

Taneaia Sample  
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JOURNAL 2

This weeks' group was really interesting. We had to work in our assigned group to role-play where one member was the social worker and the other members are the individuals that the social worker will be teaching about coping mechanisms for anxiety and depression. We are in the process of preparing for the role play. Sandra was acting as the social worker and that role was given to her based on the other members not wanting to have that role. At first, Sandra was like why she had to be the social worker as if she did not want to have that role but she took on the role. It seems like the other members forced it upon her, but Sandra was a team player. She may not have been comfortable with taking the role, but she did, and she worked with the group to reach the goal of the group assignment for the week. However, due to time, we were stopped in the middle of the assignment.

I this week the group was in the leadership approach of the Servant Leadership Approach. A servant leader is someone who looks to the needs of the group. The servant-leader is working with and asks herself how he or she can help, the members to solve problems and promote their personal development. The servant-leader places the focus on the members, as he or she believes that content and motivated members are best able to reach their goals. Even though Sandra was chosen to be the lead this week, she looked to the group to assist with the process of coming up with how to do the role-play. With Sandra doing that the other members were working towards the goal with her which was coming with ways the social worker can help the members to come up with coping mechanisms using CBT for depression and anxiety.

I feel we jumped to the intimacy stage of development this week. In the stage of intimacy, the likes and dislikes of intimate relationships are expressed. The group becomes more like a

family, with sibling rivalry exhibited and with the leader sometimes referred to as a parent.

Javier kept referring to Sandra as the doctor, so it was like calling her the parent. It was a little bit of sibling tension because Sandra did not like to be called “the parent aka doctor” as she said stop calling me that. However, she was not mad with Javier. The group is like a family.