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In his classic work, *Theory and Practice of Group Psychotherapy*, Irvin Yalom identified 11 therapeutic factors which are :

- cohesiveness, (Group members support and accept the group as a unit),

- universality (The patient understands that some of his problems aren't unique: other patients may have similar problems and share common experiences),

- Catharsis (The patient expresses his feelings in a nonthreatening environment)

- interpersonal learning (Interpersonal skills learned within the group translate to the patient's relationships outside of the group),

- Altruism (The patient is able to help others in the group, which supports his self-growth),

- Identification (the patient imitates the healthy behaviors of other group members in order to develop such behaviors in himself),

- Recapitulation of primary family group (The patient in group therapy is influenced by his history; when the patient works out problems with other members of the group, he is also working through issues from his past),

- installation of hope (The patient develops a positive outlook while in group therapy),

- Insight (The patient understands how he got to be how he is and why he does what he does),

- Imparting information (By sharing and receiving feedback within the group, the patient achieves personal growth),

- Development of socialization techniques (The patient is able to adhere to social norms).

Therapy should be terminated when it is no longer working productively; a considerable amount of time should be spent by the helper preparing for termination. The helper must assess whether the client will have strong feelings about termination in order to address these feelings. The three steps of termination are: 1. looking back, 2. looking forward, and 3. Saying goodbye! Termination might occur when 1. an organization requires it or payment expectations change, 2. clients have met their goals, or 3. The client is fatigued and needs a break. Tending termination allows for changes to be solidified, preparation for future client coping, openness in future counseling, and good closure in the therapeutic relationship as a model for the future. The client experiences more positive feelings than negative at termination.