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SWK658: Clinical Social Work Practice III with groups

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### **Group Work One**

You are a leader for a diverse group of leaders over community organizations. The topic today is race relations and reconciliation in the United States. One member in the group speaks about his/her frustration with racism in the United States and speaks about how Confederate Statues were placed in Black Communities after the Civil War, and Blacks continue to be disproportionately represented in prison. Another member, a little annoyed highlights that they have been victims of harassment, discrimination, and violence by African Americans and states that sometimes African Americans contribute more to their problems than White people do to them, including police shootings. Members begin to debate over this issue.

As the group leader, what is your strategy to meet the needs of both members whom initiated the conflict?

You can either role play the problem and solution, or develop a plan as a group.

As the group leader in this scenario, my strategy would be to facilitate a discussion that allows both members to express their perspectives and feelings while promoting understanding and empathy among the group.

1. Start by acknowledging the emotions present in the group and validate each member's experiences and perspectives.
2. Encourage each member to listen to each other actively and try to understand where the other person is coming from.

3. Facilitate a discussion that allows both members to share their experiences and feelings without attacking each other.
4. Help the group explore common ground and identify areas for mutual understanding and growth.
5. Encourage the group to brainstorm ways to address the challenges raised by both members and promote healing and reconciliation in the community.
6. Summarize the key points of the discussion and encourage the group to continue the conversation in future meetings.

In following this plan, I aim to create a safe and supportive environment where both members can openly express themselves and work towards resolving their differences in a constructive manner. By promoting empathy, understanding, and collaboration, I hope to help the group find ways to address the challenges facing their community and promote healing and reconciliation.

As the group leader, I applied Adlerian group counseling principles to facilitate the discussion. According to Adlerian theory, individuals are interdependent and affect each other's behavior in a group. As a result, the group-as-a-whole properties and processes can either enhance or impede individual growth and development.

In this session, I aimed to promote a positive social interest and encourage the members to work together to address the challenges facing their community. I started by acknowledging the emotions present in the group and validated each member's experiences and perspectives. This helped to create a safe and supportive environment where both members felt heard and understood.

Next, I encouraged active listening and empathy between the members. This helped to promote mutual understanding and allowed each member to see the other's perspective. Through

this process, the group was able to identify common ground and work towards resolving their differences.

Throughout the session, I also encouraged the group to brainstorm ways to address the challenges raised by both members and promote healing and reconciliation in the community. This helped to promote a sense of ownership and responsibility among the members and allowed them to work towards a common goal.

In conclusion, today's session demonstrated the effectiveness of Adlerian group counseling principles in promoting understanding and collaboration in a diverse group. By creating a supportive environment and encouraging active listening and empathy, I was able to facilitate a productive discussion and help the group work towards resolving their differences.