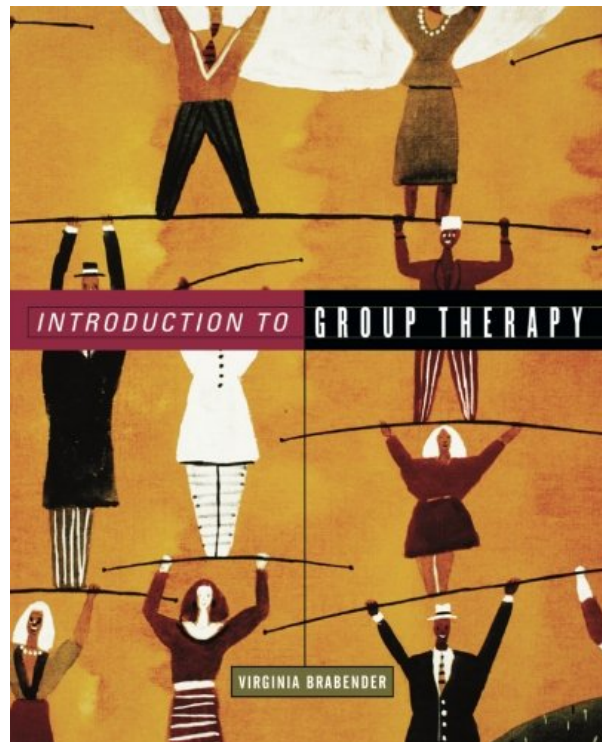
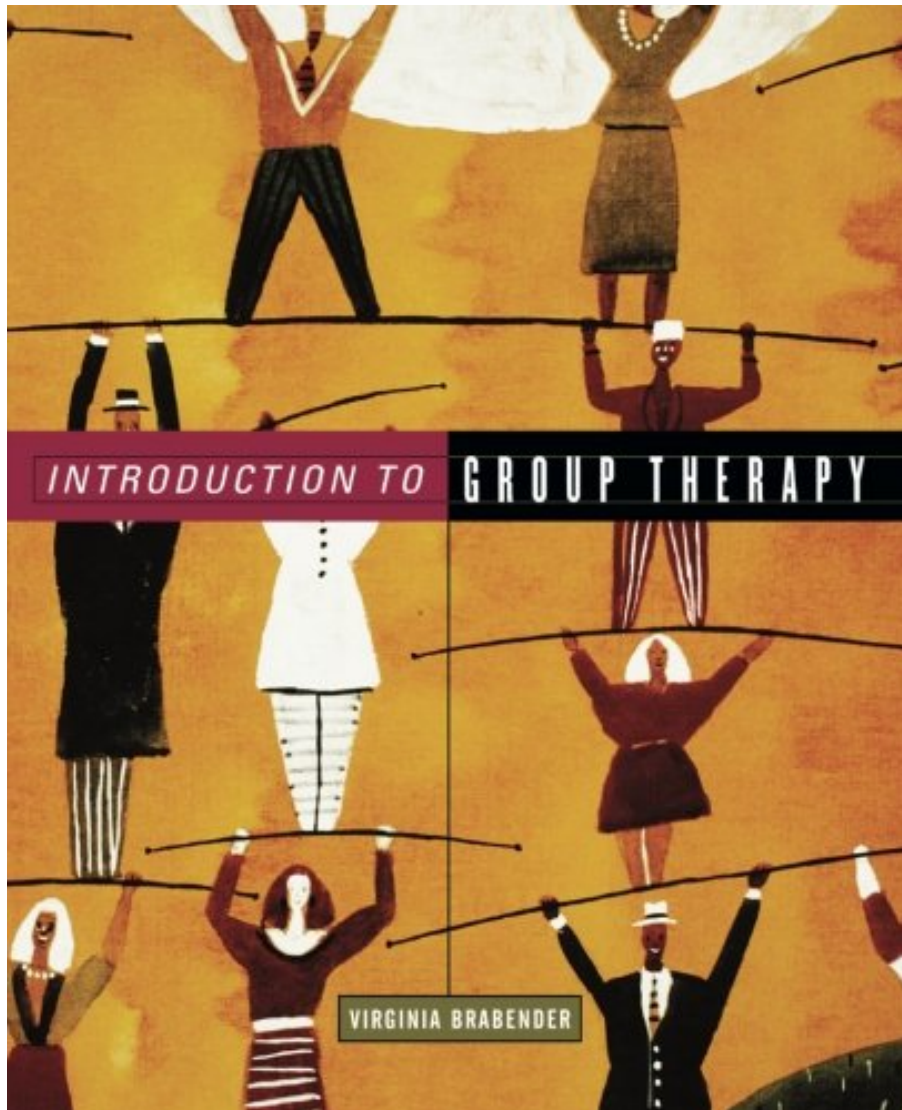


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Review

This is a very fine and rich introduction to group therapy that I would gladly recommend to anyone teaching about or wanting to learn about group therapy or the nature of groups. (Cecil E. Rice, Contemporary Psychology APA Review of Books, 2004, Vol. 49, No. 5)

From the Back Cover

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.

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About the Author

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A must use!

By E. Bartoli

Dr. Brabender's textbook makes teaching an introductory course on group psychotherapy (to clinical psychology students who are often not positively inclined towards groups) look easy! In her book, she walks students through the process of building and leading a psychotherapy group step-by-step. She introduces students to a number of major theoretical backgrounds and invites them to think widely and critically about how to purposefully put together the crucial ingredients of a therapy group (e.g., structure of leadership, selection of group members, adoption of a theoretical framework). Dr. Brabender also offers a thorough review of the existing empirical evidence on the effectiveness of the various therapy modalities she describes. The book is clearly written and each concept comes alive through the numerous vivid and dynamic clinical examples present throughout the book. I should add that the textbook comes with an extremely helpful instructor manual, filled with experiential exercises, discussion questions, video suggestions, role-plays as well as test questions. A must use for masters and doctoral students who are being exposed for the first time to the world of group psychotherapy through any field!

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