

Journal #4
Family Counseling

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SWK 658: Clinical Social Work Practice III
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You are a treatment team of school social workers in a middle school in East Harlem. Recently you were called to develop and implement a type of psycho education skills group for students.

The reason for such a group is motivated by a report that there has been an increase in bullying and physical violence among members of the community and some incidences have occurred in the school itself. It is September and the Principal wants this group begun by October.

As the team of social workers tasked with this undertaking, we determined that it would be best to have one social worker and the rest of us clients. We took into consideration the presenting problem, bullying and physical violence among members of the community. The purpose for our group was who its participants would be and the differences between genders. We are aware that bullying happens in all genders, however, bullying issues can look different for different individuals. For example, while everyone may be concerned with their appearance, for a female the concern may be aesthetic, while for a male the concern be the latest pair of name brand sneakers.

We chose to create a closed group it allows participants to get to know each other and create community. The group would run for twelve weeks and then start over. We decided to create socio-emotional learning groups using CBT techniques. CBT helps individuals restructure their thoughts and behaviors which is what bullies need. There are many reasons that people bully others. It could be that they themselves are bullied, or that they have low esteem or that they are jealous. Whatever the reason is working together as a group will allow participants to realize that they are not the only ones going through a rough situation. Through the use of CBT, the participants can talk about the problem, whether they are bullies or being bullied.

Each one in the group shared they high and low for the week, that was fun. This exercise was really was good. It made me realize that things don't always necessarily go as expected. I have learned so much in these assignments.

REFERENCES

Zastrow, C. (2015). (9th ed.). Social work with Group: A comprehensive worktext
Belmont, CA: Thompson/Brooks Cole.