

An Analytic Group Psychotherapy Session: Interpretations and Hidden Texts

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ABSTRACT

This article describes what happened with the participants and the group as a whole in an analytical group psychotherapy session. Our aim is to reveal how the particular session was run. We describe a period of resistance to change when the principal defences used were: somatization, acting-out, identification-with-the-aggressor, and, more specifically, language abuse leading to confusion. We discuss the value of interpretations that are focused on the group as a whole, where the group is considered to be an internal object. Although this article is not exclusively about an object-relations model, we attempt to analyze the influence of projective identification, which has an effect on the therapist's task of recognizing his "container" and interpreting functions.

There are numerous different theoretical orientations in group psychotherapy. Within the framework of analytical group psychotherapy several currents exist, as synthesized by Parloff (1968) and more recently by Ganzarain (1995). This clinical article is about a nonexclusive, object-relations model (Kibel, 1993) that addresses pre-Oedipal issues and employs Kleinian (Safan-Gerard, 1996; Segal, 1970) and Bionean (Grinberg, and Bianchedi, 1973) concepts of primitive defenses.

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