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Clinical Social Work Practice with Groups

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As we continue to learn about practice with groups, I have learned that every person in class has brought in different characteristics that can make the group dynamic successful or at times challenging. Perhaps one thing that stands out in our group is the diversity among us, allowing us to learn from each other and enhance our goals as future social workers. But it is certain that even among us we think different and when it comes to assessing, we are very sensitive about certain topics especially because we are part of nonmaterial cultures. Being culturally competent is important when working with diverse groups and during practice I have to agree with Zastrow as he highlights that you don't need to be part of a specific ethnic group to work effectively with diverse groups and as seen in class, social workers must possess empathy, competence, compassion and experience in order to be successful with clients whether it is for individual or group practice. In practice, each of my classmates possess a different skill which has made our learning experience more efficient to work with marginalized populations.

We all possess different leadership skills and every week each of us have the opportunity to share that skill with the rest of the class, is helping us implement each skill as we practice in class. During our class where we practiced the Adlerian Theory and we did group work; these characteristics were more identified as we went along it had an impact on how we practiced. I would say that we are Adlerian groups leaders if we look at every characteristic each of us possess. As we all worked through the first stage, we learned something new about each other, it brought us closer and we were empathetic towards each other's emotions. During this stage

active listening was the skill mainly used since one of the questions asked was sensitive to some participants and this led to stage two where we assess the emotional need each individual had based on the activity evaluation. I must say that during the group activity where we asked each other about describing the first event that came to our mind that occurred before the age of 10; it was a trigger for some of the students, because some remembered something bad, sad, or very traumatic. Each student provided a skill to support those that were triggered by painful memories. The skills of caring, encouragement, active listening and demonstrating courage to be imperfect were perfect examples of what groups leaders must possess in order for the success of running a group.