



Introduction to Group Therapy: A Practical Guide, Second Edition (Advances in Psychology and Mental Health)

Scott Simon Fehr

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Provides a solid foundation for anyone interested in group therapy!

Introduction to Group Therapy: A Practical Guide, Second Edition continues the clinically relevant and highly readable work of the original, demonstrating the therapeutic power group therapy has in conflict resolution and personality change. This unique book combines theory and practice in a reader-friendly format, presenting practical suggestions in areas rarely covered in academic settings. A proven resource for introductory and advanced coursework, the book promotes group therapy at the grassroots level-students-where it has the most opportunity to be put into effect.

Introduction to Group Therapy: A Practical Guide, Second Edition expands on issues presented in the book's first edition and introduces new information on topics such as the historical beginnings of group therapy, theories, modalities, practical issues of how to set up an office for an effective group environment, surviving your training sites, problem clients, contemporary issues drawn from online discussion, and developing a group practice. The book also includes case studies, review questions, a glossary, appendices of relevant topics, and an extensive bibliography.

Changes to Introduction to Group Therapy: A Practical Guide include:

- the expansion of “A Case Study” into two chapters to include analysis from 17 senior clinicians
- a new chapter on group therapy as a negative experience
- a new chapter on group psychotherapy as a specialty
- new material on self-protection
- new material on the training site and the problematic client
- and much more!

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