counseling has tended to be driven by a reactive and sometimes crisis orientation Like social workers and school counseling and clinical psychologists school counselors typically function to alleviate deficits often in a small percentage of the students they serve Although this orientation has served school counselors well in many instances it is not empowering it does not serve all students and it does not replace those deficits with the type of positive characteristics and abilities that schools are attempting to develop This is the first book to provide a comprehensive look at the theory research and intervention strategies that comprise a strengths based developmental approach to school counseling In keeping with ASCA recommendations the Strengths Based School Counseling SBSC framework discusses academic personal social and career development outcomes for all students at the elementary middle and secondary school levels Other key features include integrative framework SBSC builds upon contemporary research from a variety of areas school counseling developmental psychology school psychology education positive psychology resiliency and social work evidence based interventions detailed examples of successful evidence based interventions and environments are presented at the elementary middle and high school levels for each major developmental area academic personal social and career identified in ASCA s National Model readability and pedagogy beautifully written the text includes lists of key points tables of student strengths illustrative examples and student exercises

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