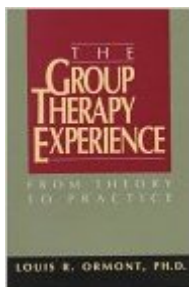


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# The Group Therapy Experience: From Theory To Practice



## Synopsis

The nation's pioneer of group therapy provides classic insights into the techniques of the group psychological experience. Here he sums up his life's work, discussing the intricacies of group analysis and explaining why some groups and therapists fail while others succeed.

## Book Information

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## Customer Reviews

This book was very enlightening for me. Already in group therapy but confused by a lot of what goes on, after I read this book, I finally made progress. I was much less threatened and could let go more, as I now knew what I was supposed to do. It explains what the therapist is doing and his or her goals and techniques. After I read it, in group, I saw my therapist doing the bridging technique and pointing out group resistances, and recognizing that added to the fun of my therapy. The Group Therapy Experience is easy to understand and doesn't hold anything back. It tells how it works and the wonderful things that it does for people. This book is well worth the price.

As an experienced group therapist with training and supervision, don't know how I missed this book which is 20 years old!The writer is well known in group therapy field. He writes from a psychodynamic/analytic model, even often referring to the "group analyst." He covers every facet of the traditional analytic approach, adapting very clearly for group use. Dr. Ormont writes very succinctly and simply with personal feelings and regular case examples to illustrate concepts. The book is not that long (c. 200 pages). Especially useful are his explication of "bridging" and emphasis

on group as a whole with consistent emphasis on the leader's role. I underlined a lot. This book fits nicely with Yalom's classic which is more comprehensive. This is really more of a "handbook" which is packed with meaty material and insights and easy to read. Whether you operate from an analytic framework or not, I would say this is a must-read for the beginner or experienced group therapist.

This book authored by Louis Ormont provides the techniques about group therapy that is so vital to understand and practice as a counselor and as a counseling student.

Very interesting and informative and an easy read. Much easier than Yalom & Lesczc's Group Dynamics book. Very clear and concise and I love the examples.

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