

Journal #5
Arlene Forbes
March 29, 2023

My fifth meeting, but third meeting the counselor, Gillian Taber, LCSW was on March 29th @2 p.m.

The number of people in the group was less than the previous week. Interestingly, someone from the group commented on that. The counselor though was quick to point out that she had notification that some would be absent. On this week, she again “check-in” with each person. What I noticed tho’ is for some, she mentioned what was stated the week before and tried to get an update as to what was presently going on. I also noticed that throughout the entire session, she was taking notes as each person spoke. In this particular session, she share some personal information about her children as it pertains to her scheduling the dates when and where her children needs to be and do on certain days; however, the information was shared to bring about a point to someone’s comment – as they were struggling with setting up a calendar and keeping schedule.