

Charleny Genoval

SWK 658

Dr. Carlton Jean

March 4, 2023

Journal #5

I think that the Adlerian group theory is one that seems the most common. The Adlerian group theory sees individuals as social beings and that their behaviors are socially rooted and goal driven. As humans, the experiences of our first years influence the person that we become, our values, and our goals. Furthermore, humans strive to attain the lifestyle that from a young age we pictured to be meaningful. The family plays a significant role in how we develop our persona and our own views of what lifestyle we are aiming for. I would apply this framework in my runaway youth shelter group by establishing a cohesive relationship with the members and to achieve this, I like to create icebreakers that allow the members of the group to get to know each other and see what some may have in common. One thing that I do is that at the very first stage of the group sessions, I encourage the group to establish norms which we would normally call “Community Agreement”, which makes the group feel less structured and more intimate. Because the majority of the group members are runaways, I would focus on exploring the dynamic of each group member and how their choices and lifestyles affect their current situations, and what goals they can establish to achieve a better outcome, and these goals can be short or long-terms.