

SWK 556 Generalist Practice II Group, Organization, & Community – Spring 2022

Journal #2 Small Group Process Topic: Grief

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An extensive Pre-Group Planning preparation, I believed, was clearly demonstrated by the group on “Grief”. The elements to have a successful group session were laid out as a foundation. The purpose was clear and articulated. The type of group, the number of times they will meet, time, location and how long each meeting will be. The agreement was drawn, including the counselor’s ability to engage the in group processing uninterrupted.

I viewed the topic of “grief” to belong to a support group. Because support group has a potential for empowerment, for example, sharing common experiences such as losing a family member plays an important role to enhance one’s life. With ‘Grief”, it touches the core of our human emotions. And I think like the cycle of life and death, grief also has its own cycle. Although, I believe, not everyone has to pass through each of the “grief cycles”, but no one is exempted to have at least experience one of them. Such as in my own experience, my faith graciously buffered me from experiencing many of the phases of grief. Thus, it’s in the acceptance phase that I found myself as a response to grief. Faith, if I may use it in this context, is a powerful tool.

As a participant of this group, although I claimed that my faith buffered me from experiencing from the cycle of grief, yet allowing to be heard at this group meeting was a powerful feeling. Thus, I believe, it has something to do with the power of a group process. The truth that each human being needs human connectivity, to be heard and to belong is a profound realization. That being said, I think it will only happen if we allow to become vulnerable within a

certain group. A group, therefore, at this context becomes a support group to process grief for empowerment, healing and belonging.