

# Focused Group Analytic Psychotherapy

An Integration of Clinical Experience and Research

Steinar Lorentzen



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# Focused Group Analytic Psychotherapy

An Integration of Clinical Experience and Research

**Steinar Lorentzen**, University of Oslo, Norway

This practical text lays out a new form of focused, time-limited group analytic psychotherapy, built on new and existing research, and integrating clinical experience from across the field.

Presented in three parts, Focused Group Analytic Psychotherapy clearly introduces the therapeutic approach, fully explores all the elements involved, from considering suitable patients to composing the group and the role of the therapist, and provides an in-depth examination of clinical quality assurance, research and the integration of supervision. Peppared with examples and vignettes from carefully designed research by the author and others, the chapters demonstrate how this approach can be used in group therapy with patients facing specific psychological problems, symptomatic distress and/or a problematic relationship to self or others.

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