

1. Record Nr.	UNINA9910463293103321
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Titolo	Attention, cooperation, purpose : an approach to working in groups using insights from Wilfred Bion // by Robert French
Pubbl/distr/stampa	Boca Raton, FL : , : Routledge, an imprint of Taylor and Francis, , [2018] ©2014
ISBN	0-429-89688-3 0-367-10270-6 0-429-47211-0 1-78241-280-8
Descrizione fisica	1 online resource (177 p.)
Disciplina	616.891703
Soggetti	Psychoanalysis Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	COVER; CONTENTS; ACKNOWLEDGEMENTS; ABOUT THE AUTHORS; PREFACE; CHAPTER ONE Attention; CHAPTER TWO Distraction; CHAPTER THREE Truth; CHAPTER FOUR Cooperation; CHAPTER FIVE Purpose; CHAPTER SIX Forms of interaction; CHAPTER SEVEN Learning the work of attention; REFERENCES; BIBLIOGRAPHY; INDEX
Sommario/riassunto	This book describes an approach based on attention that can help individuals and groups to cooperate more effectively. It presents the first book-length reassessment of Wilfred Bion's ideas on groups. Every group has a purpose or purposes - or, as Bion put it, "every group, however casual, meets to 'do' something." The approach described here shows how individual group members' use of attention - both broad or "evenly suspended" and focused - can promote a better understanding of purpose, making it possible for them to do what they have met to do. This work of attention enables group members to maintain a clear sense of their purpose and also to recognise how easily they can become distracted, losing focus and dispersing their energies into activities that are off task. The approach builds on the authors' experience of using Bion's insights into group dynamics over twenty-

five years in different contexts, formal and informal, as group members, managers, leaders, teachers, consultants, researchers, family members, and friends.
