

Charleny Genoval

SWK 658

Dr. Carlton Jean

March 11, 2023

Journal 6

The group came up together and brainstormed a solution to help two members of a group who have been experiencing racism. Sairam was the group facilitator, and he did a great job orienting the group about the problem that the other individuals are experiencing. He went over some ground rules and allowed each member to share their ideas. One of the individuals stated feeling frustration about Confederate statues that were placed in Black Communities and Blacks being disproportionately represented in prison. Another person shared feeling annoyed about experiencing discrimination, harassment, and violence by African Americans. The group took a different route to this issue and in place, ended up sharing our own experiences with racism in the United States both as African Americans and as Latinos. Sairam used his group leadership skills and instead of interrupting the flow of the group, he used empathy and active listening to make us feel heard and understood. He also provided reflective statements which helped us all feel comfortable sharing. The entire group was very supportive and validated our feelings and our experiences. I think that although there was a twist in the group, it was very effective in that we all opened up and brought out things that we had experienced in the past which perhaps many of us had not shared in a group.