



Systems-Centered Therapy for Groups

Yvonne M. Agazarian

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Systems-Centered Therapy (SCT) is an innovative approach to psychotherapy that synthesizes a finely-tuned awareness of the defensive roles of anxiety and depression, with an analysis of the phases of group development. This volume introduces the author's theory of living human systems and explicitly maps out its use in a structured treatment model applicable to work with any population. In rich conceptual detail, the volume presents SCT as a powerful modality that enables clients to safely "sit on the edge of the unknown" and transform their ways of relating to themselves and each other. It will be received with interest by all practitioners and trainees in group and individual psychotherapy.

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