

SWK 658: Clinical Social Work Practice with Groups – Spring 2023

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I believe the zoom group has now moved from the intimacy to the differentiation stage of group development based on Garland et.al. model of group development. Currently, most of the group members have now been observed to express freely new and alternative behavior within the group. Individual rights and needs have been recognized and the group members are communicating more effectively. The leadership is more shared, power control problems are now minimal, and decisions are made and carried out on a less emotional but more objective basis. Group members are now focusing on carrying the group's goal, supporting one another, and allowing the group to run itself.

The Adlerian theory of Group Counseling is applicable to a group process, as he is a believer in the usefulness of the group process. In the role-play, stages 1-4 had been observed. From establishing and maintaining cohesive relationships, analysis, and assessment, and lastly, the reorientation and reeducation, When the subject, Daniel, presented his problem to the group, the group went into the process of analyzing and assessing the problem before reaching out for the recommendation. The group reached out for insight into the problem and encouraged Daniel to move into the desired change.

The applicability of assertiveness goes a long way as was encouraged by Adlerian. It is the means to provide and or receive the therapeutic outcome both by the members and the leader. I think in my group, my current observation is we are still moving back and forth from being passive, passive-aggressive, and aggressive (minimally observed lately), to assertive. I believe to make a group meeting become effectively robust in providing real solutions to real problems, the

group must be in the solid state of becoming appropriately honest, direct, self-enhancing, expressive, confident, and empathic to the emotions of all involved.

But I also observed that there were times, the functioning of a group may be adversely affected by a lack of sincere involvement in the group process by some members of the group. This could have been inadvertently done, but the effect was tremendously felt after the meeting was set and done. If I think that the exercises are not for learning, but for a real-life situation, then the group had failed its purpose. In this scenario, I am also responsible for the failure of the group as I failed to influence the direction or strayed away from the focus of the group.

Currently, I am aware that success or failure in group work is all attributed to learning, reorientation, and reeducation as the fourth stage of the Adlerian group of counseling. There is always room for advancement such as by practicing, gaining insights into the problem, and acting toward attaining the desired change, which I am committed to accomplishing.