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Reflection Paper- Group Therapy Dynamics

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Group Therapy Experience

When I was asked to participate in a group therapy discussion, I was very reluctant. I do not do well in a group discussion. After few of these sessions, I must admit that I am enjoying it immensely and learning a lot from the moderator and colleagues.

Themes and patterns

I can't say that there was one theme or one pattern, which made me always looking forward to what will be experienced.

Themes

One theme observed in dynamic therapy is the importance of the therapeutic relationship. The therapeutic relationship is seen as a key factor in the success of dynamic therapy, with the therapist providing a safe and supportive environment for the client to explore their unconscious thoughts and emotions (Gabbard, 2014). The therapist helps the client to develop insight into their behavior and relationships, and to identify patterns that may be holding them back.

Another theme observed in dynamic therapy is the exploration of early childhood experiences. Dynamic therapists believe that early childhood experiences can have a profound impact on the development of the unconscious mind and can lead to patterns of behavior and relationships that are repeated throughout life (Leichsenring, Rabung, & Leibing, 2004). By exploring these early experiences, the therapist and client can identify and work through any negative patterns that may be causing problems in the client's life.

A third theme observed in dynamic therapy is the focus on the client's subjective experience. Dynamic therapy is based on the idea that each individual has their own unique perspective on the world, and that this perspective is shaped by their unconscious thoughts and emotions

(Wallerstein & Goldberger, 2010). By exploring the client's subjective experience, the therapist can help the client to develop a greater understanding of their own emotions and motivations.

The group leader.

I was assigned to the group leader, I can't say that I have researched her or read about her. But, I was very pleasantly surprised.

My impression of the group leader

She listened carefully to what we were saying and provided a feedback that was both supportive and constructive. She was able to understand our perspective and helped us explore our feelings and thoughts. She was also very flexible. She adjusted her approach depending on the needs of the group, willing to shift the focus of the session if necessary, and change strategies if they were not working. She recognized that everyone's experiences and perspectives are unique and was able to create a safe and inclusive environment for all.

According to Tasca, Brugnera, and Sylvestre (2021), an effective group therapy leader needs to possess a range of characteristics, including empathy, strong communication skills, and the ability to manage conflicts within the group.

My surprise

I was surprised at my own acceptance to the group therapy. The environment was very relaxed, non-judgmental, and my colleagues were speaking freely. It was a very insightful experience for me, and it helped to uncover patterns and perspectives that were previously unknown or surprising to me. It was also a place where individuals can connect with others who are experiencing similar challenges or issues and feel a sense of support and understanding.

Role of culture, ethnicity, and gender in group therapy.

Culture, race, ethnicity, and gender are important factors that can play a role in group dynamic therapy. These factors can influence how clients perceive and interact with others in the group, as well as how they understand and experience their own issues.

Different cultures and ethnic groups may have unique ways of expressing themselves and communicating. For example, some cultures may place a greater emphasis on nonverbal communication, while others may prefer direct and assertive communication. Culture, race, and ethnicity can also influence how mental health issues are perceived and stigmatized. Some cultures may view mental health issues as a weakness or a source of shame, while others may have more accepting attitudes towards seeking help.

While my group has representations from all genders, races and backgrounds, the group leader was able to mesh our differences and made each one feel comfortable with the other backgrounds.

Can I be a group Leader?

I find myself doing that already in my high school students at my community church. While there is less diversity among my group members, but the empathy, active listening, and non-judgmental approaches taught by the group leader make me look forward to imitate these virtues in my upcoming meeting. I am looking forward to improve my approach as a group leader to be more effective.

References

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