



Problem- Solving Group Therapy: A Group Member's Guide For Getting The Most Out Of Group Therapy

Terence T. Gorski

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Group Therapy can be the key that unlocks the door to long-term recovery. For this to happen, you will need to understand how group therapy works. You will need to become an effective group member who is capable of getting the most out of every group session. This brief, no-nonsense book will show you how.

After reading this book, you will understand what problem-solving groups are all about. You will know what you need to do in group to accelerate your progress and avoid common problems. Most importantly, you will learn how to become a master problem solver who is capable of working with other people to solve any problem you may encounter in your recovery.

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