Theory and Practice of Group Psychotherapy.

Inpatient Group Psychotherapy is easy to read, well organized, and useful for the occupational therapist. The author's realistic and insightful portrayal of multidisciplinary role delineation, team conflicts, and rivalry for patient's time is useful for therapists who regularly experience these situations.

The text centers on the discussion of strategies and techniques for short-term inpatient facilities. As a result of prospective payment systems, the psychiatric unit of the 1980s, as well as the practice of occupational therapy, has taken a short-term approach that has left many therapists struggling with the dichotomy between old theories and new pressures.

Dr. Yalom addresses these struggles directly by suggesting new ways to make each group session effective. Aspects discussed in detail include composition and selection of groups, suggested time frames, settings, therapeutic factors, leadership styles, and conflict resolution.

Dr. Yalom identifies the occupational therapist as a critical member of the inpatient group therapy team, establishing without question his understanding of the role of occupational therapy.

This text should be considered by all occupational therapy curriculum committees as a possible text for courses on group dynamics.

Rosemarie Weber, OTR


This interesting and comprehensive book is divided into four parts: research and education, treatment and rehabilitation, community treatment, and systems issues. Part I provides an introductory overview of the field of research and describes the expanding areas of knowledge. The chapters that follow contain additional information and research plus data about therapeutic modalities. Part I also discusses four issues: a) the numbers of chronically mentally ill persons and recent attempts to define the course of illness and relapse, b) the exploding numbers of young persons (ages 18-35) who are chronically mentally ill, c) the epidemic of street people who are seriously or chronically mentally ill, and d) new data on violence in the chronically mentally ill. The book also discusses the educational needs of psychiatric and nonpsychiatric physicians to improve treatment and care for the chronically mentally ill population.

Part II focuses on treatment and rehabilitation issues. It covers medication, psychosocial treatment, and rehabilitation. A review of the research on the lengths of hospital stays is included. There is useful information on the principles of programs for the chronically mentally ill and the potential effectiveness of psychoeducational intervention with patients and their families.

Part III focuses on community treatment of the chronically mentally ill. The National Institute of Mental Health's community support program is examined five years after its inception. The many places where the chronically mentally ill reside, including prisons and board and care homes, are discussed. After-care and treatment and the social networks are explored. Practical and theoretical models of intervention are given. Of particular interest to the occupational therapist is a study by Linn and others conducted at ten Veterans Administration hospitals. Schizophrenic patients were discharged on a combination of drugs and treatment. It was found that the criteria that delayed relapse significantly were characterized by more occupational therapy and a sustained nonthreatening environment.

The concluding section provides an update on the economics of care for the chronically ill; developments at the federal level to care for this population; emerging legal issues; the views and involvement of families who care for their chronically mentally ill members, and the attitudes of average Americans toward the chronically mentally ill.

This book documents the advances in information and data collection made during the past five years in an interesting and readable fashion. It will serve as an excellent resource for occupational therapists working with the chronically mentally ill and for those involved in educating occupational therapists. The progress made in the past five years is impressive, the task is to translate this knowledge into action.

Martha S. O'Connor, MS, OTR/L


This book is designed for persons desiring an understanding of the anatomy, pathophysiology, and mechanisms of disease. The