

**SWK 556 Generalist SWK Practice II: Groups, Orgs. & Communities  
Spring 2022**

**Journal and Reflections #8 Title: “Narcotics Anonymous” Date: 4/23/2022**

On this first meeting, the group leader’s primary focus was on the pre-group planning. In this context, group’s structure was discussed including the type of the group, which is a closed 8 group sessions, the location, time and day. Other logistical arrangements such as snacks and refreshments were offered and additional resource as support. As the start of the engagement process, the leader engaged the group by reading out a prepared group agreement, which includes cellphone’s collection before every session. Though the leader failed to ask for group member’s feedback, the group continues to be fully engaged.

As part of the engagement process, group leader discussed the definition of drug abuse, it’s negative consequences to one’s body. The group leader read out the content and topics for each week for the next 8 weeks. This includes how does stimulant and depressants affect the body differently, factors affecting the use, overdosing, strategies not to use, family as a factor with addiction, consequences of drug use, recovery, relapse and referrals. The group leader’s plan is to continue the engagement process by the next session.

I believe the topic of drug use is not only very timely, but very crucial for it involves life or death to the users. The intent of the group leader to tackle in a group setting is not only a positive step, but proven to be a form of effective intervention with drug problems. Problem-solving skills which include goals to summarize progress, to identify options, to prioritize decisions, to confront lack of progress and to weight potential outcome are skills and activities that the group leader or social worker employs in problem-solving during the intervention phase of group work. It is also important that the group leader or social worker participates in locating resources to benefit group members.