



The Groups Book: Psychoanalytic Group Therapy: Principles and Practice, with The Groups Manual: A Treatment Manual, with Clinical Vignettes (Tavistock Clinic (Karnac))

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The treatment manual is intended to serve more than one purpose. It is designed to be a research tool, making possible the standardization and validation of a treatment method. It is also a highly condensed primer and a practicum, offering a description of psychoanalytic group therapy which will act as a handbook for the beginner and as an *aide-memoire* for the more experienced therapist. Many therapists will have had some experience with individual patients but wonder how they are to convert that knowledge into the practicalities of running a group, in which seven or eight patients are seen simultaneously. For young practitioners in a National Health Service setting, this can be a daunting prospect. It is difficult to do group therapy well, yet when it is done well it provides an invaluable therapeutic medium for a collection of patients it might be neither possible nor wise nor even necessary to see in individual treatment. In other words, there are many patients for whom a group is the treatment of choice.

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