

Journal Reflection #4

This week our focus was on the psychodynamic approach. In this group I was the group leader and I had clients who were dealing with family related issues. The group went well, we had one client who was disruptive, and I believe I did a good job at redirecting Jane in her place and still maintaining the balance in the group. When Jane did intervene, I addressed her and if she provided feedback to a member, I asked the member if they wanted to answer her question. Roberta stated no. I addressed Jane on the rules that we set at the beginning of the group and told her the importance of establishing rules. Most of the group members were able to identify their highs and lows for their week and what it looked like for them. Syriam spoke about some home related issues when his mother visits the home. I was able to unpeel the layers of his statement to address the issues he did not say. I used my skills of active listening to hear the unspoken. The group did well together. There were rules that were stated in the beginning of the group, for most of the time together everyone, but Jane complied to the rules. Not everyone was able to participate in the group and share their experience, we needed more time. I was able to provide feedback to everyone who spoke to help with their current family issues. I felt nervous at first hosting the group, however, as the time went on the nerves stopped and began to just flow and be intentional to the need of everyone.