
Group 1 Members: Michelle E. Leadership, Jenna Lee, Michelle S., Nicole S.

1-Summarize the group session activities.

During the last in person class on January 28th Group One members introduced themselves and discuss what working in a group may look like. At that first meeting on the 28th I volunteered to be the first leader. And volunteering to be the first leader I set up the zoom meeting for February 4th and 11th group class session. During the first meeting everyone discussed their personality type regarding working with a group so that each individual can have a better understanding of everyone's work ethics and pattern. During that initial meeting in class everyone in the group was friendly and engaging along with then optimistic to what working in a group will transpire.

During the second meeting of the group on February 4th the group went over the group name, what type of psycho educational group we were service, perspective, when would the group meet and for how long per session, an end period, who are we catering to and what demographic, what is the agenda primary value and core value of the group, social worker role, competencies, group norms and group rules.

During the third meeting on February 11th, I was the designated leader for the engagement planning of the group. During the engagement planning we discussed what the client needs would possibly be, what's the purpose of the group, what is the group composition eligibility and appropriateness, the structure of the group, content of the group, and contracting prospective group members. We discuss introduction of group members the ground rules and norms, the size of the group and if there would be a cofacilitator. During the engagement process the purpose and goals of the group and

signing a contract/consent was discussed in regard to participation in the group.

Different ways of engagement for group participants/clients to best utilize the time in regard to engagement during the allotted session. We discussed documentation of the group, taking group minutes, and ending the group with the plan for the next session.

2-What did your group discuss?

ROLES:

- 1- Engagement (Michelle E)
- 2- Assessment/Planning (Jenna)
- 3- Intervention (Nicole)
- 4- Evaluation & Termination (Michelle S.)

Psychoeducational Group:

Stress Management/Self Care

- Positive thinking
- Anger management
- People skills

Group 1:

SWSM (Social Work Stress Management Group)

SPSW: (Service Providers Stress Management Group) *

Agenda of the Group:

- Provide social workers (service providers) resources to focus on their self-care
- Provide social workers (service providers) to cope with stress
- CBT

- Time Management
- Health & Diet
- Sleeping Patterns
- Medical Appointments
- Provide social workers with supportive community/ peer group

Population/Demographics:

- A group for social workers
- People in the helping profession??? (Nurses, doctors, teachers) *

Perspectives Used:

- Solution Based Approach
- Strengths Based Approach

Core Values of the Group:

- Importance of Human Relationships
- Service
- Dignity & Worth of a Person

Group Frequency:

90-day Group

1 hour a week, every Wednesday 7:00 - 8:00 pm

Via Zoom Meetings March 1st - June 1st

Group Norms/Group Rules:

Ground Rules:

1-Confidentiality (never use actual names of clients when speaking about a case)

2- Respecting when others are speaking (raising hands)

3- No sarcasm, shutting people out, or negative comments.

Group Norms:

1- - The facilitators would start the group

2- - Opening meditation

3- - Closing quote reflection

4- - No Judgment (allowing others to express their feelings, no biases)

Expectation:

- We hope that by the end of the group, the participants have better understanding of the importance of stress management

- How to practice self-care

- Have a larger community of social workers to discuss similar experiences

- Social workers to manage stress independently

- Promote health and wellness amongst social workers

Participation:

-Attendance each session

-Every group member is encouraged to share at some point during the duration of the group (Optional)

- *Different ways of engagement:*

Conversation, presentation on wellness, games, information sharing and networking.

Agreement:

Each person in the group was emailed a contact with the group time, ground rules, purpose and goals that should have been signed and emailed back.

Group size:

10-15 clients/participants

Introductory/Opening statement: this statement will be reiterated at the beginning of each session after group meditation.

This is a group to support other social worker and service provider that work to meet the needs of other at the expense of forsaking themselves. This is a self-care stress management ground and a safe space to speak freely about work, our personal lives or any topic that is currently weighing on the mind of any participant. Please remember that confidentiality is key, especially if talking about a real case from your caseload. The expectation of this group is that everyone feels supported and can get valuable information within the group to make balancing the life as a social worker/service provider less stressful.

3- How did everyone participate?

Everyone in the group has something beneficial to offer making the group come together. There are those with experience currently working with groups and their internship and come with the perspective of what is needed to have a group function during each session. Each member of the group has great ideas for the group ground rules/ norms, participation, expectation, and core values. Each person in the group is willing to share information, listen to the other person speak, and if they agree or disagree it's discussed with each member in the group.

4-What were some of the key insights that your group members shared? Key insight that was shared within the group is:

1-the best type of perspective (strength, solution, narrative) for the demographic that's being serviced.

2-What core values would best meet the group needs.

3-What type of agenda would the group meet for its clients/participants during each session to ensure that the group is well-rounded.

4-what is considered the best size for a group in regard to how many clients/participants.

5-The expectations of the group in the end once the group is completed.

5-What are your thoughts about your ability and comfort level with leading this group during your assigned week?

I was nervous at first in regard to leading the group's first in the engagement process.

The group members are very supportive and give their insight and opinion when needed. Ensuring that I have the information needed for my portion of the group for the assignment is priority.

What strengths did you bring as a leader?

The strength I bring as a leader is my organizational skill and ability to put information gathered to create a full picture.

What challenges did you experience in your role as leader?

To be honest, I really didn't experience any challenges as my role as leader. Each group member is friendly, engaging, insightful, participates, and is very supportive of any information that is presented to formulate the group. Closing Quote below.



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Brownstone • 5 Miles To Empty (Album Versio...

Note to Self:

Acknowledge that you are doing
the best that you can.
Acknowledge that you have done
the best that you can. You have
had moments where you were
not yourself. You are enough.
The moments where you allowed
someone to make you question
your reality. You are still enough.
The moments you got jaded and
didn't listen to self. You are still
enough. The moments when you
tried to prove your worth to
receive love. You are still enough.
Understand that mistakes do not
define you. Your jewels that you
received from the lesson defines
you. All of these scars made you
even more beautiful than you
were before. It revealed your true
magic. You.

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