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Class was interesting today, we discussed about groups and their characteristics. I never thought about groups in the perspective we did in this class session, because I never analyzed them in depth. During this class I was able to evaluate groups, on their variations based on their type, purpose, goals, concepts, and members. While I meditated on the class and what professor Ford explained about what group consisted of, I consider groups to be an important part of our career. I believe Social workers could benefit a lot from gaining different (group) approaching experiences. I think the advantage of groups is that members could benefit from each other and find strength within the circumstances that unite them. Professor Ford explained in details the different types of groups and how to conduct sessions for them. This explanation was helpful because it provided me particularly good ideas as to how to conduct and prepare for my class presentation.

Ms. Valencia presentation was highly informative, well developed, structured and organized. I liked that she had the control of the topic and always exhibited proficiency while presenting. As the presentation went on, she managed to keep the attention of all the members both online and in person. Ms. Valencia was able to operate in a professional manner and did not allowed herself to be distracted by some participating members of the group. after this presentation, I have a more detailed view about CBT and different techniques that could be used to intervene on people with different conditions such as depression. I consider this presentation to be outstanding as far as content and educational support.

