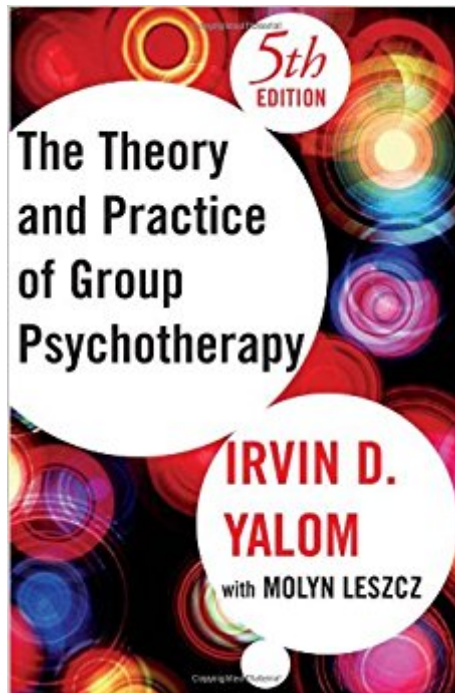


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# The Theory And Practice Of Group Psychotherapy, Fifth Edition



## Synopsis

In this completely revised and updated fifth edition of group psychotherapy's standard text, Dr. Yalom and his collaborator present the most recent developments in the field, drawing on nearly a decade of new research as well as their broad clinical wisdom and expertise. Among the significant new topics: Online therapy Specialized groups Ethnocultural diversity Trauma Managed care Plus hundreds of new references and clinical vignettes

## Book Information

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## Customer Reviews

I love reading Yalom. He makes group therapy concepts flow like a river. I would give this as a gift to every student of psychology, psychiatry, nursing, social work, that I know. Not having won the lottery, I am thrilled to have it in my own library.

Cristal clear, authentic, proficient, interpersonal aproach.I read the book 10 - 12 hours per day, almost without pause.Useful in all paradigms. The therapeutic factors are : instillation of hope,universality, imparting information, altruism, corrective recapitulation of thr primary family group. The comparative value of the clients'and therapists' views are very usefully presented.Working in the Here-and-Now, positive and negative catharsis ( with corrective interpretation),and the liaison with other books of professor Yalom, are only a few ideas of this great book. I recommand it for student, teachers and everyone interested in personal development.Jean Boutiere

Yalom has vast knowledge and experience with group therapy, and in this book he imparts it to neophyte counselors in a logical and detailed format. He carefully explains the therapeutic value of a group, the factors necessary to facilitate change, and the role of the therapist. He emphasizes the here-and-now focus, and how group members create a social microcosm of their life within the therapy group. Yalom advises on practical matters, like the selection of clients and the creation of the group. He then carefully explores the stages that groups move through, and some problem members that one could encounter. The drawbacks of this volume include the length - it is excessively long (they could cut chapter 9) due to the verbosity of the author. I had to look up several words and phrases that I was unfamiliar with, and I have to admit, some pages bored me. Nevertheless, for a text, this is a great book. I read every page, to the end, even the unassigned chapters. I'll keep this in my library for reference, and I hope to be able to refer to it repeatedly.

This book was a required reading for one of my classes at school. I am familiar with Yalom's work after he became an author of more popular literature (*The Gift of Therapy*, *Love's Executioner*, etc.) so I was half expecting this book to be written in the same style. It is written like a text book. At times, you can see Yalom's personality coming through, but most of it is dry and rather unemotional. However, this book is still edifying and (while not entertaining) easily read.

This book was written ages ago, but it is still useful. I don't much care for the history of inpatient group therapy, but the examples and suggestions helped me understand that inpatient group is limited and is for the purpose of getting them used to groups after they discharge into an IOP program. This helped me become a better group therapist. I lent it to so many people at my work that I never ended up getting it back.

Every time I pick up a Yalom book I ask myself why I have waited so long to read another one. His books are a pleasure to read and speak to people on all levels of experience and expertise. The title of this book says it all and is the perfect book for someone who will be working in an inpatient setting. This is a must-read for all professionals working with this population and speaks to the challenges and frustrations of this environment.

*The Theory and Practice of Group Psychotherapy* by Irwin Yalom is one of the best books available on Group Psychotherapy. You will learn about group psychodynamics and how to move the group

forward in a positive direction. This is a wonderful book for psychiatrists to read. It is very well written and easy to understand. I give it a 5 star Excellent rating. By Gregg L. Friedman MD, Psychiatrist, Hallandale Beach, FL

Excellent as usual for Yalom: deeply self-conscious and self-confident in describing purely ethical, analytic techniques in inpatient group therapy. Tellingly, this was the only complete reference to inpatient group therapy that I could find. And to think of the commonality of group therapy practices on inpatient wards!

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