

II B.Sc
COUNSELLING II
SEM IV

Unit – I
Subject Code: 18BPS46s

Brief History of Group:

The history of group counseling has its roots in antiquity, but the modern practice evolved as recently as the 1940s. Dimensions of group work include group counseling, group therapy, psychological education, and organizational task groups. The history therefore weaves a tapestry of influences including social justice groups, community organizations, quality-management groups, and numerous therapeutic orientations. Pioneer group-counseling practitioners included Joseph Pratt, Jane Addams, and Jesse Davis. Substantial contributions to the evolution of group counseling were provided by Moreno, Lewin, Rees, Deming, Alinsky, Rogers, Perls, and Yalom. Several professional organizations have provided an international conversation about group counseling, especially through publication of professional journals, standards, and guidelines. Group counseling has emerged from its infancy and continues to mature as a professional specialty.

Type of Groups in Counselling:

Group therapy is a popular mode of therapy for both therapists and clients. Group therapy is a highly effective form of psychotherapy that is based on interdependence and interaction among the group members who mutually disclose personal material (Laski & Riva, 2006). While group therapy is sometimes used alone, it is also commonly integrated into a comprehensive treatment plan that may also include individual psychotherapy. Some of the common therapeutic groups that may be used either on their own or in conjunction with other forms of treatment include:

Self help groups

These groups are organised and led by clients or ex-clients who have learned ways of overcoming or adjusting to their difficulties. The group members benefit from such experience, while also benefiting from the opportunity to talk about their own problems, express their feelings and provide mutual support. Two examples of self-help groups include; self-help groups for alcohol dependence or self-help groups for parents with handicapped children, etc.

Medication groups

These groups have been used for the treatment of, for example, recurrent depression and bipolar disorder. The emphasis is on compliance with prescribed medication. The goals include increasing the client's knowledge about their medication, increasing compliance, educating about the disorder, decreasing their isolation and helping them to express their feelings in a nonjudgmental environment.

Second stage: The remaining members begin to know each other better. They discuss their problems and try to seek answers to their problems. During this period maximum change can be expected. The therapist encourages members to examine current problems and relationships.

Third Stage: The group in this stage can become dominated by the residual problems of the members who have made the least progress and show most dependency. These residual problems are discussed before ending the group.

Encounter groups

In encounter groups the interaction between members is made more intense and rapid in the hope that this will lead to greater change. The encounter can be intensified through entirely verbal means, like using challenging language, or it can include appropriate forms of touching or hugging between the participants. Sometimes the experience is further intensified by prolonging the group session for a whole day or even longer. Care needs to be taken in deciding the suitability of clients for this type of group therapy approach.

Psychodrama

In psychodrama, the group enacts events from the life of members in scenes reflecting either current relationships or those of the family in which the person grew up. This approach can provoke strong feelings in the person represented through the dramatic enactment. The drama is followed by discussion. The drama can also focus on problems that all participants share, for example, how to deal with authority.

Stages of Groups:

Psychologist Bruce Tuckman developed his group development model in 1965 to explain how healthy teams cohere over time. Tuckman's model identifies the five stages through which groups progress: forming, storming, norming, performing, and adjourning.

Issues in Groups:

*Broken Boundaries. Different people come to process groups with different experiences and attitudes towards trust and confidentiality.

*Fears and Vulnerabilities.

*Unexpressed Feelings.

Psycho-Educational Group:

Psychoeducational groups are designed to educate clients about substance abuse, and related behaviors and consequences. This type of group presents structured, group-specific content, often taught using videotapes, audiocassette, or lectures.

BY

G.RAMANATHAN

Assistant Professor, Psychology

Ph: 9443161509