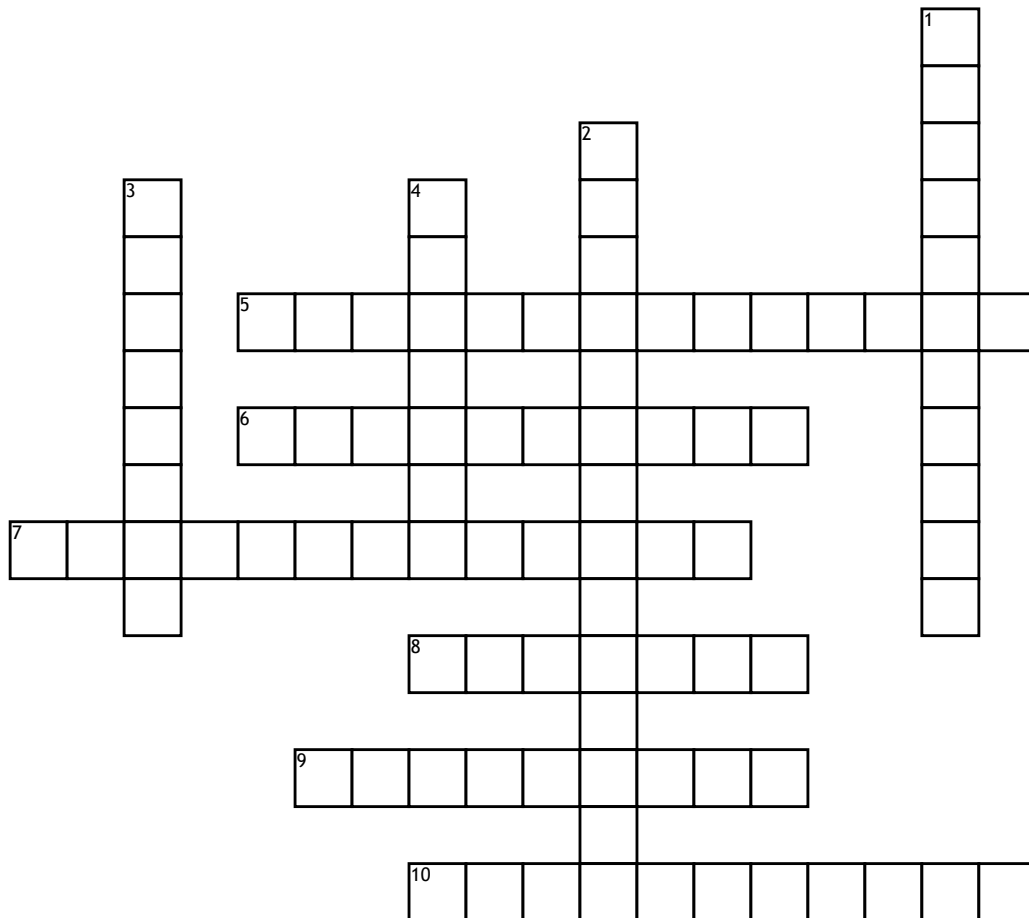


Group Therapy Approaches



Across

5. To provide a safe climate wherein clients can explore the full range of their feelings. To develop openness, honesty, and spontaneity

6. To help clients eliminate maladaptive behaviors and learn new and more effective behavioral patterns

7. To assist clients in becoming free of scripts and games in their interactions. To challenge clients to reexamine early decisions and make new ones based on awareness

8. To guide clients toward learning realistic and responsible behavior and developing a "success identity." To assist clients in evaluating their behavior and in deciding on a plan of action for change

9. To teach clients that they are responsible for their own emotional disturbances and to help them identify and abandon the ways they keep their disturbances alive

10. To facilitate release of pent-up feelings, to provide insight, and to help clients develop new and more effective behaviors.

Down

1. To provide conditions that maximize self-awareness and reduce blocks to growth. To help clients discover and use freedom of choice and assume responsibility for their own choices

2. To provide a climate that helps clients re-experience early family relationships. To uncover buried feelings associated with past events that carry over into current behavior

3. To create a therapeutic relationship that encourages clients to explore their basic life assumptions and to achieve a broader understanding of lifestyles.

4. To enable clients to pay close attention to their moment-to-moment experiences so they can recognize and integrate disowned aspects of themselves

Word Bank

Psychoanalytic

Existential

Gestalt

Psychodrama

Reality

Transactional

Adlerian

Behavioral

Person-centered Cognitive