

Self- Help Group Dynamics Analysis Rubric

NAME: __Molly Streff__ DATE: __4/1/2020__ GRADE: _____

Goals:

Learn how to live life, be happy, and have fun without substance

Membership Eligibility:

Desire to stop drinking alcohol (all meetings)

Addict of any type, student, observer, family member (open meetings)

Alcoholics only (limited meetings)

Alcoholics with desire to quit drinking (closed meetings).

Referral Sources:

Church, hospital, friends, family, addict

Meeting Description:

Last about an hour, open with a reading/prayer/preamble, read of of book/binder/readings, introductions, discuss topic of the day (all meetings)

Talk about what instigates the use of alcohol for all members (limited meeting)

One or two people tell their entire story of addiction (speaker meeting)

Sit at tables or in groups and discuss experiences with topic of the meeting, may be one big room or table and all members take turns (discussion meeting)

Work on twelve step process (step meeting)

Read parts of alcoholics anonymous/bible/self-help books and discuss (book meeting)

Group Roles:

Leader- keeps members on task and focused on topic/reading of the day, leads the opening prayer/reading (maintenance, growth producing role)

Harmonizer- attempts to prevent conflict (maintenance, growth producing)

Recorder- takes notes/records session (task)

Dominator- tries to control other members (individual, growth inhibiting role)

Recognition seeker- boasts about achievements (individual, growth inhibiting role)

Speaker- what happened, working program, how life is now

Observer- listen to speaker/group, believe change may be possible for them too

Reader/Discussion- bring up a topic, table leader may introduce topic; is anyone having trouble staying

Utilization of Meeting Attendance in Everyday Life:

Know/be your higher self

Reading Books

Practicing principles daily

Communication

Insight Gained through Learning Experience:

There are different types of meetings

Not everyone who attends a meeting is an addict, knows they have a problem, or is ready to quit

CRITERIA	POSSIBLE POINTS	EARNED POINTS	COMMENTS
1. Goals	2		
2. Membership eligibility.	4		
3. Referral sources	4		
4. Meeting description.	8		
5. Group roles identified. (e.g. task, maintenance, and/or self-serving roles). Clearly identify the roles within the group: (i.e.: leaders, followers, etc.)	8		

Are there any growth inhibiting roles versus growth producing roles?			
6. Discussion of utilization of meeting attendance in everyday life.	4		
7. Insight gained through this learning experience, and how this insight may be useful with future clients.	8		