

Journal #4
Arlene Forbes
March 22, 2023

My fourth meeting, but second meeting the counselor, Gillian Taber, LCSW was on this date @2 p.m.

We had a new patient joined the session. The group has now grown to twelve individuals. Gillian was diligent in again outlining the “rules” of the group so the new comer could understand how the group functions. In addition to her outlining the confidentiality rules and boundaries, she stated how the group functions. Her approach to the group which she says works is that each person “checks in” and while she will give a response, group members are also free to share in with their comments and resources they have available that can help persons. I though this was interesting. Furthermore, as persons end sharing and the group members give an input, Gillian asked each person “Any concerns?” “Do you feel like harming yourself”? Do you go to bed and feel like you never want to wake up?”

She is very interactive with the group and the environment she has created makes it absolutely easy for persons to share.