

Journal # 3
Stages in the Development of a Group

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Class commenced today with worship and prayer by Prof. Carlton. This session is virtual, role call is made, after all students are greeted and welcome to the class by our Professor. Opening discussion for today, clarity is made about a personal goal held by a member of the group, a group goal which is held by many members, working towards achieving short/long range goal. Areas highlighted- The importance of group goals, identifying personal goals. In every group there can be a hidden agenda that can be destructive to the group, other goals mentioned, operational goals/non-operational goals. Operational goals are achieved goals from direct contact, as discovering a treatment for emotional behavior problems successfully.

Another method Professor used for group dynamics is various games, the games introduced by the leader as an Ice Breaker, are used in groups to relieve tension among clients, the client is more relaxed, comfortable to participate in the group and communicate well. Group Norms are rules, that specify proper group behavior some words that relate to norm; the members of the group participate saying words that relate to healthy behavior, confidence, communication, peace, stability. The group participated in several word games today, this exercise thought me how to organize a group, the role one plays as a leader, implementing of activities/rules carried out by each member.

The session itself was really good. I was able to see two things mentioned in Corey's, *Theory & Practice of Group Counseling*, very clearly. The first one is the possible effectiveness of these groups, "These groups address the application of principles and processes of group dynamics that can foster accomplishment of identified work goals." The second is "It is essential that group leaders recognize that process and relationships are central to achieving the goals of a task group." (Corey. 2015. Pg. 40).

This was a great learning experience for me, obtaining knowledge as a professional, organizing groups, introducing games/ rules, which will help the members to get familiar with each other, building rapport and trust.

REFERENCES

Corey, G., 2015, January 1. Theory & Practice of Group Counseling., Cengage Learning 9th Ed., Boston, MA