

BOOK REVIEW

INNOVATIONS TO GROUP PSYCHOTHERAPY

Edited by George Gazda. Charles C. Thomas, Publisher, 1968, Springfield, Illinois, U.S.A.

Reviewed by Barbara Loffmark,
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The great move in psychotherapy today is toward groups—all kinds of groups, made up of young and old, men and women, single and married, rich and poor, sometimes led by professional therapists and sometimes meeting on their own.

In *Innovations to Group Psychotherapy* George Gazda has compiled eight new and unique approaches to group psychotherapy, with each position prepared by its originator.

Gazda's opening chapter, wherein he defines group psychotherapy and briefly traces its history, provides a framework for the rest of the book. Although it could be demonstrated that forms of group therapy have existed for thousands of years, Gazda traces the significant contributions from 1905. He speaks of the early period from 1905 to 1932, with J. L. Moreno singled out of the most influential person in the field, having introduced psychodrama in 1925, coined the term 'group therapy' in 1931 and 'group psychotherapy' in 1932. Referring to the period from 1932 to the present as the period of expansion, Gazda makes mention of such names as Slavson, Ginott, Durkin, Dreikur, Bach and Corsini.

The notion of accelerated treatment is represented by Corsini's immediate therapy in groups, and Stoller's version of marathon group therapy. Corsini's *immediate therapy* refers to a rapid, conversion-type personality change. An individual undergoes a confrontation experience arranged by a therapist. He is directly confronted with the truth, undergoes a period of distress, but comes out of the situation with a new understanding of himself and the world. The technique of marathon group therapy provides for a group to meet continuously for 24 to 48 hours. Because there is a specific time limit, an urgency is developed which forces the participants to reach further than they are likely to do under ordinary circumstances. Leveling, honesty, trust, and the constructive expression of aggression are considered to be goals of the marathon experience.

Illustrative of the potential for mass treatment is the leaderless or 'emergent' group. The chapter entitled 'The Tori Process in an Emergent Group' by Jack and Lorraine Gibb, deals with the growth processes which emerge in leaderless groups. These processes of growth Gibb calls the TORI process, representing movement toward trust, openness, realization and interdependence. For the authors, the therapeutic agent is the emergent group, in contract to a therapist.

Frederick Stoller's method of employing focused feedback with video tape is another innovation which Gazda has included. The feedback available

on the video tape is thought of as a supplement to the group feedback. It should be used to highlight certain information and Stoller warns of its indiscriminate use.

An innovation which the reviewer sees as having great potential for far reaching effects throughout society is Virginia Satir's development of Family Therapy. Her simple approach follows from the notion all behavior is learned, that what has been learned can be unlearned, and the family members are the most important teachers.

As the many subforms of group psychotherapy continue to multiply, Gazda's collection of statements on the group movement is most welcome. Perhaps illustrative of the many trends developing in the area was the fact that the reviewer wondered at certain omissions. For example, no mention was made of the whole area of expanding human awareness, or sensitivity training. Perhaps one of the Esalen psychologists, William Schutz, might have served as a contributor in this area. Another area that might be thought of as a form of group psychotherapy is Frederick Perls' Gestalt Therapy. But certainly, Gazda's contributors were well chosen to comprise this much needed volume in a rapidly expanding field.

THE INTIMATE ENEMY.

By G. E. Bach & P. Wyden,

New York: William Morrow, 1969. 388 pages. \$9.50.

Reviewed by Dennis Tupman, Graduate Studies, University of British Columbia.

The Intimate Enemy, subtitled *How to Fight Fair in Love and Marriage*, is another in a spate of recent publications that stress the theme of relatedness and communication. It is that kind of common-sense book that appears at a time when many people are apparently ready to listen to common sense.

In his book Bach underlines the need for authentic communication, or "levelling," in order to achieve intimacy with another person. That there is a need for this communication can be shown by the presence of the well-known generation gap, the alarmingly increased divorce rate, and the existence of unrealistic "romantic" courtship attitudes, and the search for meaning and relevance in what he calls the "psychological ice age."

One can become truly intimate, Bach says, only by learning, paradoxically, to fight; but to "fight fair." He defines fair fighting as "clean, responsible, clear information-producing fight tactic or style." It is "two-way verbal aggressive confrontation on a specific, well-defined 'beef' for the purpose of change (hopefully for the better) of a destructive, frustrating, or intolerable aspect of the intimate relationship."

Bach uses the group counselling method in order to sensitize the trainees, and in order to impart the fair fighting technique.

His technique is simple but needs constant practice. He warns prospective intimates to avoid "gunny sacking," or storing trivial problems only to