Theoretical Approaches

Gestalt Group Therapy

- Gestalt is a German word for whole or configuration and Gestalt therapy is concerned with the foreground and background and the meeting of needs.
- If a need is met it moves into the background and a new need takes its place in the foreground.
- One assumption is that the way a group member deals with his or her world in reenacted in the way the group member deals with the group.
- The personality is considered to be multilayered, made up of the cliché, role-playing, impasse and implosive/explosive layers.
Theoretical Approaches

Gestalt Group Therapy

- The group leader facilitates and uses his or her awareness to give feedback regarding group members’ perceptions, attitudes and feelings.

- Group members are kept in the “here and now.”

- Group members are encouraged to take responsibility for themselves and be how they are in the present in order to change.
Theoretical Approaches

Gestalt Group Therapy

Techniques:

- **Experiments:** These are intended to increase self-awareness and self-expression and intensify contact.

- **Exercises:** These are therapist directives and comprise of tasks given to group members.

- **Rules:** These include the principle of the now, *I and the, It language and I language, Use of the awareness continuum, No gossiping, and Asking questions.*

- **Games:** These include *Games of dialogue, Making the rounds, Unfinished business, I take responsibility, I have a secret, Playing the projection, Reversal and many more.*
Person-Centered Group Therapy

- The role of the group leader is to create a climate of trust and genuineness whereby the group and group leader can enter into a creative process.

- The group leader uses empathic listening to understand the verbal and nonverbal messages of individual group members.

- The goal is to help group members become congruent and self-actualized.
Person-Centered Group Therapy

- The group leader facilitates the natural capacity and tendency of the individual to self-actualize.
- The group leader is willing to be changed by the group experience and this is what characterizes this approach and makes it different from all others.
- There are no techniques associated with person-centered group therapy but the therapist uses empathy, unconditional positive regard, and congruence.
Theoretical Approaches

Person-Centered Group Therapy

Rogers believed that in order to therapy to be successful, certain conditions needed to be met. These are:

- Client and therapist are in psychological contact.
- The client must be experiencing some anxiety, vulnerability or incongruence.
- The client must receive the conditions offered by the therapist.
Theoretical Approaches

Group Logotherapy

- This is more educationally based and group leaders may spend some portion of time doing mini-lectures.
- Looks at the meaning in group members lives.
- The leader of logotherapy provides: Structuring, mirroring, focusing, nudging, linking, sharing and challenging skills.
- Group leaders attend to the unconscious decisions made by group members through verbal or nonverbal means.

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Theoretical Approaches

Group Logotherapy

Techniques:

- **Paradoxical intention**: The client is encouraged to intensify symptoms.

- **Dereflexion**: Clients are encouraged to cease focusing on their symptoms.

- **Logopilosophy**: Teaches the acceptance of pain, guilt and death.
Cognitive-Behavioral Group Therapy

- The assumption is that most people come to therapy because they are doing things that make them unhappy or are behaving in ways that cause problems in their lives.

- Emotional problems come from what people are doing or because of what they think and believe.

- People are the way they are because of what they have learned.

- Behaviorists are focused on what maintains the behavior.
Cognitive-Behavioral Group Therapy

- Assessment is a primary function of cognitive behavioral group therapy. The cognitive, behavioral and affective components of the problem are explored.

- The therapist’s role is to expect and reinforce change. The therapist normalizes problems and also break them into manageable tasks.

- Cognitive-behavioral group leaders might use bibliotherapy and audio or video taping to help with therapy.
Theoretical Approaches

Cognitive-Behavioral Group Therapy

Techniques:

- Problems are identified and interventions are designed specifically for that problem. Examples of some types of interventions include:

  Social skills training
  Cognitive restructuring
  Systematic problem solving
Psychoanalytic-Based Group Therapy

Psychoanalytic theoretical perspectives:

- **Drive Theory**: Drives are what motivate people and lead them to act.
- **Ego Psychology**: The attributes of ego help regulate the struggle between reality and pleasure and the person is an active agent.
- **Object Relations**: Focuses on how the child unconsciously and consciously views his or her interpersonal world.
- **Self-Psychology**: One must love the self before one can love others.
Theoretical Approaches

Psychoanalytic-Based Group Therapy

The psychoanalytic group leader:

- Frequently calls attention to processes that represent the group as a whole.
- Activates and mobilizes that which is latent.
- Analyzes and interprets process and content.
- Brings out repressed tendencies, resistances and transference reactions.
Theoretical Approaches

Psychoanalytic-Based Group Therapy

Techniques:

- Different techniques or interventions will be used depending upon the psychoanalytic theoretical perspective used. Three common ones used:

  - Free Group Association: Each member looks at every other member and says the first thing that comes to mind.
  - Dream Analysis: Interpretation of dreams and how it relates to the unconscious.
  - Recognition of Unconscious Role Enactments: Strategies intended to focus on transference issues are used to foster therapeutic change.
Theoretical Approaches

Reality Therapy

- Helps people become more reality based in their perceptions and behavior.

- Group members are challenged to examine their choices and evaluate whether or not what they are doing works for them.

- The group leader takes an active and directive role.
Theoretical Approaches

Reality Therapy

Questions to be asked in group:

- What are you doing?
- What are the consequences for your behavior?
- Is this getting you what you want?
- Would you like to do differently?
- What is stopping you for doing things differently?
- What will you do in the future?

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