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Assignment: Journal IV

This experience was interesting because it was a group that was different and the purpose of it was new to all of us, I guess. We as a group applied some of the dynamics we use in previous group, such as appointing a facilitator, allowing each member to introduce themselves, going over the group's rules and norms. Some of the new challenge we faced as a group was the continuous interruption of Jane, asking questions that were out of place, not respecting other options or time to speak. Jane also made sure to give advice from her point of view and personal experience. Jane kept on wanting to interfere and tell people what worked for her and told them that they must do it. As the practice went on, the facilitator tried numerous times to redirect Jane in a polite and professional way, but she did not even realize that. She was often violating the group's rule and taking the facilitator function at times.

The group share interesting topics and things that were challenging for them as parents, wives, husband, or single parents. One of the members expressed that for her the relationship with her parents is very important and that she enjoys spending time with them. However, she has noticed that she seeks for their validation continuously. Jane went ahead and asked this member a question that violated her privacy and was intrusive. The facilitator asked the member if she wanted to answer that question, the member said "NO". The facilitator addressed a few questions to the member to process the feeling of seeking validation from her parents. Another member of the group expressed that he goes through a similar desire for validation from his mother. Member stated that he leaves staff around his house and his mother is an organize person. He expressed that his mother was coming over and he started to pick up

staff around the house to have that validation from his mother. The facilitator addressed questions that allow this member to share and talk about the way he feels with his mom visiting him. Member stated that every time his mother comes to visit, he feels like when he was a child and had to follow his mother instructions rigorously. Jane expressed feeling tired of her kids, at times she must scream in order to get them to follow instructions or do things she requests from them. Jane stated that her kids are lazy and stupid because they are. The facilitator asked Jane a few questions to process that, but she will go right back to her argument. I wonder if she uses that unconsciously as a defense mechanism to avoid the real problem. Another member stated that her high and low this week were both based on her sons' performances. She stated that one of them contributed and did his chores around the house and the other one never completes his. Member stated these two scenarios seem to have an impact on the way she feels. The facilitator shared that she enjoys spending time with her family, she loves being a mother. Her low this week was having to experience the cleaning after her children; she gets upset and irritated when she has to continuously do that after her family.