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Group Psychotherapy – an Answer to Key Psychological Problems of Our Times. From Narcissism to Socialism

Key problems that make us search for psychological help today refer to relations – intimate relations, family relations, friendships. Group psychotherapy can prove to be an adequate form of support for people who experience these problems. A group is a network of relationships. Thanks to participants' motivation, therapist's skills, accepted rules and rules established together by a therapist and patients, the group becomes the environment that enables learning about relations and relationship patterns and also unconscious conflicts and pathogenic axioms that are the source of these patterns. The factors that make this process of learning and the accompanying therapeutic change possible are experience, reflection, feedback, observations and interpretations, whose authors are both patients and a therapist.

The aim of this presentation will be to present group psychotherapy in its intrapsychic, interpersonal and integrative (of group as a whole) approach and to present the integration of these approaches, and also three ways of perceiving the group that are implied by them: group as a collection of individuals, as a network of relationships and as a whole. Psychotherapeutic case illustrations of the aforementioned concepts will also be presented.

The presentation will also include elements of seminar and discussions.