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Nota di contenuto	Cognitive Behavioral Group Therapy: Challenges and Opportunities; Copyright; Contents; About the Author; Acknowledgments; Introduction: The Depth and Breadth of Cognitive Behavior Group Therapy; Part 1 The Basics of Cognitive Behavioral Group Therapy; Chapter 1 Extending CBT to Groups; Why CBT Is Increasingly Used for Common Mental Health Problems; Principles of CBT; Cost-Effectiveness of CBT; Transporting Individual CBT to a Group Setting; Adapting CBT to CBGT: panic disorder illustration; Managing the group process across CBGT; Unique Benefits of the Group Format; How to Start a CBT Group Setting up the group roomThe first session; Absences and being late; Confidentiality and socializing outside the group; Member introductions; Expectations for CBGT commitment; Note-taking by CBGT therapists; Subsequent sessions; Summary; Notes; Recommended Readings for Clinicians; References; Chapter 2 Working with Process and Content; Process and Content in Group Therapy; Group Process in Theory; Group Process in Practice: Obsessive-Compulsive Disorder Illustration; Instillation of hope; Universality; Imitative behavior and

peer modeling; Imparting of information; Altruism  
Group cohesivenessExistential factors; Catharsis; Interpersonal learning  
and new ways of socializing; Experiencing the group as similar to one's  
family of origin; Group process research and CBGT application; Scott's  
General Group Therapeutic Skills Rating Scale; Summary; Note;  
Recommended Readings for Clinicians; References; Chapter 3  
Effectiveness of CBGT Compared to Individual CBT: Research Review;  
Depression; Social Anxiety Disorder (SAD); Obsessive-Compulsive  
Disorder (OCD); Generalized Anxiety Disorder (GAD); Panic Disorder;  
Posttraumatic Stress Disorder (PTSD); Addictions; Psychosis  
HoardingLanguage and Culture; What to Take Away from the Research  
Findings; Summary; References; Chapter 4 CBGT for Depression:  
Psychoeducation and Behavioral Interventions; The Diagnoses of  
Depression; Treatment Protocols Informed by Beck's Cognitive Model of  
Depression; An Example of a CBGT Depression Protocol;  
Psychoeducation; Behavioral Interventions; Focus on Emotions in  
Preparation for the Thought Records; Capitalizing on the Group in  
CBGT for Depression; Summary; Notes; Recommended Readings for  
Clinicians; References  
Chapter 5 CBGT for Depression: Cognitive Interventions and Relapse  
PreventionThe Thought Record in a Group; Other Cognitive  
Interventions; Testing assumptions; Testing core beliefs; Behavioral  
experiments; CBGT Psychodrama; Relapse Prevention; Mindfulness-  
Based Cognitive Therapy (MBCT); Summary; Note; Recommended  
Readings for Clinicians; References; Part 2 Challenges of Cognitive  
Behavioral Group Therapy; Chapter 6 How to "Sell" CBGT, Prevent  
Dropouts, and Evaluate Outcomes; Drawing People into CBGT;  
Preparing Clients for CBGT; Individual pregroup orientation; Group  
pregroup orientation  
Rapid access group orientation

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## Sommario/riassunto

With coverage of the latest theory and research, this is a complete  
guide to implementing cognitive behavioral group therapy for  
practitioners and trainees in a range of mental health disciplines.  
Presents evidence-based protocols for depression, panic, social  
anxiety, generalized anxiety, posttraumatic stress, OCD, compulsive  
hoarding, psychosis, and addictionProvides innovative solutions for  
achieving efficient, effective therapy as mandated by emerging health  
care priorities, as well as trouble-shoots for common problems such as  
dropoutsDetails unique strategies for working with ethnic

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