

## Journal 4

Today in the class we discussed how to work with a diverse group. During the class time we discussed the definitions of the key terms Prejudice, Discrimination, Oppression, Stereotypes, Minority group, Racism, Unconscious racism, Color blindness, Diverse group, Social Justice.

Prejudice means making a judgment in advance of due examination. Also, prejudice is a combination of stereotyped beliefs and negative attitudes. Discrimination derives from prejudicial attitudes. However, prejudice and discrimination can occur independently of each other, and point out four category of people which are: the unprejudiced nondiscriminator (this person is not prejudiced from other groups and will not discriminate against them), the unprejudiced discriminator (is not personally prejudiced but may sometimes discriminate other groups when is financially-socially convenient), the prejudiced nondiscriminator (usually they this category does not translate prejudice into action), the prejudiced discriminator (does not believe in values of freedom and equality).

Oppression is defined from Zastrow as one unjust and cruel exercise of authority or power. Oppression and discrimination are closely related because all acts of oppression are also acts of discrimination. On the other hand, stereotypes are fixed mental images of a group that are applied to all its members. Zastrow defined minority groups as a group that has subordinate status and is subjected to discrimination.

Racism according to Zastrow is when an individual or group members are stereotyped based on their ethnic or cultural backgrounds. Unconscious racism occurs when individuals are not aware of their own unconscious racist attitudes. Color blindness is another form of racism

that occurs when there is total disregard for another person's race. Diverse groups are groups with distinct characteristics distinctable from the dominant. Social justice is when the members of a society have the same basic rights, protection, opportunities, obligations, and social benefits.

In Corey's book we will get to know about the group stage starting from the initial stage. Modeling is one of the initial components of the initial stage and is defined when you lead a group you set the tone and shape norms by the attitudes and behaviors of your model in the group. Helping identify goals is another important component because it helps participants to get involved and identify, clarifying and developing meaningful goals. Division of Responsibility must be considered by the leaders as a responsibility for the direction and outcome of the group.

Structuring means when the members may wait for the leader to make something happen instead of taking responsibility for finding their own direction. Structuring exists on a continuum like responsibility. Also, some other leader functions are teaching participants general guidelines, developing ground rules, teaching the basics of group process, assisting members expressing their fears, modeling the facilitative dimensions of therapeutic behavior, being open with members and present psychologically for them, clarifying the division of responsibility, helping members establish personal goals, dealing openly members concerns, provide a degree of structuring, assisting members to share what they are thinking, teaching members basic interpersonal skills, assessing the needs of the group.

Another interesting topic captured from chapter five from Corey's book was cohesion and productivity. According to Corey cohesion refers to a member's relationship with each other. It is defined as "a sense of belonging, inclusion, solidarity and an attractiveness of the group for its members". This may happen fast or slow depending on the nature of the group, individual members, the style of the therapist, the setting, and many other factors. Also, Yalom defined the

group cohesion as the success of the group, as the therapeutic relationship is to individual psychotherapy. It largely determines the outcome. However other task roles discussed in the class were: Initiator/Contributor: Proposes original ideas or different exploration.

Information Seeker: Requests clarification of comments in terms of their factual accuracy. Seeks expert information or facts relevant to the problem. Determines what information is missing and needs to be found before moving forward. Information

Giver: Provides factual information to the group. Provides information which is relevant to the subject and relates.

Opinion Seeker: Asks for clarification of the values, attitudes, and opinions of group members. Checks to make sure different perspectives are given.

Opinion Giver: Expresses their own opinions and beliefs about the subject being discussed. Often states opinions in terms of what the group "should" do.

Elaborator: Takes other people's initial ideas and builds on them with examples, relevant facts and data. Also looks at the consequences of proposed ideas and actions.

Coordinator: Identifies and explains the relationships between ideas. May pull together a few different ideas and make them cohesive.

Orienter: Reviews and clarifies the group's position. Provides a summary of what has been accomplished, notes where the group has veered off course and suggests how to get back on target.

Evaluator/Critic: Evaluates proposals against a predetermined or objective standard. Assesses the reasonableness of a proposal and looks at whether it is fact-based and manageable as a solution.

Energizer: Concentrates the group's energy on forward movement. Challenges and stimulates the group to take further action.

Procedural Technician: Facilitates group discussion by taking care of logistical concerns like where meetings are to take place and what supplies are needed for each meeting.

Recorder: Acts as the secretary or minute-keeper. Records ideas and keeps track of what goes on at each meeting.