

Journal #3
Arlene Forbes
March 16, 2023

My third meeting was with a new counselor, Gillian Taber, LCSW was on March 15, 2023 @2 p.m.

This was my first group session which comprised of about ten person (three males and seven females). The group leader started by introducing me to all the group members, she also outlined the structure of the group, she talked about the confidentiality of the conversations in the group, she suggested that we use ear buds depending on where we are during the session. Gillian also talked about being respectful to each other even though we may not agree with what the other person shares.

Interestingly, each person had a moment to share and prior to sharing they all acknowledged me by name and shared why they were a part of the group and their struggle. (it's real! 😊) She did ask me to share, I told her I was not ready to share and I appreciated her saying that she understands that it's my first session and I may not be comfortable. During this session, I find that the response from her and other when someone shares really empowers others to keep on keeping on. Everyone seemed friendly. It seemed like there was a bond amongst the group members and certainly Gillian was skilled at controlling the conversations. She mentioned that should the group gets larger, she would use the features on Zoom to raise hands so as to allow everyone and opportunity to speak.