History of group therapy 1

- **Prehistory-present** Healing rituals and mysteries
- **1780** Mesmer introduces use of the baquet to cure illness
- **1846** Kierkegaard repudiates public truth, and the crowd
- **1895** Le Bon’s *The Crowd* published. Le Bon coins ‘emotional contagion’
- **1905** Pratt's "class method" beginning of group psychotherapy (in US) with tuberculosis patients; didactic approach
- **1916** Trotter (teacher of Bion) publishes

- **1921** Adler in Vienna “collective therapy” = seeing the individual/group context
History of group therapy 2

- **1921** Freud in Vienna
- **1927** Jung introduced collective unconscious in the Structure of the psyche. Some saw it as a reformulation of Hegel’s conception of Zeigeist.
- **1928** Burrow published
- **1931** Jacob Moreno in Vienna - “Theatre of Spontaneity” & sociodrama
- **1932** Moreno in US coined term
- **1933** Lewin in US social-psychological perspective on the study of groups - "action research."
- **1934** Slavson - child-guidance - Therapeutics of Creative Activity
- **1939** Foulkes holds a ‘waiting room group’ in Exeter
History of group therapy 3

- **1941** First Northfield experiment
- **1943** Slavson American Group Psychotherapy Association &
- **1942-45** Second Northfield experiment, Wilmer and Maxwell Jones at Oakland Naval Hospital
- **1945** Kurt Lewin’s - Research Center for Group Dynamics at Massachusetts Institute of Technology
- **1948-51** Bion publishes papers that are later published as

- **1950** National Training Laboratories (NTL) at Bethel, Maine - "T-groups" (sensitivity training); beginning of use of feedback
1957-61 Preliminary meetings between Maslow and Moustakas about a ‘Third Force’ in psychology, neither behaviourism nor psycho-analysis led to formation in 1961 of American Association for Humanistic Psychology

1964 Conference of AAHP at Old Saybrook included Carl Rogers, Rollo May, Gordon Allport, Abraham Maslow, James Bugental, Henry Murray

1960’s Competing schools: TA, Person Centered, RET, Existential, Gestalt Therapy Nontraditional group intervention models functioned under nonprofessional auspices – transcendental mediation & encounter groups

1968 Sartre describes the reciprocity to be found in groups, as opposed to ‘series’
History of group therapy 5

- **1970s** Re-invention of Pratt. Groups used as the medium of individual interventions e.g. behavioural therapy
- **1972** Janis publishes
- **1980s** Development of cognitive therapy. Groups used as the medium of interventions e.g. group cognitive behavioural therapy, problem-solving groups and so on.
- **1981** Canetti published
- **1990s** Groups increasingly popular in wider settings e.g. focus groups, team-building, collaborative learning
Kurt Lewin

- Protagonist of field theory
- Founder of research center on Group Dynamics at MIT
- Developer of Bethel Institute from which T groups developed
- Applied social psychological methods to study of groups
Lewin’s research priorities at Research Centre on Group Dynamics at MIT

- "The conditions which improve the effectiveness of community leaders who are attempting to better intergroup relations"
- "The effect of the conditions under which contact between persons from different groups takes place"
- "The influences which are most effective in producing in minority-group members and increased sense of belongingness, and improved personal adjustment, and better relations with individuals of other groups" (Marrow, 1969, p.192)
Lewin’s Conceptual Framework for Diagnosis

- Freezing, unfreezing, and re-freezing
- Force-field analysis
Lewin’s Conceptual Framework for Diagnosis

- clients (individuals, groups, and organizations) become "frozen" or stuck in their current, metastable or quasi-equilibrium state.
- Change requires "unfreezing" or create movement in the client system moving it towards the desired state and then
- "re-freezing" the system in the new state.
- The new state may be determined by identification with a person or a group, or by an individual’s response to the driving and restraining forces in the social field.
Field theory

- human behaviour should be seen as part of a continuum
- individual variations from the norm being a function of tensions between perceptions of the self and of the environment
- the whole psychological field, or "lifespaces," within which the person acted had to be viewed
- the totality of events in this lifespace determined behaviour at any one time. used topological systems (maplike representations) to graphically depict psychological forces
S H (‘Michael’) Foulkes

- Born Fuchs in Germany
- Studied with Goldstein, trained as psycho-analyst
- Medical qualified after fled to UK
- Captain in charge at Northfield
Key concepts of Foulkes

- Plexus and nexus
- Matrix
- Location of a problem in the group
- Resonance of a group theme
- Condenser phenomenon
- Dynamic administration of the conductor
- Interpretation by the group
Unaddressed problems

- Morality and the problem of evil
- Inherent shame
- Inherent qualities of the individual (Sorge, Stimmung) and of the group