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The group dynamic was interesting. When the group came together, each member hesitated to see who would take the lead. It was a long pause before one member took the lead and began to give a synopsis or overview of the instruction given by the professor. Initially, the group seemed anxious, unsure of how to start and who would be the chosen leader. According to Zastrow & Hessenauer, “ Many individuals who fear taking a leadership role are uncertain about leadership functions and feel they lack the proper qualities of a leader.” (Pg. 76)

The member who led the group demonstrated democratic leadership approach where the power was shared in the assignment answers. However, there was an instant where two group members shared their responses to a question that characterized a person as having legitimate or expert power. The majority group chose legitimate power because of the person’s legal credentials. However, expert power was just a great answer, but the majority had spoken, but the group member kept insisting that expert power should be the answer.

Zastrow & Hessenauer wrote, “a task leader this person concentrates on a task and generally plays an aggressive role in moving the group toward the goal, hostility is apt to arise, and the task leader may be disliked.” (Pg. 81) Although the group dynamic demonstrated task leadership, it was not negative; there was no hostility or dislike. The group needed light health aggression at the beginning to move the group forward in accomplishing the group assignment.

Overall the group exercise was a great way to learn the different styles of leadership characteristics of group members, and the group got to find out our strengths and weaknesses in group leadership.