

SWK 556/456 Generalist SWK Practice II: Groups Orgs & Communities Spring 2022

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In the pre group planning, the group leader considers the employee’s needs for the agency, the supervisor’s input and direction, and the larger impact to the social environment. The purpose, target population, and context were defined and identified. The appropriateness, composition of the group including the structure, such as in this case, an open type, client model group, the day and time and location. Including in the structure other logistical arrangements such as child care, snacks and give aways.

In the engagement process, there were some overlapped such an in discussion of the topics, theoretical model and the planned interventions, which is an acceptable practice in the group intervention process. The goal for each participant were to have a “personalized self-care plan” as the final product based from group’s effort and participation. Aiming to engage each member to promote cohesion, each one was asked to contribute to the “group agreement” or the “ground rules”, as the group leader solicited for the consensus. As the consensus attained, the group moved unto the completion of other requirements, such as providing the contact information, the pre-survey and post survey forms, and the evaluation as part of the engagement process.

In the assessment process, the group leader, introduced the “Emotional Wellness Assessment” as a part of the biopsychosocial-spiritual assessment. In this context, the group is planning the use the 8 Dimensions of Wellness for the group assessment and intervention. In this first meeting, the group participated in an assessment using “Emotional Wellness Assessment” as one of the dimensions. Every member participated and fully engaged. The scores were interpreted by each member with corresponding points, where some have strong and

some have weak points that needs improvement. In evaluating individual's member's and concerns, each one offers recommendations or solutions helping the group members manage issues they are facing creating a therapeutic alliance within the group.

In this group presentation, I experienced the power of the group to create a space for everyone, and the goal to develop the group as a whole. I believe the group had met the goal and purpose. The detailed progression of the group from pre-planning, engagement, assessment and evaluation helps me to conclude that in order for a group intervention to become effective, it is important to allow proper implementation for the natural flow or progression for each dimension in each group setting. I also learned that inter-dependent among person, group and social environment for growth and other changes can be attained through group work.