

Journal # 5

Working with Diverse Groups

Maritza Grandison

SWK 658: Clinical Social Work Practice III

Dr. C. Jean

3/4/2023

## **1. Content of the chapter readings**

Chapter 7 of *Social Work with Groups: A Comprehensive Worktext* by Charles Zastrow provides an overview of the different types of groups that social workers may encounter in their practice, including task groups, treatment groups, and self-help groups. The chapter emphasizes the importance of understanding the purpose and goals of each type of group and tailoring interventions accordingly. One key concept discussed in this chapter is the idea of group dynamics and how they can impact group functioning. Zastrow emphasizes the importance of considering factors such as communication patterns, power dynamics, and leadership styles when working with groups. The chapter also explores various stages of group development, from the initial formation stage to the termination stage.

Zastrow also discusses several group leadership styles, including authoritarian, democratic, and laissez-faire. The chapter emphasizes the importance of choosing a leadership style that is appropriate for the group and the goals of the intervention. Overall, Chapter 7 provides a comprehensive overview of the different types of groups that social workers may encounter and the various factors that can impact group dynamics and functioning. It emphasizes the importance of understanding the purpose and goals of each type of group and tailoring interventions accordingly.

## **1. Your views on the theory**

Chapter 7 of *Social Work with Groups: A Comprehensive Worktext* by Charles Zastrow discusses the Task-Centered Model as a means of facilitating group work with clients. Overall, I find the Task-Centered Model to be a practical and effective approach to social work practice, particularly in group settings. One strength of the Task-Centered

Model is its focus on setting specific, measurable goals with clients, which can provide a sense of direction and progress. Additionally, the model emphasizes the importance of client participation and involvement in the goal-setting process, promoting a sense of agency and empowerment for the client. The model also incorporates elements of behavioral and cognitive-behavioral theories, which can help clients develop new skills and behaviors that are useful beyond the group setting.

However, a potential limitation of the Task-Centered Model is its focus on short-term, concrete goals, which may not adequately address the underlying systemic or structural issues that contribute to clients' problems. Additionally, the model may not be appropriate for clients with more complex needs or those who require longer-term support. Overall, I believe that the Task-Centered Model can be a valuable tool for social workers in group settings, but it is important to also consider the broader context and individual needs of each client when determining the most appropriate approach to practice.

## **2. How you would apply the framework in your practice.**

The framework presented in Chapter 7 of Zastrow's *Social Work with Groups* emphasizes the importance of leadership in group settings. The chapter discusses different styles of leadership, including democratic, authoritarian, and laissez-faire. It also highlights the significance of the leader's role in fostering group cohesion, setting goals, and establishing norms. In my social work practice, I would apply the framework by recognizing the importance of leadership in group dynamics. I would strive to understand and utilize different leadership styles depending on the needs of the group and its members. For example, if a group is struggling with decision-making, I may use a more

democratic leadership style to ensure all members have a say in the process. Alternatively, if a group is lacking structure and direction, I may use a more authoritarian leadership style to establish clear goals and expectations.

Additionally, I would emphasize the importance of establishing group norms and promoting cohesion through activities such as team-building exercises and group discussions. By creating a positive group culture and promoting a sense of belonging, I believe that group members will be more likely to engage in the group process and achieve their goals. Overall, I believe that the framework presented in Chapter 7 can be a valuable tool for social workers working in group settings. By understanding and utilizing effective leadership strategies, social workers can promote positive group dynamics and help clients achieve their goals.

## References

Zastrow, Charles. *Brooks/cole empowerment series: Social work with groups: a comprehensive worktext*. Cengage Learning, 2014.