

Group Therapy

Is it really a game?

Yes.

But GROUP THERAPY is for people who want to do more than just play games. For people who want to open up. Get in tough. Let go. Feel Free.

Therapist Cards start it happening.

Like: *Hold each member of the Group in a way which shows how you feel about him.*

Like: *Pick a way in which you are phony and exaggerate it.*

Like: *You are advertising yourself as a lover. What does the ad say?*

Were you “With It”? Or did you “Cop Out”? Everyone judges. Everyone is judged. And judgments tell you where you’re at... on the board.

Play GROUP THERAPY. And you can stop playing games.

How To Play Group Therapy.

(3-8 players)

1. The game board is divided into three colors. Each color represents a different level of difficulty. Starting on “Hung Up” and moving clockwise, Yellow contains the lowest percentage of difficult instructions. Red contains a higher percentage. And Blue contains the highest.
2. In each segment, place shuffled Therapist Cards of the corresponding color in the rectangle marked “Therapist.” Place the cards marked “Group Therapist” in the circle at the center of the board.
3. Each player puts his token on the square marked “Hung Up.” The tallest player goes first and the players then take their turns in clockwise fashion.
4. The first player removes the top card from the yellow stack of Therapist cards and reads it aloud. He then has *no more than one*

minute to prepare before performing the instruction.

5. If the player does not choose to do the Therapist instruction, he may pass. He must then move his token back one space (no player can move back beyond “Hung Up”) and the next player goes.
6. If the player performs the Therapist instruction, the other players (the Group) have *no more than one minute* to decide what judgment they wish to make. (Judging a player is discussed more fully later.)
7. The player moves his token forward one space for each “With It” judgment he receives, and back a space for each “Cop Out” judgment he gets. For example, if a player receives 3 “With Its” and 1 “Cop Out,” he has a net gain of 2 and moves forward 2 spaces. If he gets 3 “Cop Outs” and 1 “With It,” he must move back 2 spaces. If he receives 2 “With Its” and 2 “Cop Outs,” he stays where he is.

8. If more than half the judgments are “Cop Outs,” the performing player may ask the Group to explain their votes (after he has moved his token back). Following a brief discussion, the player may perform the instruction again. The Group will then make new judgments and the player will move his token from its position after his first attempt to the position determined by the new judgments. A player may not repeat any instruction more than once.
9. As the game progresses, each player will take the top card from the stack that corresponds with the color area in which his token lies. When he arrives in the Red area, he performs the instructions from the Red Therapist Cards, etc.
10. When a player lands on a space marked “Group Therapist,” he takes the top card from the pile marked “Group Therapist,” reads it aloud, performs the instruction, is judged, and moves his token. Then, moving

clockwise, each other player performs the same instruction, is judged, and moves.

When all players have completed the “Group Therapist” instruction, the game proceeds as before, with the player to the left of the player who landed on “Group Therapist” drawing a regular Therapist Card. (Note: If, as a result of performing a “Group Therapist” instruction, a player moves onto a “Group Therapist” space, he does *not* draw a new “Group Therapist” card.)

11. The first person to each “Free” is the winner. The other players will then determine whether they wish to stop or to continue playing until everyone, in effect, is a winner. All “Free” players will refrain from drawing Therapist Cards, but they will continue to post judgments until the game is over.

Judging A Player.

Each player has a judgment card marked “With it” on one side and “Cop Out” on the other. After a player has performed, all members of the Group

will *simultaneously* hold up their judgment cards. If you believe the player adequately fulfilled what was asked of him, show the “With It” side of your card. If not, show the “Cop Out” side. When a player must do or say something one-at-a-time with other players, judgments will be made only after the player has completely finished his assignment, and will be based on your overall impression of everything he said and did.

You will undoubtedly want to take a number of factors into account in determining whether a player has fulfilled the instruction of the Therapist Card:

Did He “Cop Out”?

Was he acting? Was he impersonal?

Was he glib? Did he try to make a joke of what he was doing?

Was he trying to sustain a public image of himself which seems to be different from his private self?

Did he respond to the instruction incompletely, trying to get by with as little as possible?

Was he trying to hide something? Did he seem afraid of appearing petty, ordinary, naive, weak, uncool, unmasculine (or unfeminine): *Was he afraid to be vulnerable?*

Was He “With It”?

Did he try to be honest, open, sincere, aware, giving: *Free?*

Many judgments will be difficult to make. How well you know the player, of course, will affect your decision. At times, you may waver; but—as in most personal situations—judging is a risk you must take.

For a complete set of 100 different Therapist Cards, send \$2 cash or money order to Park Plastics, Linden, N.J. 07036.

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