

I.Avrasya Pozitif Psikoloji Kongresi İstanbul, 2016

B.13

Voltan Acar–Molaei Integrative Model (VAM) in Group Psychotherapy

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SUMMARY

The purpose of this article is to present the Voltan Acar-Molaei (VAM) integrative model in group psychotherapy. This model discusses the importance of applying Gestalt psychotherapy, psychodrama and cognitive-behavioral therapies when working with various groups. The authors suggest that applying a single psychotherapy approach is inherently limited, and therefore emphasize the need for a synthesis and comprehensive framework of therapeutic models to address clients' relationships, emotions, thoughts, spiritual sides, behaviors and body processes. Each component of this model is explored in terms of its efficacy within Gestalt, cognitive-behavioral and psychodrama frameworks. The Voltan Acar-Molaei integrative model has been developed as a useful guideline in group therapy for understanding and finding a solution for specific problems of clients in groups.

Keywords: Integrative Model, Individual-focused Group therapy, Gestalt Psychotherapy, Psychodrama, Cognitive Behavioral Therapy