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Clinical Social Work Practice III with Groups

Journal #6

This week's activity topic allowed us to utilize stage 2 of the Adlerian approach to therapy. In this stage, the social worker helps the group members understand their current style of life. Through asking members to identify aspects of their life and reflecting back, they can begin to understand aspects of their current situation. One way to help the participants is by asking a "miracle question" in order to get a better sense of the client's needs.

In today's activity, the social worker started by asking the participant what it would be like if one of her most significant problems was gone and how things would be different for her. The participant shared that if her main issue was gone, she would feel a sense of peace that she does not currently have. She would feel the financial freedom to get a pet cat as well. This helped the social worker recognize that the client is yearning for peace and that is lacking in her current situation. She also must be dealing with some financial stress which is restricting her from having the pet she would like. It is likely stopping her from getting other things she desires. The social worker rephrased what the participant said to her and asked if that was a correct description of how she feels. The participant agreed that it was right.

Next, the social worker asked the participant to describe the first childhood memory that comes to mind, from the age of 10 or prior. The participant had trouble thinking of a specific memory, but then was able to recall one. She said it was a simple memory, but that it was

meaningful to her, which is why she thought of it. She remembers having dinner with her family at the table and then playing games together. The social worker asked her how she feels thinking back on that memory. The participant said she felt comforted by the memory. She said it brings her some peace to think back on that. The participant also expressed that she feels that these memories with her family are valuable and have helped to make her more resilient in her life. Through this exercise, she was able to see how those experiences can be used to keep her moving forward when her current situation is challenging.