

Abstracts from Hebrew

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# New Concept for Group Intervention in Occupational Therapy: Group Therapy and Therapy in a Group

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Group processes and the therapeutic factors underlying effective occupational therapy-related group intervention have been described in detail in the scientific literature world-wide. Yet, a review of the articles published on group intervention in the Israeli Journal of Occupational Therapy reveals an emphasis on the contents of the groups' discussions and the goals achieved (i.e. such as improving skills), rather than on the relevant therapeutic factors and group processes themselves. This raises a question as to whether Israeli field clinicians have sufficiently considered the specific aspects of group processes and therapeutic factors when applying group interventions. For this purpose a survey was conducted in which 151 Israeli occupational therapists took part. The survey examined the frequency of occupational therapy group intervention in Israel, according to areas of expertise. Furthermore, the areas of emphasis in group intervention were surveyed and its advantages,

based on the respondents' reports, were examined. This article will review the literature regarding occupational therapy group interventions, describe the findings of the above-mentioned survey and present a new conceptualization for occupational therapy group intervention that distinguishes between the types of group interventions available in Israel. This conceptualization will encourage the use of therapeutic factors and group processes that can bring about change in the groups' participants and provides a definition for group interventions that do not address the specific processes taking place in the group. In accordance with this conceptualization two types of groups may be distinguished. The first type, referred to as "group therapy", looks at events taking place in the "here and now" and relates to both the process and content of the intervention, in order to raise the personal and interpersonal awareness of group participants. The second type of group is referred to as "therapy in a group", characterized as an intervention performed on a number of clients in the same area or room. The leader of the latter type of group focuses primarily on the individual members' needs and goals rather than on the intra-group discussions and interpersonal interactions that occur during the group's sessions.