

Myriah Nelson

Group Process

Assignment #4

### **Group Process Assignment #4**

A leader's task and responsibilities when bringing a group to an end are extremely important. "The final phase in the life of a group is the time for members to consolidate their learning and develop strategies for transferring what they learned in the group to daily living." Some of these responsibilities include: 1. Educating members to give adequate notice when they decide it is time to terminate. This allows for the client to have time to address any unfinished business with themselves or any other members. 2. Allow time for the person who will be leaving to prepare emotionally for termination. 3. Give an opportunity to the others to say goodbye and to share their reactions and feedback. 4. Explore cultural influences on members' perceptions and understandings of endings. 5. Help members who are leaving how they can incorporate what was meaningful in the group into their daily lives. 6. Assist the member that is leaving the group to review what has been learned. Review and reinforce the changes made by the members. 7. Make referrals, when appropriate. (pg.317, 318 Groups Process and Practice 10<sup>th</sup> edition)

In the initial phase of a group, it is important to develop trust and to create an environment for all members to feel safe. This allows them to share their concerns on personal topics as well as input to what their expectations are going to be in the group. In the final stage "termination stage" it is just as crucial. Whether the members feel that the group was therapeutic

or not it could be a difficult time knowing it is coming to an end, so throughout sessions a leader should help members review and identify their goals as well as use the new tools they have learned to apply to their daily lives. This will help members when they are out of group and need to process things they found harder before.

Some techniques I would use at both the beginning and end of a group are having “Empathy” and putting myself in their shoes, reminding myself what it's like to have to end something I have achieved or something I did not want to end. “Assessing” is another, this would be to assess how they are feeling about leaving the group and where they are at. Praising them for the work they have done and helping them create goals to continue moving forward. “Active listening” this is something very important throughout the group process. However, in both the beginning and end you would want to absorb content, noting gestures or subtle changes. “Linking” I felt I would use to help the member process with another member in the group, if I felt they shared similar views. This could open a full conversation with the whole group about the member leaving and could get everyone's input. Last, I would use “terminating” helping members bring closure, and for transferring what they have learned in group and using it in the environment they are going to without the continued support of the group. I would suggest a follow up if needed. Or even give suggestions on where they could get additional therapy. (pgs. 34,38,40,41,43,44. Group Process and Practice 10<sup>th</sup> edition)

I feel that the personal characteristics I have that may get in the way are that I am very empathetic. This has been a double edge sword for me in my life at times. I would be afraid of the member seeing this and using it to take advantage of me or an excuse to stay stuck. Another thing I'd be concerned around with empathy is Counter transference and someone I felt I could relate to or just felt reminded of. The last characteristic is that I hate confrontation so when a

member gets upset, I just may too. Luckily before I begin to do a real groups I will have time to learn and practice the skills necessary.