Research Paper

Group Psychotherapy

Students will research various types of group therapy and submit a research paper of 5-7 pages in length answering questions to be provided in a handout. Research must be based in scholarly journals, peer reviewed articles, and texts in the area of interest. **The** **written portion of this assignment will be due on the last Saturday of the course**, but it is strongly encouraged that you begin your research early and that you utilize the material in preparation for your group facilitation.

1. Exploring several types of group therapy approaches, compare and contrast the strengths and weakeness. What makes one approach more appropriate than another with given populations?

2. Much of the literature refers to the “stages” of group process. Some models advocate that different theoretical modalities apply to different stages of the process. Do you agree with a stage-model of group process, or do you see the elements of group process as fluctuating experiences throughout the life of a group? Which theories would support each of these views?

1. What are some ways you can think of to deal with a group’s resistance? How do you think you might feel if you were attempting to lead a group and you were convinced there were many subgroups that were making progress difficult? What kinds of interventions can you think of based on research which might deal with an entire group’s resistance?

4. How might you intervene with the issue of a suicidal client in a group setting that is

client centered? What about a Cognitive Behavioral group with the same client?

1. Explore elements of group dynamics including roles of group members and role of

Facilitator, goals of the group and techniques of the group in the various modalities

You have researched. Give examples applied to a specific population or topic,

1. Evlauate the strengths and limitations of the approaches you have studied in addressing cultural diversity.