

## Yalom's Curative Factors of Group Treatment

1. **Instillation of Hope:** faith that the treatment mode can and will be effective
2. **Universality:** demonstration that we are not alone in our misery or our "problems"
3. **Imparting of information:** didactic instruction about mental health, mental illness, psychodynamics or whatever else might be the focal problem of the group
4. **Altruism:** opportunity to rise out of oneself and help somebody else; the feeling of usefulness
5. **Corrective recapitulation of primary family group:** experiencing transference relationships growing out of primary family experiences providing the opportunity to relearn and clarify distortions
6. **Development of socializing techniques:** social learning or development of interpersonal skills
7. **Imitative behavior:** taking on the manner of group members who function more adequately
8. **Catharsis:** opportunity for expression of strong affect
9. **Existential factors:** recognition of the basic features of existence through sharing with others (e.g. ultimate aloneness, ultimate death, ultimate responsibility for our own actions)
10. **Direct advice:** receiving and giving suggestions for strategies for handling problems
11. **Interpersonal learning:** receiving feedback from others and experimenting with new ways of relating

Yalom, I.D. (1995). *The Theory and Practice of Group Psychotherapy (4<sup>th</sup> ed.)*. New York: Basic Books.