

Journal Entry 1

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Group Dynamics and Therapy

Week 1: 9/15/2020

During the overview of the syllabus three perspective groups were available to contact. Initially I intended to join a group with my insurance or find a free group. As time went on, I was going through a lot of angst from the various transitions in my life. For instance, I am in the process of moving, working more hours, my 11-year-old sixth grader going to school on site, and mostly starting the semester with its expected demanding curriculum. I genuinely thought about OA meetings because I desire to further work in the health and wellness field and integrate my mental health counseling education to help people like me. However, post speaking with Dr. Ramos and searching site I was not able to find succinct group where the facilitator had the appropriate credentials.

After all, I finally decided to contact the three therapists listed on the syllabus and the scheduling was conflicted with mine. The most convenient group I found was Dr. Quinn's, she scheduled an intake appointment online with me to interview me. The interview was a discussion of my demographics and therapeutic experiential history. She explained to me about the group was going to be an experiential Women's Group where the members collectively decided on the bylaws and theme. Because the group will be schedule during a time my son is at school, I emailed his school's administrator's to see if I can pick him up earlier on every other Monday until further notice (since he goes with my ex husband the other week). Hopefully, it works out. I am excited but a bit nervous about joining group because I present challenges of insecurely with conflict and confrontation, and I feel a bit intimidated around really educated people who speak with intellectual verbiage.