

SWK 556 Generalized Practice II with Groups, Organizations, and Community

Spring 2022

Journal #4 Presentation: "Resentment and Forgiveness"

March 5, 2022

I believe this presentation covers all the basic requirements for a group. The pre-group planning was presented clearly such as the purpose for the group, the type, the population, time, date and the location. The group leader clearly described the feeling of being resentful and how forgiveness is beneficial. She has given his personal identification for both of these feelings. Furthermore, she brought the group unto uncovering any feelings associated with resentments, if there are, and encouraged everyone to renounced them at the end.

I also believe this group presentation belongs to a client groups' model which geared toward personal change, in contrast with social action or goals groups, and with the task groups. Because it aimed to support, educate, empowerment, remediation, therapy, and socialization. Growth, according to our reference book, comes from focusing on mutual aid, by which members and leaders both alike may learn from each other. There were times social worker's role is to present information and help members share information and to encourage members to support one another and incorporate learning and growth into their lives.

I also believe this group presentation brought me into realization that indeed, resentment can become a great impediment for growth, and may cause a great damage to someone's well-being if not given a proper attention at a given time. Not only it will complicate our everyday living, but I believe will cause a great damage to health, as proven by many researchers in the area of health. And lastly, being a born-again believer in Christ, I believe the best response to the love of God which was extended freely and lovingly, is to work hard not to harbor any negative emotions, such as resentment and to willingly forgive, as Christ has forgiven us freely. I believe

with the condition of the world, as we see happening now, it is imperative that our hearts and emotions are fully engaged to forgiveness no matter what will come.