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Clinical Social Work Practice III with Groups

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This week's group consisted of social workers/professionals who were tasked to form a support group for students. There has been a lot of violence in the community that is now being seen within the school as well. The school is in need of a group to support students who are experiencing increased anxiety from the violence. Our group consisted of 5 social workers. One social worker acted as group leader. The group leader began the meeting by having each social worker share what their initial ideas for the group were. The first social worker was combative and wanted to be sure her thoughts were properly being heard. She even talked over other social workers and stated that her education is superior to others in the group. The leader rephrased this participant's statement so she felt heard. The leader also worked to refocus the discussion by restating that we are all here for a common purpose and are all bringing different strengths and ideas to the table.

One social worker brought up the idea of sending out surveys to all students. This would allow us to know which students are interested in participating in a group. All social workers wanted this to be an open group, but it was decided that a closed group would allow a greater sense of trust and safety for participants. The goal of the group would be to help students form coping skills and reduce the symptoms of their anxiety. One social worker brought up Cognitive Behavioral Therapy as an effective intervention for anxiety. Another social worker built upon

that idea and shared his knowledge of Cognitive Behavioral Group Therapy. This social worker was able to educate the others by sharing an overview of CBGT. All social workers decided that this would be the most effective way to help the students with their anxiety.

The group will begin in October and surveys will be sent out to students in August. The surveys will be due by the second week of school. This will allow teachers and staff to remind students to complete their surveys online by the deadline.