

Oumou Diallo

3/10/2023

Women Empowerment

On 3/9/2023 at 2:00 pm at the Children Rescue Fund located at Hope House, the Writer attended a Women's Empowerment Group. The group was conducted by the Recreational Specialist at Hope House located at 170 East 206 street. As a Case Manager, the Writer wanted to show support to the group members. The group was located in a room on the 1st floor of the shelter. The room was medium sized. There were boxes of can foods and clothing on tables and stacked in the corners of the room. There were brown chairs set in a circle for the members in the middle of the room. Members were greeted as they entered the room. The Women that attended reflected different races, ages and religions. One Muslim woman from Russia attended the event with her daughter. At the beginning her daughter was fearful to enter the room. The daughter was shy as the mother recounted. A second member arrived who was of Hispanic and African-American descent. The Women were encouraged to peruse through the boxes of clothing, canned goods and hygiene products. The Muslim woman was hesitant to pick up the clothing since she needed long dresses as were traditionally worn by the women in her culture. The writer helped her to find dresses that were long in length. The Muslim woman and her daughter retrieved a bag full of items before the session began.

As the women trickled in, everyone was encouraged to sit in the circle. The group leader introduced herself first, afterwards all staff members introduced themselves. The group members introduced themselves. Afterwards, the group leader asked the members, "What makes you feel empowered?" One group member replied that her daughter empowers her. She said her daughter empowers her by giving her strength. The group member explained that she will be leaving the shelter soon to move to Wyoming. The group member said she is transitioning emotionally. She feels excited

and fearful of the new changes that are developing in her life. The group member shared her personal story. She stated that she was raised in a group home due to trauma she had faced at home that she has now disclosed to her Mother. The group member said she signed herself out of the group home when she turned 18 years old. The group member said she had been on her own for a long time. The Writer observed that she is highly resilient. The group member wanted a better life for herself which is commendable. The group leader shared how her children give her strength. The Writer felt that her daughter gives her strength as well.

A third group member arrived late. She arrived with her two-year-old daughter. She was seven months pregnant. She hugged her daughter during the group, as her daughter sat on her lap. The group member shared how she is pregnant but doesn't want to keep the child. The young woman was unsure about her due date. She said she had been on methadone treatment for several years. She stated that she grew up in a healthy home but was triggered at a young age to consume drugs. The young woman said she had been raised by her grandparents. She felt abandoned and isolated. The young woman turned to men and drugs to fill the void of not having her parent's love and affection. The Writer thought about the psychodynamic theory and how it applies to this case. It seemed that her childhood made a major impact on her decision to turn to men and drugs for security and love. I felt that she exhibited anxious attachment due to feeling non-secure as a child. It made the Writer think about her own childhood and how she would have made better choices as a young adult if she had grown up in a nurturing environment. As a child, the Writer always felt unwanted by her parents. The Writer could relate to the group member. As the Writer experienced, countertransference it made her reflect upon her own life and choices that have led to certain outcomes.

A fourth member came into the group session. She shared how she was a survivor of domestic violence five years ago. The young woman has two children that she raises alone as a single mother. She

shared that the father of her children was the batterer. She has severed all communication with him. She shared that she has a new budding romance in her life which makes her very hopeful about her future. By utilizing the strength perspective, the Group Leader encouraged all the women on their great sense of resiliency. The group leader asked them to share what were their major strengths. The group leader shared how they were all survivors of trauma but through perseverance they were able to overcome their struggles. The Writer reflected on her own life and how she was knocked down several times in life but always seemed to persevere. The group leader encouraged the members to help themselves to the free items in the room. Ending session, the group leader asked the members if they had a magic wand, how would their lives be different.

The Writer pondered about the question while in deep reflection. The Writer felt that she would be much happier if things magically changed, but at the same token, her testimony would not be the same. The Writer reflected on how God is the final author and writer of her life. Moving forward, the Writer realized God has the final say and his will must prevail at the end. The Writer was encouraged by all the stories recounted by the brave Women. The Writer realized that God empowers her to keep going when it seems hard to go on. The Writer will trouble her troubles and continue to fight the good fight of faith. Through perseverance all things are possible. The Writer realized that in the face of adversity, your will to survive all trials and tribulations will make you stronger and more powerful. It is your will to survive that surpasses all adversity.

Reference

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