

Book Review

***Group Therapy Workbook: Integrating Cognitive Behavioral Therapy with Psychodramatic Theory and Practice.* By Thomas W. Treadwell, W. Debbie Dartnell, Letitia A. Travaglini, Maegan Staats, and Kelly Devinney. Outskirts Press, 2016.**

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The Group Therapy Workbook: Integrating Cognitive Behavioral Therapy With Psychodramatic Theory and Practice is a manual that every psychodramatist will want to have. This manual is packed with practical ideas and has a toolbox of methods such as self-report measures that group members complete prior to the sessions and a case conceptualization sheet to help the therapist develop a treatment plan for each member.

The authors provide an excellent and colorful explanation of cognitive behavior therapy (CBT); however, this is not a beginner's manual and the therapist will need a background in cognitive therapy to fully understand how to work with the tools provided. The same is true with the presentation of psychodramatic techniques; the practitioner will need a solid experience in psychodrama before using a number of these methods. In addition to cognitive therapy, behavioral therapy, and psychodrama, the authors also bring the concept of schemas into the mix, and the reader will want to refer to the work of J. E. Young and others in the field of schema therapy in order to make full use of the authors' ideas.

One idea presented by the authors that may be particularly helpful to psychodramatists is identifying "hot thoughts," which the therapist needs to be aware of in order to help group members challenge some of their core beliefs related to the problems they are having.

Other outstanding sections of the manual include easily understandable worksheets and examples of genograms and social atoms. The use of assessments to evaluate progress in psychodrama has been much discussed among psychodramatists recently, and the manual has a number of very good self-report measures that will help the practitioner with programmatic evaluations.

Treadwell and others also make the point that Aaron Beck, the founder of CBT, stated that CBT was influenced by psychodrama and Gestalt therapy in helping people with what Beck calls "emotive strategies." Readers will also want to look at an article from Jenny Wilson, cited in the manual, "Psychodrama and Behavioral Therapy: Complimentary Companions" in the July 2011 edition of *Group Psychologist*, 21(2), 10–16. This is a fascinating exploration of similarities

between J. D. Moreno and Aaron Beck's philosophies and theories. For example, both CBT and psychodrama use Socratic questioning in their therapy.

If this reviewer had a wish list regarding *Group Therapy Workbook*, it would be that the manual would go deeper and provide more information from the authors' extensive working experiences with psychodrama and CBT. The manual makes it clear that practitioners will need more background, but are there particular types of training the authors would suggest? It would also be interesting to know how group members were selected, and if there were any kinds of problems or personalities that would be most appropriate for these groups—or are there some individuals who would not be appropriate for the groups?

In the *Group Therapy Workbook* model, group members complete a great deal of homework prior to the sessions, which might function as a good warm-up for the group members. Are there other sociometric warm-ups that could be used at the beginning of a session? The authors did report that they spent the first one or two sessions creating a safe and secure environment for the participants and it would be helpful to know what methods they used.

Group Therapy Workbook uses the three parts of a psychodrama session that the psychodramatist will be familiar with: warm up, action, and sharing. It appears that the warm-up session consists of identifying a protagonist, and the workbook reported that a group member usually volunteers to be the protagonist. Is sociometry ever used to identify protagonists so that the group will be warmed up to the particular issue of the protagonist that is chosen? In many psychodrama groups, members step forward and describe the issue they would like to work on, and the group as a whole will choose which issue the group members are most warmed up to on that day.

The action phase seems similar to many psychodrama groups with the enactment of a situation selected by the protagonist and the use of auxiliaries.

The sharing session, which included group members sharing their personal reactions to the drama, also included "processing the techniques that were used." Is this an explanation of the psychodrama methods or the CBT methods? A surprise for this reviewer was the idea that the group members who had been in the drama then helped the protagonist develop "homework" for the protagonist for the next session. Having never seen this technique, it would be helpful to have this concept expanded since it sounds like an intriguing idea.

Besides the sessions with a protagonist, are there ever sessions to help the group members develop more understanding of a particular topic through small group exercises? Do participants ever tire of the formula and need some other activities, including a variety of sociometric and fun activities? If so, what other activities have been helpful to increase spontaneity and creativity?

The sample session presented in the workbook was excellent, providing an example of how an actual session might go, including the various components of a session. A very detailed transcript of a possible session was very helpful. However, it was not clear whether the auxiliaries just stated one line at a time or whether they expanded their roles. It was also unclear whether other group members also doubled for the protagonist during the drama or if the protagonist role reversed with the auxiliaries.

Overall, the cognitive psychodrama *Group Therapy Workbook* brings two dynamic methods for personal change together to build on each other, and this reviewer is not aware of any comparable books.

The manual also includes many methods that can be used in individual therapy, particularly some of the self-report measures and case conceptualizations. The authors are to be commended for bringing their research to the psychodrama community and this reviewer would like to see more of their work.