



## GROUP COGNITIVE THERAPY

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### Why Group Cognitive Therapy?

- Client advantages
- Economics
- Efficacy studies
- Types of groups (open, closed, classes)

### CT Principles to Enhance Quality Group Psychotherapy

- Therapy alliance and group therapy
- Collaborating with a group
- Session structure
- Guided discovery in groups
- Engaging total group participation
- Managing group interaction patterns

### Demonstration: Group Cognitive Therapy

#### Improving Compliance with Learning Tasks (aka *Homework*)

- Therapist factors
  - rationale
  - quality of tasks chosen
  - in session practice
  - anticipation of difficulties
  - specificity
  - therapist beliefs and expectations
- Client factors
  - skills
  - beliefs which interfere with compliance
  - group pressure

### Reference Bibliography

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White, J. R. & Freeman, A. S. (Eds.). (2000). *Cognitive-Behavioral Group Therapy for Specific Populations and Problems*. Washington, D.C.: American Psychological Association.

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