

Journal #1  
Arlene Forbes  
February 7, 2023

My first meeting with the counselor, Jen Lobert, LPC was on February 6, 2023 @7 p.m.

The group session comprised of three males and three females. The leader opened the session by asking "Does anyone have anything they needed to share". This group has been meeting before so group members began updating what seems to be ongoing concerns. The counselor, I noticed, gave each person time to share. She was not hurried and commented after each person spoke - affirming the person's statement of their intention(s). The leader, made eye contact and seemed to listened attentively to each person as they spoke.

The leader was open to other group members sharing their experience and offering resources following the initial person's comments. After listening and giving group members an opportunity to share, she then proceeded to the night's planned session - a power point teaching on "Stress". As she went over the power point, she opened the session to the group to identify any areas that may be triggers to them. Group members seemed quite comfortable in sharing. They were open - sharing their reaction to life's stresses, how they reacted, and how it affects their personal life and career.

Everyone was respectful of each other's time. Listening, waiting until the person stopped speaking before they commented.