



Practice Guidelines for Group Treatment

professionalizing group treatment in the Netherlands

Invited Symposium by Rob Koks and Willem de Haas

IFP World-congress of psychotherapy, Amsterdam, June 9, 2018



Program of this symposium

- **What do we know about groups and group treatment ?** Development of the research on groups. *Rob Koks*
- **What do group therapists do ?** The practice of group treatment. *Willem de Haas*
- **Professional application of group treatment:** practice guidelines in the Netherlands. *Rob Koks*
- **Discussion** on the themes. *Willem de Haas and Rob Koks*

What do we know about groups and group treatment ?


Development of the research on groups

Rob Koks

IFP World-congress of psychotherapy
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Content

- Are groups real ?
 - Four fields of research, conclusions
 - Therapeutic factors
 - Basic functions of the group leader
 - The future of group research
- 

Are groups real ?'

Gordon Allport, 1924





'Groups are real'

➤ $1 + 1 = 3$

➤ Real Madrid vs. Barcelona





Four fields of research

- **Before 1975:** 'impressionistic'
 1. Psychoanalytical studies
 2. Social Psychological studies

- **After 1975:** 'statistical'
 3. Research on process factors
 4. Research on specific disorders and methods



Before 1975 - 1

- **Psychoanalytic studies**: translated individual concepts; WW I+II
 - USA: Pratt (1906); Lazell (1921); Burrow (1927)
Slavson (1940/50), Wolf (1950): Psycho-analysis in groups
 - UK: Ezriel (1950), Foulkes (1960), Bion (1961): Group Analysis
 - USA: Whitaker & Lieberman (1964), Stanton & Schwarz (1954)
UK: Main(1957)
- **Conclusions**:
 - group is social system with mutual influence by interaction
 - focus on depth-processes e.g. projective identification and parallel-processes

Trigant Burrow

The Social Basis of Consciousness, 1927



Before 1975 - 2

- **Social psychological (small group) research**: neutral observation, non-patients
 - Lewin (1936): field theory
 - Homans (1950): two hypotheses, two aspects (task-social emotional)
Leary's Rose (1957)
 - Tuckman (1964): developmental phases (Levine, 1982)
 - Bradford, Lippit, Benne: NTL: T-groups, encountergroups
- **Conclusions**:
 - Group is a system with specific structures and regularities: interactions, cohesion, roles, norms, phases
 - Cohesion is interpersonal attraction and commitment to the task
 - Feedback on the here and now-interaction helps changing cognitions

Kurt Lewin

Field-theory (1929/1951)



After 1975 - 3

- Research on common factors:

- Powdermaker & Frank (1953)
- Corsini & Rosenberg (1955), Yalom (1970), Bloch & Crouch (1985), Colijn & Snijders (1993)
- Lieberman (1983), Kvilighan (1988)
- Lieberman, Yalom & Miles: Encounter groups, first facts

- Conclusions:

- common factors regardless of the therapeutic 'school'
- these factors differ per phase and kind of group
- common strategies or basic functions of the group leader

Jerome Frank

Persuasion and Healing, 1953, 1961/1993





Therapeutic factors -1

Corsini & Rosenberg (1955), Yalom (1970), Bloch & Crouch (1985)

- Installation of hope
- Universality
- Information+advice (guidance)
- Altruism
- Cohesion/acceptance
- Interpersonal learning
- Self-understanding
- Family re-enactment
- Catharsis
- Vicarious learning/imitation/modeling
- Existential awareness
- Self-disclosure



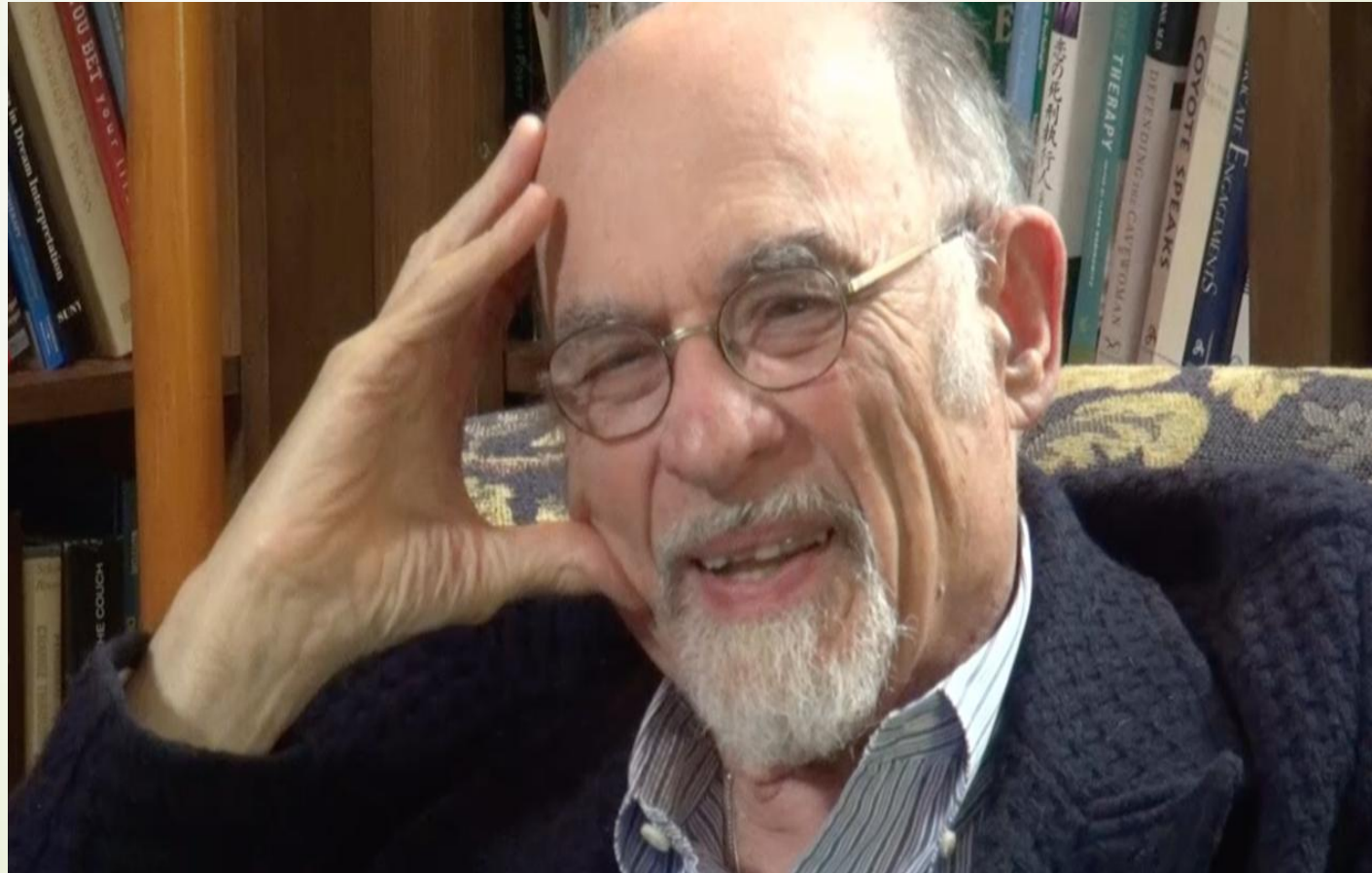
Therapeutic factors -2

Colijn & Snijders (1993)

- In all forms of psychotherapy:
hope-information/advice-catharsis
- In all forms of group therapy:
universality-altruism-cohesion-interpersonal
learning-selfdisclosure
- For specific groups and specific groupmembers:
self-understanding-family-re-enactment-
existential awareness-vicarious learning (imitation)

Irving Yalom

Theory and Practice of Group Psychotherapy, 1975/2005





After 1975 - 4

- **Research on effects:** disorders and methods
 - Bednar & Kaul (1978, 1986, 1994)
 - Burlingame, Mc Kenzie & Strauss (2004)
 - Burlingame, Strauss & Joyce (2013)
- **Conclusions:**
 - No difference in effect between individual and group therapy
 - Cohesion is the therapeutic relationship of the group-setting, and the most central factor
 - Group treatment is as effective as individual therapy for several disorders
 - Three domains of interventions for the group therapist



Gary Burlingame

Change Mechanisms and Effectiveness of Small Group Treatments,
2004/2013





Basic functions of the group therapist


- ▶ Executive function (structuring +management of frame)
- ▶ Structuring the group
- ▶ Caring for the group and it's members
- ▶ Creating and maintaining an therapeutic climate
- ▶ Emotional stimulation
- ▶ Stimulating verbal interaction
- ▶ Meaning attribution

Lieberman, Yalom & Miles (1973)

Burlingame e.a. (2002/2010),



The future of group research

- ▶ Integration of models
 - ▶ Attachment-style as mediator and predictor
 - ▶ Virtual group leaders and online groups
 - ▶ Conceptual clarity
- 



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