

Contributing Authors ix

Preface xii

PART 1 Mutual Aid: An Introduction

1. The Life Model, Oppression, Vulnerability and Resilience, Mutual Aid, and the Mediating Function *Alex Gitterman and Lawrence Shulman* 3

2. Group Work Method *Lawrence Shulman* 38

3. Group Formation: Tasks, Methods, and Skills *Alex Gitterman* 73

PART 2 Mutual Aid and Vulnerable and Resilient Children

4. Healing Hearts: A Bereavement Group for Children *Carolyn Knight* 113

5. When the World No Longer Feels Safe: Helping Children Through Mutual Aid *Maxine Lynn and Danielle Nisivoccia* 139

PART 3 Mutual Aid and Vulnerable and Resilient Adolescents

6. Preteens in Double Jeopardy: Supporting Developmental Growth Through a Natural Friendship Group *Carol Irizarry and Yetta H. Appel* 165

7. Listen to Us! Young Adolescents in Urban Schools *Lois Levinsky and Kathleen McAleer* 203

8. Sharing the Hurt: Adolescents in a Residential Setting *Alice Schaeffer Nadelman* 220

PART 4 Mutual Aid and Vulnerable and Resilient Adults

9. No One Is Alone: Groups During the AIDs Pandemic *George S. Getzel* 249

10. Persons with AIDS in Substance-Abusing Recovery:
Managing the Interaction Between the Two *Lawrence Shulman* 266
11. Sharing the Secrets: The Power of Women's Groups for
Sexual Abuse Survivors *Linda Yael Schiller and Bonnie Zimmer* 290
12. From Victim to Survivor: Group Work with Men and Women Who Were
Sexually Abused *Carolyn Knight* 320
13. Uncovering Kindness and Respect: Men Who Have Practiced Violence in
Intimate Relationships *Dale Trimble* 352
14. No Place to Go: Homeless Women and Children *Judith A. B. Lee* 373
15. Families Journey Toward Equilibrium: Children with Developmental
Disabilities *Judith Bloch, Joan Weinstein, and Martin Seitz* 400
16. Finding Our Way Back: Parenting Skills for Addictive Parents
Beatrice R. Plasse 423
17. Healing the Hurts: A Short-term Group for Separated, Widowed, and
Divorced Single Parents *Lawrence Shulman* 448

PART 5 Mutual Aid and Vulnerable and Resilient Elderly

18. Dealing with the Death of a Group Member: Visually Impaired Elderly in
the Community *Alberta L. Orr* 471
19. The Group as a Source of Hope: Institutionalized Older Persons
Toby Berman-Rossi 493
20. Accumulated Risk: Mutual Aid Groups for Elderly Persons with a
Mental Illness *Timothy B. Kelly* 536

PART 6 Historical and Contemporary Themes

21. Mutual Aid: A Buffer Against Risk *Judith A. B. Lee and Carol R. Swenson*
573
22. Contemporary Group Work Practice *Varsha Pandya* 597

Index 615