



# Introduction to Group Therapy

*Virginia M. Brabender*

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# Introduction to Group Therapy

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**Introduction to Group Therapy** Virginia M. Brabender  
A practical and balanced guide to effective group therapy

In this up-to-date text, Dr. Virginia Brabender provides balanced coverage of the major treatment approaches and provides a solid background of both why and how effective group therapy is practiced. Writing in a conversational style augmented with many instructive case studies, she covers the key aspects of group therapy, from group planning to termination, and all points in between. Providing a balance of theory, contemporary applications, and personal insight, Dr. Brabender explores four major treatment approaches—interpersonal, psychodynamic, cognitive-behavioral, and problem-solving—and weighs their various advantages and disadvantages in treating a range of problems in a variety of settings.

Introduction to Group Therapy:

- \* Covers all practical aspects of planning, organizing, and managing a therapy group
- \* Summarizes the latest research into group therapy theory and practice
- \* Addresses mistakes commonly made by therapists new to group therapy and offers expert advice on how to avoid making them
- \* Describes how therapists can be effective in short-term group therapy
- \* Explores legal and ethical issues that can arise in group therapy
- \* Provides self-assessment methods along with proven solutions for refining techniques
- \* Presents empirically validated strategies for handling difficult patient populations—such as acute inpatient clients—and treatment settings, including correctional facilities



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