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Autore	Sochting Ingrid
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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

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
