

**Journal 2**

Colin Smith

Alliance University

SWK658: Clinical Social Work Practice III with Groups

Professor Carlton Jean

February 11, 2023

**Journal 2**

Reflections are an ideal approach to tracking one's professional practice progress and ascertaining skills gained regarding understanding case conceptualization and management. This journal is about a group session for high school students facing anxiety due to bullying in their school. In the session, the total number of participants was five. One student expressed issues of bullying over her appearance, specifically how she does not like her hair due to the bad things her classmates say to her. She said this belittles her and makes her feel less valued in all friendships she builds with her classmates. The therapist worked with this girl to make her understand that happiness can only come from within herself. She should build her ability to remain happy by focusing on the positive things she likes about herself.

Another student expressed their concerns regarding school safety. The student expressed fears that whenever she walks into school, she is afraid that something bad can happen. This has prompted her to be walking home from school in pairs. In addition, other students expressed their grief. This was one complicated meeting, but the social worker managed to stabilize every participant and ensure that everyone felt heard, respected, and cared for.

However, therapy worsened when a student who arrived late to the session was admitted. This student had issues with a fellow student, as one claimed that he shot his friend. The student accused of the killing felt paranoid and left the session but eventually returned after being talked to by school safety. Once the fiasco had calmed down, the therapist offered to talk to them privately to work on more solutions. This meeting helped me understand the extent to which social work communication skills could go to building rapport with service users. In most cases, people seeking support are experiencing many negative issues, and all they want is a caring heart to start the healing process.