



Variations on Teaching and Supervising Group Therapy

Karen G Lewis

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Learn effective techniques for teaching and supervising group therapy. This unique new volume brings together teaching and supervisory models for a host of theoretical orientations, including psychodynamic, family systems, psychodrama, gestalt, and transactional analysis. *Variations on Teaching and Supervising Group Therapy* is essential reading for mental health professionals

- who currently conduct groups but who lack the specialized training for becoming a supervisor
 - who currently teach group therapy from one theoretical orientation and want to learn about other modalities
 - who teach academic courses on group therapy and want to expose students to a broader perspective of group modalities than the usual one or two models--psychoanalytic and activity groups--usually taught in schools
- The contributing authors are social workers and professionals from other disciplines who represent a cross section of the teachers of the various types of groups being conducted in the United States today. They describe an exciting array of teaching formats--one-day workshops, semester-long courses, year-long training programs, weekly supervision sessions, and outside consultation--and settings, including family service agencies, child guidance centers, short-term health maintenance organizations, freestanding group training institutions, and private practice. Some of the highlights of this practical book include
- an examination of the most commonly used format in group therapy today--psychodynamics
 - a demonstration of using family systems theory to understand the group therapy participants and process
 - the key concepts and history of psychodrama
 - the key concepts and basic aspects of a gestalt training program for practicing therapists
 - strategies for teaching social work students
 - a look at the skills needed for conducting group therapy with children
 - a model for training therapists who conduct short-term groups

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