

Group Dynamis and Therapy
Journey Entry 2
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On Monday I started group with Dr. Quinn which be held virtually on Mondays for 12 weeks from 2:30pm - 4:00pm. The group participants consists of ten female participants are in taking the same course as me, and some are apart of my cohort. We are diverse in terms of cultural, socio-economic, experiential backgrounds, yet we are future MHCs. The virtual on line platform Doxie was presenting conncection disruptions, for some us the participant had to go on Dr. Quinn's speaker phone. I was one of the members who had a disruptive connection and joined in through speaker phone not seeing the other members which caused a bit irritation because other virtual platforms work more efficiently, however, I understand the legitamacy of confidentially with this platform for clinicians. Dr. Quinn facilitates the group well enough, and the group was clearly facilitate that it was clear whom was speaking.

After the technical issues were resolved, Dr. Quinn went over the formalities of the group for example, the rules, contracts, confidentiality, sharing time, and feelling free to interrupt. She spoke about expectations and boundaries within the group in reference to writing our journal in connection to discussions held in group. She also explained that as future clinicians we would have to maintain confidentiality when even writing progress notes and hospital notes. She shared some tips on balancing the group member's confidentiality (identity) in reflection paper by presenting the core information as to what to disclosed or not disclosed.

This group looked at simarilaties and differences speaking about different subjects, for this group has the self-governance to speak about any subject. Dr. Quinn stated that there is no requirement to speak, yet the importance of showing up. Dr. Quinn explained the family structure holding in a group, for example, that the facilitator is often seen as the parental figure. We spoke about the subgroups within the group i.e. that all the members in this group knows each other from the cohort. Comfortability with disclosure about our personal information with

classmates was discussed, and our feelings pertaining to it. We also discussed our frustrations and wants to pertain to the technical difficulties the virtual platform was presenting. We discussed expenses, billing, and training and its imperativeness for the profession. Dr. Quinn allowed us to individually arrange our payment contract which deemed every flexible; however, I personally question the appropriateness of discussing a payment (that would be individually charged to one's own private expenses) within a group, yet I am comprehensive that as a group we should a level of comfortability.

The summation of the group dicussed future potential solutions for a better mode of computer connections and the deficit of security.