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*The Important Differences between Psychoanalytical Individual and Group Therapy*

## The Important Differences Between Individual and Group Therapy

Claus Bahne Bahnson (Kiel)\*

This article attempts to define the differences between analytic therapies. The training of therapists with individuals in the group room is different from the training in the individual setting. The group offers several advantages over the individual setting free of this potential restriction. The individual, sequential »one-to-one« therapy with the therapist(s) must steer the group process. The interaction of the group members and the group emotion evolve among group members. The problems and neurotic solutions are not precisely not by individual in the group. Deflecting the focus away from the individual problems in the group, making the group members, furthers an effective group process. The one-to-one analytic work with the individual but a conflict oriented group process. The group process before under the therapeutic process. The resolution of neurotic conflict

The thesis to be presented here is a comparison of the two. I deem it of importance for group therapists. In his supervisory sessions he has repeatedly experienced that dynamically oriented therapists drive the group to begin to do individual therapy with the group members. To listen and learn. It appears to be a group process. The individual model, in which most analysts work, is understandable, but does not exclude the group. The »the-group« procedure, which tends to be a group therapist and enhance transference, is not suitable for individual therapy with the group. This has been noticed by family therapists, who are the poorest prepared. There are many reasons why the move from an individual to a group mode is difficult. The individualistic »creator« captured the group process developed within an individualistic group process. The personal strength and responsibility

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