

Group Therapy Review

Dana B Holloway

Southern Adventist University

SOCW 617

Group Therapy Review

Throughout the semester, watching the *Inpatient Group Therapy* series based on Yalom's work has given me valuable insight into group therapy methods, leadership styles, and client dynamics. In this final review, I observed that the key themes were emotional honesty, interpersonal feedback, and strong group cohesion. The group was clearly in the norming stage, showing high levels of trust and openness in their interactions.

One major realization for me was how authentic the emotions felt. Learning that the participants were improv actors responding genuinely, and that Dr. Ezra was an experienced LCSW and Ph.D., made it clear that the reactions and group dynamics were not scripted. This authenticity brought Yalom's philosophy to life: "You don't know yourself until you look through someone else's eyes." I saw firsthand how important it is for members to receive feedback from others to truly deepen their self-awareness, illustrating Yalom's concepts of interpersonal learning and the corrective emotional experience (Yalom, 2005).

The psychodynamic methods applied by Dr. Ezra also stood out to me. He skillfully kept the focus on the here-and-now, encouraging participants to discuss live emotional reactions instead of simply retelling outside events. This mirrors Yalom's emphasis on group cohesion and universality as essential healing factors in therapy. The group's strict adherence to confidentiality and no-socializing rules also supported a strong therapeutic frame, reinforcing the trust necessary for meaningful work.

Reflecting on this experience, I feel much more confident in my understanding of how to facilitate a group process that fosters real emotional growth. Observing the group over time showed me the power of patience, structure, and trust-building. It also reinforced how transformative group work can be when guided by consistent principles and a skilled therapist.

References

Yalom, I. D. (2005). *The theory and practice of group psychotherapy* (5th ed.). Basic Books.[URL](#).