

## SWK 658 Clinical Social Work Practice III with Groups –Spring 2023

### Journal #1

I believe our group is now entering its middle stage of development. Following Garland, Jones and Kolodny's model, our group had passed the stage of Pre-affiliation/Power and control and now going into Intimacy. With Tuckman, our group had passed the Forming stage and now in the Storming stage. With Northern and Kurland, I believe our group had done the Inclusion-Orientation/Uncertainty-Exploration and now with a Mutually-Goal to achieve.

I believe our group is following a sequential-stage models of group development. The beginning, middle and ending. Taking the model from Garland, et al., in the first stage of pre-affiliation, some members of our group look like ambivalent and reluctant to interact. The idea of maintaining a distance and attempting only to get from the group without taking risks. Because it is frightening, uncomfortable and unsafe to be with a group of people whom we do not know if they will accept or reject us.

In the second stage of group development, I believe some form of Power and Control had developed in our group. Some members who demonstrate strong communication skills are forming alliance to those who possesses with the same skills. With this, other members attempting to assume certain roles and responsibilities were felt intimidated and left out. This becomes a struggle due to those who attempted to gain greater control over the group without proper authority. This brought anxiety to another member who sometimes question what is the established norms and authority for the group and the leader?

As was mentioned above, I believe what has been demonstrated by our group tonight is the third stage of the Garland, et al., model of group development- the Intimacy. Though it looks

like unusual, but the norms have been established without a group leader yet. It looks like power struggle has gone and every member openly expressed contributed to the discussion. Everyone can weigh in their opinion without so much efforts and decision has been made by consensus. There was a feeling of “oneness” or cohesiveness. It looks like our members have adjusted and come to realization of what a group is all about.

With Tuckmna, I believe our group is now in the Norming stage of development. I believe many of our members tonight discovered a new way to work together. Norms are set for appropriate behavior and there is a cohesiveness and commitment. With Northern and Kurland, I believe our group has demonstrated tonight how to achieve a Mutually goal., which is the Middle stage of group development. Passing the Inclusion-Orientation, the Uncertainty-Exploration- which the issue of power and control, what our group demonstrated tonight is the mutual understanding of the problem and work together how to solve it. Our differences were dealt to achieve both individual and group goals.

In summary, in my opinion, the theory presented by the Sequential Stage of Group Development, the Beginning, the Middle and the Ending using the three Models of Garland, et al., Tuckman, and Northern and Kurland are very much applicable to our small group process. These models demonstrated its applicability by bringing many of our group members from being a reluctant participant in the beginning and to become an involved members aiming to achieve both everyone’s goal and group goals.

References:

Zastrow, C. (2018). (10<sup>th</sup> ed.). Empowerment Series: Social Work with Groups: Comprehensive Practice and Self-Care.