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Reflection Paper 2- Group Therapy Leader

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Functions of the Group Leader

The group therapy leader is responsible for facilitating and managing group therapy sessions.

Here is some insight into the work that the group therapy leader does:

1. Establishing group goals and rules:

The group therapy leader works with the group members to establish goals for the group and to develop rules that will help the group function effectively. This may include establishing guidelines for confidentiality, attendance, and participation.

2. Creating a safe and supportive environment:

The group therapy leader is responsible for creating a safe and supportive environment in which group members feel comfortable sharing their thoughts and feelings. The leader may use various techniques to build trust and encourage open communication among group members.

3. Planning and structuring group sessions:

The group therapy leader plans and structures group sessions to ensure that they are focused and productive. This may involve selecting appropriate activities and exercises, setting an agenda, and managing the time allotted for each activity.

4. Facilitating group discussions:

The group therapy leader facilitates group discussions by encouraging participation, managing conflicts, and guiding the conversation in a constructive direction. The leader may use various techniques to promote active listening and to help group members develop empathy and understanding for one another.

5. Providing feedback and support:

The group therapy leader provides feedback and support to group members to help them achieve their goals and overcome challenges. This may involve offering guidance, encouragement, and praise, as well as constructive criticism and feedback.

6. Evaluating group progress:

The group therapy leader evaluates the progress of the group and individual members to determine whether the group is achieving its goals and to identify areas for improvement. This may involve tracking attendance, participation, and feedback from group members. Based on this evaluation, the leader may adjust the group's goals and strategies to ensure that the group is effective in meeting its objectives.

Overall, the work of a group therapy leader involves building a safe and supportive environment, planning and structuring group sessions, facilitating group discussions, providing feedback and support to group members, and evaluating group progress to ensure that the group is effective in achieving its goals.

My Impression of the group therapy leader and sessions

When I started the group therapy, I was very annoyed, after all it was made as a requirement to complete the course. Added to this, the difficulties in attending a course during the day while I am working. I did not research the group leader and I did not choose my classmates. I am also not the easiest person to open up to one person let alone to a group of strangers.

When I look back, I see how different my impression today compared to the beginning. I now arrange my work schedules to avoid major interruptions during the group therapy hour. I look forward to what will be inspired or discussed in the new session. While I never chose the group leader, I would have not picked a better one. She was able to grasp the attention and the

respect of all of us. She was not shy to open a discussion about any topic including difficult ones like fear of color. She was willing to admit a blunder when she made one.

Most effective interventions in the group therapy

There are several important interventions that can be used in group therapy, and the most important intervention can depend on the specific needs and goals of the group. However, I found that the most effective methods used were:

1. Active listening: This involves giving one's full attention to what others are saying, without interrupting or judging them. Active listening is important for establishing trust and building rapport among group members.
2. Feedback: Giving and receiving feedback is a critical component of group therapy. It allows members to receive support and constructive criticism from others, as well as to gain new insights into their own thoughts and behaviors.

Termination process:

While there was no termination occurring in my group, there was an incident where one of the classmates verbalized clear disgruntlement with the sessions and the lack of benefit. I was impressed by the demeanor of the leader; she was very classy in her response and willingness to take criticism and offer apology when appropriate.

Can I be a group Leader?

I can see myself becoming a group leader to adolescents. I find myself doing that already in my high school students at my community church. While there is less diversity among my group members, but the empathy, active listening, and non-judgmental approaches taught by the group leader make me look forward to imitate these virtues in my upcoming meeting. I am looking forward to improving my approach as a group leader to be more effective.

References

Corey, G. (2015). *Theory and practice of group counseling*. Cengage Learning.

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