

SZEMÉLYISÉGFEJLESZTÉS CSOPORTMUNKA SEGÍTSÉGÉVEL

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The study tries to prove that groupwork is useful for personality development and it has a therapeutic benefit. The paper spurs on the introduction of this method into our culture, too. Through a case study there is given an example of personal change in the group, this way presenting the usefulness of groupwork. The change is shown through the development of the object relations patterns, then the paper presents the evolution of the followed person's interpersonal skills.

Key words: personality development and therapy group, change, object relations patterns.