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SWK 658 Clinical Groups

January 29th, 2023

Journal #1

For this week's Group journal, our group focused on the topic of depression and how it can influence our judgment. The type of group being run was a Cognitive Behavioral Therapy treatment group for depression, Group number one, which consisted of six members, including myself. This week I was asked to be the facilitator of the group. I half expected to lead in week one because of prior experience in running groups.

The process worked perfectly for our group in week two of our semester. The topic of discussion and the type of treatment implemented worked well with the stage of development for this group. In the first stage of pre-affiliation, forming, inclusion, or orientation, members may not know one another enough to feel comfortable enough to jump into intimate feelings. However, considering that most of these groups have grown in some level of comfort, I felt comfortable challenging the group enough to skip role-playing but had members play the role of the transparent clinical social work student in an intricate part of life.

Once the decision was made, the group members kicked off, revealing many truths about where they are now dealing with depression, how it influences their views, and how they have overcome depression in this part of life. In running the group, I wanted to ensure each member had time to speak while creating a safe space for transparency. This would be established with

the first question and interaction with the first group member. This would create a standard for other members to emulate if it was successful.

While asking an open-ended question, it was necessary to remain emotionally engaged in what the first group member was saying by using active listening, non-verbal and verbal responses, empathizing, modeling, and interpreting. After the first member responded, it opened the door for members to be transparent and validate their feelings by empathizing and sympathizing with one another. This pattern would continue for each group member. Transparency allowed for various trials that could promote depression ranging from work-life balance, not meeting expectations of others, loss of family members, and impostor syndrome. I believe the group hit the ground running fast. Seeing the group function as it did for the first meeting was surprising and refreshing.