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SWK 658 Clinical Groups

February 6th, 2023

Journal #2

For this week's Group journal, our group focused on the topic of the current effects of bullying in school. The type of group being run was a psychotherapy counseling group. Each member of this group is currently a victim of bullying, some perpetuated bullying themselves. The group consisted of one facilitator and six students. This session is being held on school property after regular school hours. A peer counseling group like this makes sense for bullied teens. This will allow them to speak about their experiences, be heard, see that they are not alone, and potentially form new bonds.

The beginning of the session was chaotic as members either did not want to speak or were impatient to wait their turn to get their feelings out. The conversation speed and various complaints initially took the facilitator aback. Some of the interpersonal relationships between members brought a problematic dynamic to the facilitator for the first session. The facilitator was initially flustered but never changed her tone of voice or lost the ability to be in tune with the speaking member. This eventually brought control to the room.

The facilitator did a great job considering all that was thrown at her. Speaking for myself, I thought she was very loving, engaging, and patient with the chaos. She would promote stress-relieving tactics while gathering information on current strategies from each member.

