

Matthew Long

GCN 604 Group Dynamics

9-15-20

Journal Entry #3

The second session with Nancy Stiefel was quite interactive this week. I would imagine my fellow peers and I was not as apprehensive as we were in the first session. Throughout this session, I recognized the commonality of all members and their problems. It allowed us to develop a sense of bonding outside of our regular interactions as students and peers. It was also interesting to see that I was the only male within the group, and I must admit that sharing as a male in front of the woman felt slightly uncomfortable. Perhaps because of my insecurities about sharing, I felt that I needed to tone down a lot of what I shared or revealed to my peers in this session. However, I felt a lot more comfortable under Nancy's leadership. She demonstrates a remarkable ability to facilitate the conversation; she also has a very calming demeanor.

I think the group sessions that Nancy leads are quite relaxed and unchained. Given the different personalities in my group, none of us are that talkative. Albeit, this session felt like some of us were beginning to open- up, and it is an incredibly liberating experience – as it reminds you that you are not alone. Another valuable insight is access to a complete support system. Every member of my group has been very supportive and encouraging, even though this is our second session. There was a point in the session where we were about to end that I realized how much I enjoyed the session. Overall, one aspect of group therapy that I have yet to encounter is conflict, and I genuinely wonder how that would affect our group dynamic and group cohesiveness. I am looking forward to our next session and hope to see my group's cohesiveness progression

