



# Specialty Competencies in Group Psychology (Specialty Competencies in Professional Psychology)

*Sally Barlow*

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Human beings are born into groups, educated in groups, and belong to many groups, yet routinely attribute *individual* motives to their actions when in fact *group-influenced* behaviors are the more likely culprit. The theory, research, and practice of group dynamics, group psychology, and group psychotherapy illuminate useful ways for us to learn group skills and to better understand how we are influenced by groups.

In *Specialty Competencies in Group Psychology* Sally Barlow provides a comprehensive overview of the foundational and functional competencies related to the field of group psychology. Barlow describes the potential treatment benefits of group work and shows how the wide range of applicability makes this a relevant volume across diverse areas, regardless of the population receiving treatment or the theoretic orientation of the therapist. This volume distills the uniqueness and contributions of the specialty in a way that benefits not only psychologists who specialize in group psychotherapy, but also clinicians who have previously taken a more traditionally individual approach to treatment.

Series in Specialty Competencies in Professional Psychology

Series Editors

Arthur M. Nezu and Christine Maguth Nezu

As the field of psychology continues to grow and new specialty areas emerge and achieve recognition, it has become increasingly important to define the standards of professional specialty practice.

Developed and conceived in response to this need for practical guidelines, this series presents methods, strategies, and techniques for conducting day-to-day practice in any given psychology specialty. The topical volumes address best practices across the functional and foundational competencies that characterize the various psychology specialties, including clinical psychology, cognitive and behavioral psychology, school psychology, geropsychology, forensic psychology, clinical neuropsychology, couples and family psychology, and more. Functional competencies include common practice activities like assessment and intervention, while foundational competencies represent core knowledge areas such as ethical and legal issues, cultural diversity, and professional identification. In addition to describing these competencies, each volume provides a definition, description, and development timeline of a particular specialty, including its essential and characteristic pattern of activities, as well as its distinctive and unique features.

Written by recognized experts in their respective fields, volumes are comprehensive, up-to-date, and accessible. These volumes offer invaluable guidance to not only practicing mental health professionals, but those training for specialty practice as well.

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