

Andrelie Nelson

SWK658: CLINICAL SOCIAL WORK PRACTICE III WITH GROUPS

Dr. Jean

Leadership and Groups

Sarah, the social worker, will be leading the group today. She will start by introducing the topic of how depression can affect our thoughts and self-talk, leading to negative and unhelpful beliefs. She will then facilitate a discussion among the clients, encouraging them to share their experiences and how they cope with negative self-talk.

Using the Leadership Style Approach from Zastrow's textbook, Sarah will adopt a democratic leadership style. This means she will encourage participation and involvement from all clients in the group and make decisions collaboratively.

Sarah will also provide education and information about depression and its impact on our thoughts, feelings and behaviors. She will also teach the clients about cognitive-behavioral therapy techniques for managing depression and negative self-talk, such as cognitive restructuring and mindfulness meditation. Throughout the session, Sarah will provide support and guidance to the clients as they work through their struggles and practice new skills for managing depression and negative self-talk.

In my last week group discussion, the social worker utilized an authoritarian approach, she takes a more directive and controlling leadership style in leading the group. This approach was best because the situation required a clear and immediate solution to multiple problems.

The social worker started the group session by addressing the issue of bullying and its negative impact on the students. The social worker set clear expectations and rules for the group, emphasizing the importance of respect and empathy towards one another.

Next, the social worker leads the discussion focused on each individual student's experiences with bullying. The social worker asked each student to share their story and provide support and validation for their feelings. The social worker, also use this opportunity to educate the students on the effects of bullying and why it is not acceptable.

After the discussion, the social worker provided clear, specific and concrete strategies for the students to address and cope with bullying, such as using assertiveness skills, seeking support from adults, and ignoring the bullies. The social worker also emphasizes the importance of seeking help from adults and the resources available to them, such as school counselors or administrators. The social worker also added individual counselling and a group project to further address the issue at hand.

Throughout the session, the social worker maintain control and ensure that the group stays on track and focuses on the topic at hand. The social worker also provides consequences to the student's disruptive behavior. If the social worker did not take that approach, she would not be able to maintain control of the group.