

SWK 658: Clinical Social Work Practice III with Groups

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Journal 1

Tonight's group was focused on depression and the things we do to cope with depression. I shared with my group that lately I have been dealing with negative automatic thoughts. I felt comfortable to share with the group. Jeffrey played the role of the therapist for our group. I appreciated the way he listened to each person and gave feedback. He was very good at using active listening skills as well as reframing. I could sense that my group members were at ease when they were sharing. Jeffrey as the therapist also encouraged other members to chime in and give feedback to one another. Each person was given the opportunity to share their own experience. Group members were respectful. I appreciated hearing each person's approach to coping with depression. Mary shared that something she does to cope is journaling. This is something I have done in the past and I've found it helpful. I will be using this skill in the future and I will encourage clients to do it as well.