



# **The Anti-Group: Destructive Forces in the Group and their Creative Potential (Routledge Mental Health Classic Editions)**

*Morris Nitsun*

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The 'anti-group' is a major conceptual addition to the theory and practice of group psychotherapy. It comprises the negative, disruptive elements, which threaten to undermine and even destroy the group, but when contained, have the potential to mobilise the group's creative processes. Understanding the 'anti-group' gives therapists new perspectives on the nature of relationships and alternative strategies for managing destructive behaviour.

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