



# **Women's Group Therapy: Creative Challenges and Options (Springer Series, Focus on Women)**

*Vera Sonja, PhD Maass*

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Through the use of group therapy sessions, conducted within a cognitive-behavioral framework, the author explores the cultural, social and parental influences on women's lives. In-depth case studies and transcripts from the sessions illustrate the women's actual step-by step process in examining such issues as:

- **Self-determination**
  - Motherhood as fulfillment**
  - Consequences of a two-career family**
  - Divorce**
  - Infidelity**
  - Competitiveness among women**
  - Identifying sources of power within and outside oneself**

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