

The book concludes that teams such as the authors' own Critical Incident Stress Team, which can support traumatised front-line emergency staff, their families and locally affected communities, have a valuable role to play – either directly or by ensuring referral of staff for mental health specialist input. The authors openly acknowledge the need for careful evaluation of the impact of trauma response teams.

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Group-Analytic Psychotherapy: A Meeting of Minds

By Harold Behr & Liesel Hearst.
London: Whurr. 2005. 299pp. £19.99 (pb).
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Harold Behr and Liesel Hearst are widely known in the field of group analysis for their long collaboration as therapists, supervisors and educators. The fruits of this collaboration are generously shared in this excellent text, which, grounded in the Foulkesian group model, offers an accessible and comprehensive exploration of group-analytic psychotherapy.

The book starts with two chapters outlining the history of group analysis, with particular attention paid to social and cultural influences. It then opens up into chapters that discuss planning a group, dynamic administration, assessing potential group members, and conducting the first few sessions. The chapters progress to explore established groups in action, paying

particular attention to events such as introducing new members, life events of members, and bringing therapy to an end. Practical consideration and advice is given regarding a variety of challenging scenarios, such as those involving scapegoat phenomena, monopolising behaviour and malignant mirroring. There is a helpful chapter offering guidance for therapists if they develop difficulties, including personal illness, which may affect the therapy.

The next section uses the basic Foulkesian group model to consider a variety of specific applications of group therapy, including the large group, homogeneous groups, groups for children and adolescents, family therapy and organisational group analysis. The book closes with discussion on the supervision of trainees,

professional development and future directions.

The authors' enthusiasm and respect for group-analytic psychotherapy radiate from the pages of this book. Their use of a clear, friendly and humorous style makes the book an easy and pleasurable read. The text is kept varied with well-chosen clinical vignettes, transcripts from sessions and Behr's own cartoons. Several chapters present a dialogue between the two authors about a topic, such as assessment. This creative format, demonstrating similarities and differences in approach, encourages the reader to develop and value their own individual style, rather than to seek a single prescribed technique.

The material covered in this book will engage a wide audience. The accessible coverage of assessment, starting a new group and potential pitfalls will be invaluable to the inexperienced therapist or trainee. The discussion of challenging scenarios in established groups, supervision and professional development will stimulate the experienced practitioner. One criticism of this book is that, in its desire to be comprehensive, it may overstretch itself by including associated disciplines, such as family therapy, without the space to fully explore their complexities and subtleties.

I found this book very helpful both in enriching my theoretical understanding and in helping me develop and gain confidence in my practical skills. I expect it will become a key reference text in group therapy, and I heartily recommend it to trainees and experienced therapists alike.

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