



# The Theory and Practice of Group Psychotherapy

*Irvin D. Yalom , Modyn Leszcz*

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## The classic work on group psychotherapy

Hailed by Jerome Frank as "the best book that exists on the subject," Irvin D. Yalom's *The Theory and Practice of Group Psychotherapy* has been the standard text in the field for decades.

In this completely revised and updated fifth edition, Dr. Yalom and his collaborator Dr. Modyn Leszcz expand the book to include the most recent developments in the field, drawing on nearly a decade of new research as well as their broad clinical wisdom and expertise.

New topics include: online therapy, specialized groups, ethnocultural diversity, trauma and managed care.

At once scholarly and lively, this is the most up-to-date, incisive, and comprehensive text available on group psychotherapy.

## The Theory and Practice of Group Psychotherapy Details

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# **From Reader Review The Theory and Practice of Group Psychotherapy for online ebook**

## **Lauren says**

Although Yalom is the guru of group therapy, I did not find the book to be particularly helpful. It comes from a very psychodynamic orientation, and although the author mentions other orientations or discusses how certain concepts are understood across the different orientations, readers should be aware that the book addresses how to conduct process group therapy. So if that is your aim, this is the book for you. However, I found it far less applicable for use in more structured groups (e.g., substance abuse, DBT). Additionally, I found the author to be quite verbose and to reference literature and plays for no real reason other than to demonstrate his superior intelligence. One thing I will give him is that he tries to give readers a "heads up" about parts of his book they may wish to skip and recommends just reading summaries and to not read the research he cites. However, I can't imagine anyone other than a psychology student/psychologist would read this book, and they should be reading the research, not just reading chapter summaries. All in all he does give good recommendations, but they could all easily fit in a book that is merely 50-100 pages in length.

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## **Sofia Wren says**

For school

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## **Paula says**

A classic. Before reading this book, the idea of group therapy was deeply unappealing to me. Now, I am intrigued by (if not completely sold on) the potential of groups to provide insights and healing that one-on-one therapy alone can't. Readers will also learn some basic things about group dynamics that can apply to all collective/communal experiences. Yalom is not only an insightful clinician, he is a wonderful writer.

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## **Julia says**

Yalom came into my life just as I started serving as the sole therapist for two groups of child sex offenders. To put it mildly, some sage advice on being a group therapist was sorely needed. This volume is a must-read (yes, all bajillion pages of it) for anyone doing group work, which is the majority of folks in doctoral psychology programs. Yalom's tone is approachable, his sense of humor much appreciated, and his clinical wisdom boundless. I tend to think of books this hefty as in need of good editing, but in this case, there's just a lot to be said on an endlessly interesting subject.

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## **Francesca says**

I enjoy Yalom's writing style and the personal examples and stories he includes. This book is an essential

resource to any therapist who wants to lead therapeutic groups. A therapeutic group acts as a social microcosm and can lead to individual change as group members relate and challenge one another. Yalom's book delves into the topic of groups as well as ways to structure, lead and troubleshoot these therapeutic communities.

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### **Laurie Ouellet says**

Lecture intéressante mais plus laborieuse que "The Gift of Therapy", mais une référence sur la thérapie de groupe !

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### **Karen says**

I had to read this for school. I really liked Yalom's sense of humor. He's a good writer and a gifted clinician.

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### **Heather Anne says**

I am still working on getting through this and am enjoying it immensely. Yet at times it is not clear who the audience is (a beginner psychotherapist or an intermediate psychotherapist or an advanced practitioner?). At times I believe it could have been simplified or perhaps changed into two separate books for separate audiences, one at a basic level and one at an advanced level.

At the same time it contains a wealth of information, research findings and practical guidance about how to run a psychotherapy group. Given that I am not a psychotherapist, why do I like this? I guess it's because I like insight into the mystery of how psychological healing occurs in a practical way and how people tick. This book goes into those things deeply.

If you decide to read this, expect it to take awhile to get through. I'm not finding it an easy read in parts and it is very thought provoking. Perhaps it is a book to read a chapter here and there, rather than continuously.

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### **Meerkat! says**

Definitely a must have for any budding counselor. I can't argue with Yalom's ideas and thoughts on the subject. What I can't stand is Yalom's extreme narcissism that shines right through despite the fact that this is somewhat of a textbook. References to his other works come off as advertisements, and what warmth he created for group therapy (a wonderful thing in and of itself) he degrades with his own unintentional tone. But many people disagree.

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### **Anthony Cleveland says**

Required reading during graduate school. Didn't really care for it then and still don't but it does serve as an

excellent source for facilitating my students' awareness of Dr. Yalom's existential approach to groups. Probably quite a bit longer than it needs to be to adequately address the topic.

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### **Alex Giurgea says**

O carte excelenta despre terapia de grup, acoperita cu rezultate din cercetari. Contine multe raspunsuri la intrebari tipice pe care un incepator le poate avea in legatura cu organizarea de astfel de grupuri.

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### **Ashley says**

THE group therapy book. There is really nothing else to say but this laid the groundwork for the basics while support my clinical experience in the group setting. Yalom's stages of group development work with all sorts of groups, not just therapy groups. So after reading this book and applying it in a clinical setting I feel more equip to run therapy and report on group activity!

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### **Matt says**

Holy crap, I finished this.

Several things come to mind as I slowly digested this book.

First, how the heck did he get his patients to stay in groups long enough to deal with all these interpersonal issues? I think most clients would get fed up with "that annoying person in group" and just leave. Second, how the heck does he deal with all the members' issues with authority?

That being said, I did use a little bit of insight each time in my own work, so it was definitely worth the reading.

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### **Nyssa says**

I appreciated this book(: Gotta have patience due to it's length, but I feel so much better equipped to lead groups in part because of this book. Definitely had an attitude change after the first few chapters of my initial dread.

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### **Robert says**

I don't usually review my school/work-related books, but I was just reflecting on this one (read several years back) and thought I would make a note that it really is quite good, and is worth the read for anyone who's vocation requires some adroitness with interpersonal group dynamics.

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