

Intervention session Journal 6

This week's intervention was interesting. I don't think that the fact that we hadn't met for a while had any effect on the group. I believe that because we had met for some time, we as a group, have a sense of what we are looking for in a group leader. I feel that we are more relaxed than in the previous group as one of the members felt comfortable enough to take a nap during the meeting. When asked if they were napping, the member honestly admitted that they had a long day. Like previous meetings, we looked for members whom we didn't see and everyone felt comfortable giving their input.

I don't believe that this group leader discussed an intervention at all. In fact, she stated that she had sent us literature and to look at it when we had a chance. I knew that none of the members would find a chance to do so. However, because the group knew what we were expecting from the group leader, we knew that she wasn't producing what we needed. Therefore, each member attempted to assist her with helping the time to go by faster. One member even took it upon herself to present her screen of affirmations to herself. Had this meeting taken place in person, I don't believe that the leader would have regained control. The ironic thing about this session was the fact that I never received the literature that the leader had tried to send but I did receive a copy of the other group member's affirmation collage. Nonetheless, the leader did have the strength of active listening. She listened to the group's points of views and what ever else the group wished to speak about. However, as the leader, she should have spoken more.