

Group Psychotherapy

Why is group psychotherapy used for personality disorder and is it more effective than individual therapy?



Group psychotherapy offers:

- Faster client improvement
- Opportunity to identify with others
- Greater transference opportunities
- Insight into issues of intimacy & individuation

Personality Disorder & Group Therapy

The group stimulates transferences and allows characteristic maladaptive personality traits of personality disorder to be interpreted in the here and now. Enabling recognition of dysfunctional behaviours, relationship difficulties and issues surrounding self-identity.

The opportunity for modification or change in personality is greatly effected by the groups we are involved, representing the significance of group therapy. The group environment facilitates the ability to see the workings of the unconscious in someone else's behaviour initiating the discovery of behaviors in one's self.

As clients learn their behavioural patterns in the group they develop the ability to manage themselves in a successful, appropriate manner.

The group approach is used predominantly for its appropriateness of treating disorders of personality

Group enables the capacity for feedback, feedback from others and from self. Clients experience feedback from fellow clients to be more honest, genuine and helpful than therapist empathy. Group is representative of the outside community- the group provides an environment where new behaviours are practiced and feedback can be given and received through a safe approach. It is when clients are able to give and receive feedback, develop relationships with other group members and bring into group behaviours that have disturbed them in the outside world that they begin to change.

Group vs Individual Psychotherapy

Evidence provided by examination and research concludes there to be no significant difference in outcome between group and individual psychotherapy. Structural differences provide different outcomes. Group therapy empowers clients to understand links between past experience & present symptoms, behaviours and personalities. Consequently highlighting the appropriateness in the treatment of personality disorders.

Nursing Implications

Verbal abuse, stigmatization and maintenance of therapeutic boundaries are challenges nurses face in the treatment of personality disorder.

Appropriate knowledge, understanding and continued education are paramount qualities in successful, safe & professional treatment of personality disorder within group psychotherapy.

Courtney Smith 10005650

Group therapy is defined as a form of psychotherapy that involves sessions guided by a therapist and attended by several clients who confront their personal problems together.

Treatment is based on the person both intrapersonal and interpersonal aspects rather than the diagnosis or symptom.

We are group orientated, our lives are encompassed in the groups we live work and play, thus our personalities are a product of these groups.

Group provides a supportive safe environment for regression and transferences to take place.



Interpersonal & Intrapersonal factors in group dynamics

References

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