

Charleny Genoval

SWK658

Dr. Carlton Jean

Journal 1

At the beginning of our group, we brainstormed and decided who would be the facilitator. Colin took on the role of the facilitating social worker and started the group by introducing himself and orienting everyone in the group about the topic that we would discuss. One thing that I found helpful was that we all went around and introduced ourselves and shared what we thought should be a ground rule to the group to ensure that everyone was heard and respected and to ensure that we felt that there was a safe space for everyone. As the facilitator, Colin did well at speaking about his struggles which made the group feel better about sharing. Because we were in forming stage of Tuckman's model, we were all a little uncomfortable sharing, but once we all went around, it felt better, and worked on finding our places in the group. Something else that I think worked well, was that rather than calling out on the participants, Colin gave everyone the choice to talk if they felt comfortable and that's important when facilitating a group because it takes some people a little longer to build rapport and share things that are personal to them in a group setting, especially when sharing sensitive topics.