

Megan Petersen

Group Dynamics

Journal 1

9/16/20

My first reflections on this course are positive. I am excited to learn about different modalities learned within group therapy as I have minimal experience with group work. I am also looking forward to participating in a group to gain more empathy for future clients. In various settings, I have been in the role of leader or facilitator and those roles have been mainly appointed. Therefore, they have lacked the necessary training to be an effective leader who fosters group cohesion and a strong group process.

When considering the choices for groups, I immediately gravitated toward the Improv Therapy Group. I am hoping to learn how to utilize the skills I have learned in my previous training and career as a performer. Some of the skills I learned were based in improv and I am, therefore, hoping to better understand how my aptitudes and background may be beneficial to clients within group work.

I was struck at how much of what I was reading in the text is already visible within my experience. For example, I after completing an intake form, I was pre-screened by the therapist who will be leading the group. I noticed the questions on both the form and those the therapist asked me over the phone could be used to foster cohesion in the group. Prior to reading the textbooks and experiencing a screening process both firsthand and with my colleagues, it did not occur to me that individuals might be pre-screened and possibly not accepted into a group. Ultimately, I am excited to experience what I am learning through the reading and discussing within the classroom as I start my group this week.