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SWK 658 Clinical Groups

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Journal #4

For this week's group journal, we participated in a Psychoeducational group focusing on ego functioning. The context of the group was that one member was over-enthusiastic about helping members. This member comes across as rude and unable to control their impulses. This has rubbed some members the wrong way. The group facilitator spoke to the disruptive member of the group(me) before the group to express the observation of the facilitators, not just to make the member aware of the pattern but to gather information on why the member goes with the impulse. This was an excellent and respectful way to manage conflict and build rapport with the group member.

The group was supposed to start with the free association as it typically does, but the facilitator took another direction. The facilitator chose to take the private conversation public. The facilitator spoke about what was said in confidence to the entire group. The facilitator then had each member speak about how the disruptive member upset them. This upset the disruptive member as trust was broken. Additionally, it upset another group member who thought the disruptive member's contribution benefited her.

I thought speaking with the disruptive member was an excellent idea. Nevertheless, I thought it was detrimental to the disruptive member as trust and buy-in to the group were broken.

Suppose group members see that the facilitator will speak about things said in private without permission or warning. In that case, it could be the beginning of the end for group development.

It was also a poor choice to deviate from the group's routine once the issue was resolved in private conversation. The session turned into a group reprimand. The disruptive member who felt good expressing themselves after the initial conversation became upset and resentful. It is precisely what you do not want to do with someone struggling with impulse control issues. It would be hard to tell how long the group and the member would recover from this mistake. Trust is hard to gain but easily broken in this kind of group.