Reflection 1 (Jenna Lee)

Four students gathered today to plan a psychoeducation group for professionals to provide stress management and self-care. We addressed the following topics in this group: positive thinking, anger management skills, and social skills.

In the initial planning meeting, we discussed a few names for the group. We suggested either naming the group "social work stress management group" or "service providers stress management group". The first group will assist social workers who have experienced work-related stress. Second, you could help professionals who work in health and human services. We haven't decided which option to pursue yet. In our next meeting, we agreed to continue our discussion. Depending on which option we choose, we will target different professionals.

COVID-19 triggered massive mental health crises among global populations, according to the World Health Organization's (WHO, 2022) report. As a result of the pandemic, social workers and other helping professionals have played an important role in addressing challenges in the general population. Frontier social workers and other helping professionals quickly adapted to telehealth or hybrid service delivery to provide urgent mental health care. It was unusually difficult for social workers to care for clients who suffered from both physical and mental health problems due to their fears of exposure to COVID-19. We found that social workers and other helping professionals couldn't take care of themselves while putting others first. Providing psychoeducation to social workers or other professionals was necessary.

It was our intention to adopt solution-based approaches and strengths-based perspectives during the group planning meeting. As a group. We will provide resources for social workers and other helping professionals to cope with stress. Additionally, we use effective cognitive behavioral therapy skills such as time management, sleep hygiene, medical checkups, and peer support.

Additionally, we proposed core values for the proposed group, including the importance of human relationships, services, and the dignity and worth of every individual.

In addition, we set up group programs for social workers and other service providers for 90 days. The group meets for 1 hour per week on Wednesdays from 7:00 to 8:00pm. Participants will be invited to attend group meetings via Zoom.

In the planning group meeting, we discussed possible group norms and rules. Rules included confidentiality, respecting others, no sarcasm, and never shutting down others' opinions. In addition, we offered group norms that each group will be led by a facilitator; each group will begin with a brief meditation; each group will end with a closing quote and reflection; each group will be nonjudgmental.

Moreover, we established group expectations: 1) We hope that the participants will have a better understanding of stress management by the end of the group, 2) we will help participants learn how to practice self-care, 3) we will have a larger community of social workers to discuss similar experiences, 4) social workers will manage stress independently, and 5) we will promote health and wellness amongst social workers.

In the initial group planning meeting, members were eager to participate and cooperative. I was very excited to work with the members of the group. There may be some problems related to power and control at the start. There were no issues with power or control, however. As a team, we were supportive and respectful of each other. It is possible to observe group dynamics as the group moves along. It seems that this initial group meeting was fruitful and productive. Although there may be some tension or conflict within the group membership, I always take all experiences as a learning experience.

References

WHO (2022). *COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide*. Retrieved from https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide