A text full of theory-practice but above all rich as a tapestry in which the authors show “Group making” as a precious and full of texture tool, necessary to “carefully” carry out the work in the groups.

Today, more than ever, we need to deal with this issue not only to bring out the potential of group therapy, but to draw fundamental "guidelines" for every group that each one is going to create and lead; exactly like in a Tibetan mandala where each grain of sand assumes its “reason of being” in a more complex gestalt.

In this perspective, it is evident the need and, at the same time, the problematic of considering “Group making” with a more specific and scientific point of view. This challenge is taken up by the authors of this text, which for years have been carrying out a work of theoretical construction and empirical research on the clinical groups which, in this work, reaches a further milestone step.

Within a Subjective Groupanalytic model that allows to link and give meaning to individual and collective events in relation to the cultural context in which they have life, the authors assert that clarity and rigor become urgent today, because groups became one of the main and productive tool of work in the mental health world, but also in the social world; we are witnessing a very important use of the group instrument, in numerous and difficult frontier situations that do not allow the transposition of traditional settings, but they require a considerable capacity of construction and firmness in not trivializing the work and enhancing the specific features of the instrument. The interest on understanding how work through groups is carried out, how it works, what characterizes it, what it is able to produce and how all this can be the object of a scientific knowledge is the common thread running through the whole work.

More specifically, from the analysis of the different groups there are common factors, one of these is the attention to the conductor-patient relationship and to the mind-body-relationship relationship, certainly central for the therapy to be effective for the patient. Another common factor is the importance of the conductor who needs a very thorough basic preparation to play such an important role, as it has the task, not only of group formation, but also of managing and setting.

Reporting the final thoughts suggested by the authors seems indispensable: “we close this work by adapting for the parameters what was said by Bobbio for politics and that is that there is no democracy without a rule. For the parameters we could say that "there is no clinical or research without transparency, clarity, visualization, analysis of oneself and of the method; we must therefore avoid the absence of ethical norms and responsibility ."

Nowadays, in fact, period in which the use of clinical groups is increasingly common, the authors invite us to think with rigor, theory and practice in order to get out of self-referentiality and accept the suffering in “care spaces ethically sustainable groups”.

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