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Clinical Practice with Groups

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Thursday 23rd, 2023

Journal #2

Learning new skills, providing ideas to resolve problems are important when working with groups. Listening and sharing ideas provide a bigger insight and perspective towards the goals that need to be met. As we continue to practice in class, we been able to implement and understand the therapeutic factors important to ensure that the group is moving forward an attainable goal. When working with individuals in this case my classmates, the trust and acceptance is noticeable but yet sometimes there may be topics where we have a hard time trusting to share our personal opinion. Some classmates have more leadership skills than others and are able to create a safe space for the others to feel comfortable and able to participate. I strongly believe that we been very empathetic and caring to each other ensuring we validate and respect each others' opinions. Intimacy has been improving as the weeks go by, we are more comfortable practicing and taking on roles to make our learning experience easier as we learn how we will be running our own groups in the future. Hope and freedom to experiment is a factor we continue to enhance since more practice is needed to analyze and understand behaviors.

The only downfall is that the role plays and group practice are done almost at the end of the class and it is difficult to evaluate the process and outcomes of the group. As mentioned in Corey's text, evaluation is a basic aspect of any group experience and it should be an outgoing process as the group progresses. Therefore, the fact that we can assess the progress of every group dynamic is important for us to enhance our abilities for each of us to learn more as clinicians to teach clients the ability to trust, to display independence, to take initiative, to work towards personal competence, to build

intimacy, to explore their identity. work towards personal competence, improve their self-esteem and recognizes their self- worth.