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SWK 658 Clinical Groups

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Journal #3

For this week's group journal, I was not a part of the session, but I gathered some information from one of my group members. The context of this group was to replicate the first stage of a group's early stages of development. In this first stage, what is the group's focus, and what type of group will it be in terms of open and closed, where to meet, how long, and how often.

This group is an anxiety support group for students with prevalent violence that will start in October. The group chose to have a closed group with a CBGT lesson in session. The leader asked for feedback from each colleague on how they think the group should be developed. Each colleague had a different personality and a stronger belief in how the group should go. The leader showed more of a democratic style of leadership. The group decided to send out a survey to students to gather information on what they would like to see in a group. Participation Action Research (PAR) is a highly effective way to understand a community's needs outside of general statistics. The group would finalize the direction of this stage once the survey is gathered and interpreted. This group session seemed like a good representation of the initial stages of group development.