

Chapter Key People

CHAPTER 4

Group Work: Theories and Applications

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Chapter Key Terms

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Adlerian theory
Gestalt theory
Leader role variables
Member role variables
Outcome variables
Person-centered
Process variables
Psychodrama
Rational–emotive behavior theory
Transactional analysis
Fictional goals
Birth order
The family constellation/atmosphere
style of life
Humanistic
Holistic
Phenomenological
Teleological
Field theoretical
Socially oriented
Operational
Cliche layer
Phony layer
Impasse layer
Implosive layer
Explosive layer
Organismic valuing process
Introjecting
Conditions of worth
Core conditions
Psychological contact
Incongruence
Unconditional positive regard
Self demandingness
Other demandingness
World demandingness
Metadisturbances
A-B-C-D-E model
Cognitive–explicatory
Evocative–emotive

Behavioristic–active–directive
Redecision
Rescripting
Parent ego state
Adult ego state
Child ego state
Rackets
Theater of Spontaneity
Immediacy
Tele
Catharsis
Relationship variables
Leader role variables
Member role variables
Process variables
Outcome variables
Relational Gestalt therapy
Floating Hot Seat
Dialoging with self and others
Dual Focused Gestalt Work
Playing the Projection
Repetition Game
Let the Little Child Talk
Dream Work
Empty Chair or Two Chair Strategy
Making the Rounds
Unfinished business
Fantasy approaches.

Chapter Summaries

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Group Work: Theories and Applications

The questions expressed at the beginning of this chapter by our hypothetical student, Greg are not only legitimate but are also continually asked by both experienced and novice group leaders alike. Group approaches are derived largely from theories and therapies developed for individuals. Because theory has to form the foundation for group counseling or therapy, group leaders have to become knowledgeable about the major theories and learn how to integrate them and apply them within the group modality. It is our hope that the six individual theories highlighted in this chapter will aid group leaders in this integration process.

Commonalities in five variable dimensions enable leaders to blend these theories in their work with groups: relationship, leader role, member role, process, and outcome. In all six theories, the working relationship is the basis for the group dynamic, and most advocate equality in leader–member interactions. All six theories propel the leader into an active role, particularly in providing optimum therapeutic conditions. Similarities in member role permeate all the theoretical precepts, and all agree that individuals ultimately have to take responsibility to change whatever they want to change. Process presents the most diversity of the five dimensions, but the differences are more in the “why” and “how” than in the “what” of the process. The theories are similar in the outcome variable: all center on evoking positive change.

Most important, group leaders should take their knowledge of various theories, experiment with different approaches, and strive to find the way that works best for them

and for their groups. The approach developed should reflect the leaders' personal philosophy and personal style.

Chapter URLs

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Gestalt/Fritz Perls

<http://www.csulb.edu/~mfiebert/gestalt.htm>

Person-centered/Carl Rogers

<http://psy1.clarion.edu/jms/Rogers.html>

<http://www.infed.org/thinkers/et-rogers.htm>

Psychodrama/Jacob Moreno

<http://www.asgpp.org/pdrama1.htm>

<http://www.psybernet.co.nz/moreno.htm>

REBT/Albert Ellis

<http://www.rebt.org/>

Transactional Analysis/Eric Berne

<http://www.theberne.com/>

Test Your Knowledge

CHAPTER 4

Group Work: Theories and Applications

1. T F One of the major dilemmas emanating from the discussion of theories as they apply to groups is that most theories were developed for use with individuals.
2. T F The selection of a theoretical system is often based upon the counselor's philosophical position and what he or she believes regarding the nature of the individual and how development and change occurs.
3. T F Adlerian psychology is concerned with the three major tasks of social relatedness (or belonging), power, and love.
4. T F The five layers of neuroses in Gestalt theory are the: cliché, false-self, impasse, self-exploring, and exploding.
5. T F Gestalt therapy lends itself especially well to the concept of group stages.
6. T F Unconditional positive regard refers to a condition describing the counselor's ability to accept the client without conditions.
7. T F A leadership behavior identified in person-centered therapy is to "use one's being as a catalyst for change within the group."
8. T F The theory that utilizes the A-B-C-D-E therapeutic approach is Transactional Analysis.
9. T F According to Albert Ellis, even though individuals have the propensity toward growth and actualization, they can readily sabotage their growth by their unrealistic, illogical, and defeatist thinking.
10. T F In rational-emotive behavior group therapy, the leader purposely refrains from attempting to persuade, confront, de-indoctrinate, direct, and lead clients to more rational ways of thinking and behaving, as this goes against the basic tenets of REBT therapy.
11. T F In order to help group members remove their layers of neurosis, group leaders who use Transactional Analysis encourage a way of being that includes the ability to "Be," "Feel," "Love," and "Trust."
12. T F Transactional Analysis defines three ego states, which are the parent, adult, and child.

13. T F According to Transactional Analysis, a person may create “games” and “rackets” to get “strokes.”
14. T F In Transactional Analysis, one of the four life positions that an individual might adopt is “I’m good and you’re bad.”
15. T F Psychodrama developed out of Jacob Moreno’s own creativity and passion for the theater.
16. T F Psychodrama does not work well for individuals who do not have some acting ability, as a major part of the therapy is that each group member takes on a role or plays a part.
17. T F The five factors common to all of these approaches are: relationship variables, leader role variables, member role variables, process variables, and outcome variables.
18. T F The greatest similarity in variables across the theoretical approaches is found in the process variables while the greatest diversity is found in the group outcome variables.
19. T F In all six theories discussed in this chapter, the working relationship was found to be the basis for the group dynamic and all six theories propel the leader into an active role.
20. T F Whatever approach or theory a leader utilizes, it should reflect the leader’s personal philosophy and style.

Chapter 4 Answers

1 T, 2 T, 3 F, 4 F, 5 F, 6 T, 7 T, 8 F, 9 T, 10 F, 11 F, 12 T, 13 T, 14 F, 15 T, 16 F, 17 T, 18 F, 19 T, 20 T