

Journal 2

### **Managing anxiety in very Chaotic environment in the mist of bullying and gang**

**violence.** In this group assignment I was the social worker and the other were my clients. My clients were bullying each other. For instances one male client Chris was fighting with another male client Luis over sports. Chris was bad that the Yankees lost the game and Luis team the Mets (baseballs) won the game. Some of the other clients were being bully for the way they look for example a African American client had big lips and a White female client was making fun of her. Another male client pushed another girl because he said she stole his friends tee shirt.

In the support group I learned that some of the bullying had deeper meaning then what the client was initially sharing. Chris stated that he hated the Mets because he lost his father at a young age and Luis love the Mets and told Chris that his father still takes him to the games. The white female Jennifer teased Omuno because she wanted to have big lips like her because she felt ugly. Jennifer also teased Omuno because she was tease growing up my other females who were Spanish and African American.

As the Social worker I asked the group what would be some ways we can address bullying? Some of the clients in the group stated when they are bullied they cry, hide or act out. I told the group that we will began addressing bullying with partners to address how to stop bullying in school. The group will on board with this idea of making anti-bullying posters. In the group we talked about different ways to educate others students from stop bullying for example if a classmate is angry with another classmate he can talk to a teacher, or school counselor about the problem and address it with that individual.

Some other resources that we talk about to help with bullying is to address the behavioral issues, modeling and skill training. In addition, to help with bullying we suggested trauma focus CBT and dyadic developmental psychotherapy. In the support group I also recommend to the clients/students that when they are angry or upset about something they should journal and asked for help or find something that makes them feel better.

This group experience as a whole was great. I ran the group as autocratic telling them the rules and what I expect from them. My student at the end began working on the posts and journaling what bother them and it has help them to stop bullying others.