

## Journal Reflection #2

### Type of group

This week our group leader demonstrated the democratic leadership style in our group which is members of the group participate in decision-making. This was illustrated when we had a disruption in our group between Colin and Dr. Jean. Carolyn gave them a choice to meet with her and if they wanted their parents to be present.

### Personal Feelings

This week's group was different from last week as far as the vibe, the approach and even getting started. Carolyn started the group with stating why the group is being formed and her goal to set up other groups to support the issue at hand. She did not give much feedback at first when the group members talk about their issues and concerns around anxiety. Group members stated their frustration with the lack of support being provided for their personal issues. As the group progressed, Carolyn became more vocal and did a good job at regulating conflict that arose in the group and keeping it under control. Her composure remained the same and she did not waver in her voice or posture when the temperature in the group changed. She was able to bring the conflict to an end with a salutation and provide the two group members with options to settle their issues outside of the group. She gave them a voice and made them feel like they were in control of their issues. The group ran smoothly, did not have chaos and the rules set in place were followed by each group member.

### The function of the group

Each person was able to speak one at a time, and it flowed well until another group member disrupted the order and had conflict with another group member. One of the group

members that was in conflict walked out and then came back. The other group members remained silent during this altercation and the group leader was able to bring back order.