



Introduction to Group Therapy: A Practical Guide (Advances in Psychology and Mental Health) [Hardcover]

Scott Simon Fehr

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Introduction to Group Therapy: A Practical Guide is designed to help you understand the extraordinary effect group therapy provides in helping to relieve human suffering. Practical and at times humorous, this book combines theory, practice, and practical suggestions in areas that are rarely covered in academic settings such as the problematic client, the setting for your group sessions, a group contract, and several group therapy approaches. A plethora of information is offered for graduate students and practicing clinicians. Introduction to Group Therapy will give students and clinicians a solid direction, eliminating feelings of disorientation when starting groups. In this excellent text, you'll explore several areas of group therapy to help you alleviate your clients' suffering, including:

- the history of group therapy
- how to set up your office
- internship, practice, and residency transference
- forum dialogues with senior clinicians
- discussions about the group therapy circle
- the physical representation of group
- contemporary issues in group therapy
- problematic clients

Thorough, well-organized, and based on first-hand accounts, this book is also a great resource for experienced clinicians who need proven and expert advice from colleagues in the field. Introduction to Group Therapy effectively combines theory and practical suggestions in one volume to help you offer improved therapy to clients.

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