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Nota di contenuto	Preface; Acknowledgements; Contents; About the Author; Chapter-1; What Is Group-Centered Prevention?; What Is Group Prevention?; How Are Psychotherapy, Counseling, and Prevention Different?; Group-Centered Prevention; Real-World Applications; Observational Extensions; A Ready-to-Use Group-Centered Training Exercise: Identifying the Trademarks of a Group-Centered Prevention Group Program; Training Response; References; Chapter-2; What Is the Role of Group Dynamics in Group Prevention?; Group Dynamics; Group Differences That Directly Affect Group Process Individual Differences That Directly Affect Group Process Psychological Well-Being and the Search for Meaning and Purpose; Real-World Applications; Observational Extensions; A Ready-to-Use Group-Centered Training Exercise: Understanding Group Dynamics in a Group-Centered Prevention Program; Training Response; References; Chapter-3; Why Is Group Process Important in Group Prevention?;

Group-Centered Prevention Stresses Cohesive Interaction; Cohesive Interaction Is an Essential Component of Group Process in Prevention; Create an Environment Conducive to Cohesive Interactive Group Process

Using Group Process to Bring About ChangeThe Group as a Resource for Change; How to Bring About Change; First Stage of Adjustment for Change: Identify the Root Cause of the Problem; Second Stage of Adjustment for Change: Acknowledging That There Is a Need for Change; Third Stage of Adjustment for Change: Developing a Structure Conducive to Change; Fourth Stage of Adjustment for Change: Motivation or Desire to Change; Fifth Stage of Adjustment for Change: Skill-Building that Leads to Change; Sixth Stage of Adjustment for Change: Seeing or Experiencing Success

Seventh Stage of Adjustment for Change: Transferring Change Back to the Real WorldCase Example #1: Creating a Structure Using Workstations; Interpersonal Interactions During Group Sessions; What Happens When Group Prevention Does Not Emphasize Interaction?; Developing Cohesive Interpersonal Interaction; Environment or Group Atmosphere of Acceptance and Change; Use Groups; Design a Group-Centered Prevention Program that Brings About Change; Start with Interaction; Keep Interaction Flowing Throughout Your Program; Keep Interaction Positive

Interventions Must Meet the Need(s) of Your ParticipantsPrevention Groups Seek to Enhance Well-Being; Prevention Groups Must Fulfill the Needs of the Participants; Case Example #2: Group-Centered Prevention Using a Small Group Structure; Group-Centered Prevention Provides Structure; Real-World Applications; Observational Extensions; A Ready-to-Use Group-Centered Training Exercise: Using Group Process to Solve Group Problems; Training Response; References; Chapter-4; How Can a Group Best Achieve Cohesive Group Interaction?; The Structure and Quality of a Cohesive Group Building Cohesion into a Prevention Group

Sommario/riassunto

This book presents the concept of group-centered prevention and provides explanations and exercises for learning the method and teaching it to others. Detailed studies offer evidence for the continuing importance of prevention in mental well-being and distinguishes group-centered prevention from other group interventions by its ability to resolve incipient mental health issues and emotional problems. Case examples with adults, children, couples, and others demonstrate successful uses of group-centered techniques as well as illustrate the problems that arise in group settings. The book's ready-to-apply training exercises give prospective group leaders practice in starting new groups, fostering cohesion, integrating therapeutic factors into sessions, and other core skills. Featured topics include: Group-centered prevention in contrast with other group interventions. Characteristics of effective leaders in group-centered prevention. Benefits of prevention groups as opposed to those gained in counseling and therapy. Key constructs of self-efficacy and intrinsic motivation in group-centered prevention. Stages of development in new groups. Formats for developing training exercises. Group-Centered Prevention in Mental Health is an essential resource for scientist-practitioners, clinicians, and researchers as well as graduate students in such disciplines as school psychology, social work, and public health. Its educational uses span classroom, workshop, and training settings across the health and healing disciplines.
