



Applying attachment-based group therapy in interpersonal group process

Marmarosh, Cheri L.,
interviewer

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Material Projectable

"In this demonstration, Dr. Cheri L. Marmarosh leads a 45-minute group process session with four racially diverse women and men by applying an attachment-based group therapy framework. First, Dr. Marmarosh asks group members to introduce themselves and to share their expectations for the group. Collectively, the group members state that they would like to manage their social anxiety and learn more about themselves. Using a variety of here-and-now techniques, Dr. Marmarosh creates a safe environment, builds connections among group members, and processes affective reactions among group members. The group discusses social experiences of feeling hurt by people versus feeling safe with other people. They also describe their experiences of relational stress management. Throughout the session, group members provide each other with support and positive feedback, participating in sincere and open conversation. Last, Dr. Marmarosh and group members thank each other for their contribution to the group."

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