

NEW FOR 2004!

GROUP LEADERSHIP SKILLS: INTERPERSONAL PROCESS IN GROUP COUNSELING AND THERAPY

Mei-wei Chen and Christopher J. Rybak

AN INTRODUCTION TO THE PRODUCTIVE, GROWTH-PROMOTING EXPERIENCE OF GROUP LEADERSHIP

As students read and apply the material in Chen and Rybak's book, they will build the repertoire of knowledge, skills and intervention techniques that they'll need as they embark on the restorative and rewarding—yet often complex and challenging—process of becoming a group practitioner. The book's five conceptual bases—interpersonal processes, experiential learning, the power of the here and now, process-focused leadership, and self as the instrument—set out the principles for successful leadership and meaningful client change. The practical methods discussed within this effective, coherent framework help readers learn how to bring about therapeutic change for group members within a brief time period. This time-sensitive feature of the framework is especially precious as “cost containment” becomes a health care thrust in our era.

FEATURES

- Numerous verbal examples, modeling effective leadership skills, enable readers to upgrade their professional skills level.
- Arranged as a step-by-step guide, from basic to advanced skills, this text provides group leaders the means to navigate the group through the group process jungle.
- Leadership training materials are arranged in such a way that skills and knowledge in the earlier chapters are building blocks for later chapters.
- New leaders increase their grasp of each skill in the complex group processes through the authors' breakdown method of information to understandable sub-processes.
- Actual examples of leaders' and members' personal reflections illustrate the emotional and cognitive processes that are involved in leading and participating in a group.
- In addition to skill development, the authors discuss aspects of personal and ethical development.
- Visit the Book Companion Web Site to view additional resources including more information on Facilitating Mutual Listening, the Johari Window, a Sample of a Looking-Back/Good-Bye Letter, an Example of a Group Evaluation Survey, a Sample of a Reflective Journal, a Sample of a Therapeutic Document, information on Professional Standards for Training and the Best Practice Guidelines.

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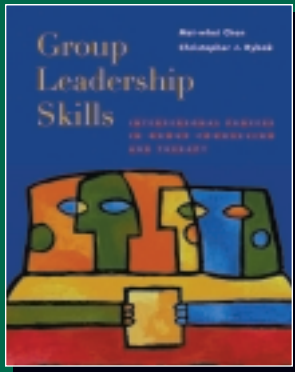
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“...The book offers an in-depth, comprehensive description of group process and dynamics. The text provides an “insider’s” view of internal processes and dynamics through case studies and group member journal entries. Specific techniques and strategies are described with examples of statements group leaders might make during the group interaction. Students and professionals will find examples of leader responses to be very helpful...There are so few that go into the depth characteristic of this book.”

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Dr. Mei-wei Chen is an Associate Professor at Northeastern Illinois University. She teaches group counseling, individual counseling, grief counseling, and stress management. She has received many awards, the most recent being the Faculty Excellence Award from Northeastern Illinois University for the third time. She has co-authored a book on Individual Counseling as well as published many journal articles.

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