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This meeting was the first time that our group had met in order to discuss their anxiety and depression. The goal of the group is to provide mutual assistance for members to manage the symptoms of their depression and anxiety. This would classify our group as a treatment group, specifically a Symptom Management group, since the stated purpose of the group was to treat the symptoms for specific types of disorders. As it was our first time meeting together, it was evident that our group was in the “preaffiliation” stage of development. While many of us knew each other from past interactions, we were still very cautious about being a part of the group. Most of our conversation was very general and lacked the personal details one might find in a more established group. As we shared, group members became more relaxed and more open about what symptoms of depression and anxiety that they may be facing as well as their current life circumstances that contribute to their symptoms. Colin (the social worker) began by introducing us to the group and then invited us as the group members to suggest a group rule that the group would abide by. For example, one suggestion was that the group should respect everyone else’s privacy. This allowed each member to take some ownership of the group and become more accustomed to speaking in the group. Colin adapted well with adjusting his leadership styles because as the group members began opening up, he became more of a facilitator to allow open communication between group members.