

Journal 2

Today in the class we started with an interesting game which was to mention all the animals we have in our mind, cartoons of the 90's, and what can impact our behavior nowadays. At the beginning I did not understand the purpose of the activity. At the end of the activity Professor Carlton explained clearly that his idea was to point out the different points of view and to know each other. I was very happy at the end because it made me understand the different groups and views that classmates have, and introduce myself. After the activity, Professor Carlton divided us into two groups, and I was part of the second group. There were four people in my group, and we discussed initially about what factors can contribute to resilience and the definition of resilient. I learned that resilient means someone who is able to recover quickly. Another interesting point discussed during the class session was the difference between transference and countertransference. Transference definition can be transference in therapy is the act of the client unknowingly transferring feelings about someone from their past onto the therapist (Melissa Madson, 2022). Countertransference has been defined as the redirection of a therapist's feelings toward a patient and the emotional entanglement that can occur with a patient (Fink, 2011). However, after the definitions, the four groups created by Professor Carlton with the topic of the discussion in one case of an 18 year old patient diagnosed bipolar, and conflictual with the father, and still in high school. Our goal was to develop a proposal plan for her based on her desires. I participated in brainstorming in many ideas for possible treatments, and we shared as a

group. During the discussion we asked for the pros and cons for each proposed idea. After, Professor Carlton introduced us with the Stages of the group Development which was Preaffiliation, Power and control, Intimacy, Differentiation, Separation. Professor Carlton mentioned also the additional models of group development which are the Tuckman model, the Northern and Kurland Model, Sequential-stage model and the Bales model. At the end, Professor Carlton assigned group activity including the possibility for role play. The assignment was focused on the CBT treatment group for anxiety. We chose one Social Worker and all of us acted as clients by sharing our experience. I preferred to play the client role and pointed out that I was knowledgeable about my depression and the ways that I cope with that. As a solution to the depression that clouds my judgment I mentioned running for one or two hours outside or in the gym. Each group had 10 minutes to role play and give feedback and support.

References

Fink, B. (2011). *The fundamentals of psychoanalytic technique: A Lacanian approach for practitioners*. W. W. Norton & Co

Melissa Madeson, P. D. (2022, November 18). *Transference vs Countertransference in therapy: 6 examples*. PositivePsychology.com. Retrieved February 3, 2023, from <https://positivepsychology.com/countertransference-and-transference/>