

Tanasia McLaurin
Journal #2

This week the group was given the task to role-play a group therapy session discussing the symptoms and treatment of depression. The objective was for a member to get familiar with facilitating a group session. Similar to the previous week, the group members displayed professionalism and positive synergy. We immediately started brainstorming about the problem and how we can treat the issue. I noticed that another member took on the role of a note-taker. Every person contributed by offering their knowledge or experience on depression, and it was considered for the assignment.

I found myself chiming in many times with ideas of how we can present the skit to the class. I believe that is due to my creative skills and interest in presentations. I don't recall how many times I shifted the conversation to discuss how we can organize the presentation. Still, I believe that in the future, when I get fixated on a topic that may fall at the end of the plan, I can make a note of the idea and wait until we arrive at the point.

After collecting the main points of the presentation, we spent the remaining time discussing who would play the facilitator role. A few of the members suggested that I should do it, but I pushed back and stated that someone else should speak as I did it last week. At this point, Sherise, who took all the notes, volunteered and said that she wanted to challenge herself today by leading the group skit. Everyone was supportive and encouraged her with ways of calming her anxiety. One member suggested that she outline all of the points that she wants to cover during the presentation, and then we each reviewed our parts to make sure that we were completely aligned.

This week's dynamic was consistent as the previous week, and I thoroughly enjoy working with such an organized, intelligent group of people.