**Group approaches to treatment**

This only needs to be covered in enough detail to be included in the following learning outcome:

* Examine biomedical, individual and group approaches to treatment

**Group treatment**

*Give a definition*

**McDermut et al 2001**

Aim: To review the effectiveness of the group approach in the treatment of depression.

Method: Meta Analysis of 48 studies

Results: 43 showed statistically significant reductions in depressive symptoms after group therapy, 9 showed no difference between group and individual therapy, 8 showed individual CBT to be more effective than group therapy.

Evaluation

+ Sound evidence through the study that group therapy is effective for relieving depression.

-78% of the patients were women. The results may be more applicable to females.

- The group did not include severely depressed and suicidal patients so it is not possible to conclude anything about its effectiveness within those groups.

-It is hard to evaluate the effectiveness of group therapy because the group dynamic presents more variables than individual therapy, Yalom (2005). For example, Group cohesion-there needs to be a sense that all people belong. Confidentiality-people must trust that they can speak freely.

**Mindfulness based cognitive therapy (MBCT) Segal, Williams and Teasdale (2001)**

*What is the aim of this therapy?*

**How MBCT works**

*Briefly describe how it works*

**Mindfulness based treatment of depression.**

**Kuyken et al (2008)**

*Aims, Methods, Results and Conclusion of the study*

*Evaluate the study*

**Mindfulness based treatment of bulimia**

**Prolux (2008)**

*Provide a brief description*

**Overall evaluation of a group approach to treatment**

+ It is less expensive compared to individual therapy

-/+Group therapy may be used to treat depression but it may not be appropriate as the only therapy (Kuyken supports this)

-It may only be effective when the group dynamic is right and patients must feel positively about the treatment.

-It may only be suitable for patients/clients who are not severely depressed.