

Journal Reflection #1

Type of group

According to Zastrow and Hessenauer a self-help group and mutual aid groups are defined as a voluntary, small group structures and usually formed by peers who have come together for mutual assistance in satisfying a common need, overcoming a common handicap or life-disrupting problem, and bringing about desired social and/or personal change. My group reflected the definition above in our group. We focused on client's struggling with depression. We role-played as a self-help support group with a counselor facilitating the group.

Personal Feelings

When the group first started no one jumped at the opportunity to facilitate at first. I was volunteered by another member in the group but felt like I lead the other group meeting and wanted to give someone else a chance to lead. Colin volunteered to lead the group. With good intention he started the group with diving right in with no direction. I interjected and provided him with a few tips he can use to start the group so we can understand the focus, agenda, and flow of the meeting with a few examples. After, we restarted, and Colin was able to take the advice and apply it to the meeting.

I really appreciated Colin naming the group with a strong encouraging name. We opened the group with him introducing himself, and others introducing themselves and stating ground rules. After, Colin opened by disclosing personal information about himself pertaining to the topic, and then others started to raise their hand to volunteer to go. It continued to be a rippled effect with people volunteering where they were. The members in the group appeared to be open, vulnerable, and honest about where they are. I even became emotional about what I shared and

felt supported after sharing. There seemed to be a level of comfortability that was silently provided. It felt like a no judgement zone and a soft place to land with your information. Everyone respected the rules that were put in place and the flow of the group went well.

The function of the group

Charlney spoke after Colin and when she was finished, I spoke next and did a small reflection on her feelings and used it to seg way into what I shared, additionally, Roberta went after me and continued the same type of format with reflecting on my feelings and using that to seg way into what she shared, and the patterned continued as Siriam and Carolyn continued after. Colin was able to provide the group with feedback at the end when everyone else shared. He provided us with an analogy and words of encouragement to hold on to the next meeting.