

## Overview

### **Michelle Elliott Group 1 name: SPSM (Service Provider Stress Management)**

Discuss your level of participation in the 'assessment' session of the group experience.

- 1. Were you an active participant? Why or why not? What were your feelings during this session?**

Yes, I was active participant in today's group session. It's important in the group for everyone agree on how the group will be facilitated in each area. Today's session was confusing at one point in regard to assessment vs intervention. We were able as a group to figure out the confusion and come to a conclusion.

- 2. Please assess the dynamics of your group. Are group norms being followed? Do group members seems connected and engaged? How are you adjusting?**

The group dynamics is that everyone has something to offer beneficial to the group in regard to information and coming together collectively. The group norms are being followed as created in the engagement segment of the group creation. The members of the group to seem engaged and connected. The members of the group continue to learn the expectations of the group and what participation looks like. I continue to adjust to the group as we discussed the different topics and what direction the group is going to go in. I'm constantly keeping in mind the other group member feelings when expressing their thoughts on the topic at hand.

- 3. How would you describe the 'assessment' session of your group experience? Did the group leader focus on the assessment stage? How effective were the activities in meeting the goal of assessment? What are the *strengths* of this leader? What are the *areas of growth* for this leader?**

The assessment group session went well had a moment of confusion but through discussion was able to come to and clear consensus with all the

members. The group leader did focus on the assessment stage and at some point started to go into the intervention stage due to the thin line between both, but was able with the other group members assistance to refocus on the assessment stage. the activities in the meetings and the goal of the assessment was effective. We were able to come up with different scales of assessment using a PHQ-9 and PSS. The strength of the group leader is that she came with a lot of different information and different options in regard to the assessment stage. The area of growth for this leader is to try and avoid becoming inundated with information, and to be able to stay focused on the stage being presented to avoid going into other stages.