The fifth edition of Group Leadership Skills provides a solid foundation for using group concepts, theory, and research with a wide-variety of groups and group settings.

The book teaches essential group process skills, including theories, differentiating content from process, working with tension and anxiety, conflict, apathy, and enhancing cohesiveness. Clark also presents strategies to improve effectiveness of group leaders, such as helping groups move to a working phase, solve problems, and build teams.

This updated fifth edition is now newly expanded to apply to a highly diverse collection of groups. The strategies and techniques can be used with students, families, staff, older adults, codependency groups, groups for obesity and eating disorders, depression, rape and sexual abuse groups, domestic violence groups, and many more.

Key Features:
- Contains practical strategies for group leaders including conflict resolution, suggested ice-breakers, and discussion questions
- Includes new "Exercise Simulations" for many chapters, including chapters on working with older adults, focus groups, organizations, and communities
- Includes new feature, "Clinical Leader Challenges," which asks learners to apply theory and concepts to group situations