



Caroline Vaile (Suzy)

Jun 16, 2024 2:16pm | Last reply Jun 24, 2024 9:45pm

As mentioned in chapter five, the group members are the agent of change, and the group therapist's role is to create an environment that invites connection and effective group interaction. How does the group therapist function more indirectly while providing a positive group culture (Yalom and Leszcz, 2005)?

References

Yalom, I. D., & Leszcz, M. (2005). *Theory and practice of group psychotherapy, fifth edition* (5th ed.). Basic Books.

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Denise Daniel

Teacher

Jun 16, 2024 4:07pm

I like this question because it is one of the most difficult skills to teach beginning counselors...especially in our program, where they take counseling skills (COUC500) just before group (512). As a result, you see student leaders ask a question to someone in group and just do individual with one person in group as the rest of the group members look passively on. As a group leader, it takes courage and the willingness to create and step into the ambiguity in order to relinquish a certain amount of control to group members. I teach beginning group leaders to use the group to respond to the person sharing. So, as a member shares, I might say to the group, "Group, what do you hear so-and-so saying?..." (a reflection of content). Or, I might say, "Group, if this happened to you, what would you feel?..." (eliciting empathy). In this way I teach them to take responsibility for their group.

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