Week 10:

This week during class we went over how to implement Cognitive Behavioral Therapy (CBT) in a group setting.This week when it came to doing group practice, I noticed that we all were really tired; we all talked about being burned out and our brain being fried. I took initiative this week because I wanted us to progress despite being tired and joking around. We all role played and to implement CBT into a group setting. We talked about mindfulness, identifying triggers when it comes to working with individuals who deal with substance abuse. I noticed this week we were all laughing because we were tired and we used it to cope. I think this is a good lesson when working as a facilitator. At times, there will be times when the group participation level is not at 100% and many people do not feel like contributing. Further, what I learned this week about implementing CBT in groups is that it can increase support. Since CBT requires you to be vulnerable, when doing so in a group setting, can cause an increase of compassion and empathy. When reading Theory and practice and group by Corey, they explain how applying "the buddy system" could work, which is a good example of building support. Corey explains that the buddy system is when there is a therapeutic alliance between members. This buddy system allows for the members to monitor each other, help support each other to stick to commitments and goals (Corey, 2015).

Week 11:

This week we talked about the psychoeducational approach, Rational Emotive Behavior Therapy (REBT) and implementing it in groups. This type of approach helps us identify our irrational beliefs and negative thoughts that can cause distress. We can use REBT in a group setting to help clients control their emotions and have rationalized thoughts. Today during class we learned that REBT is used to defeat extremist thoughts (aka absolutism) to live in balance.

Corey states that, when you use words such as “have to”, “should” and/or “must” can stem from being emotionally disturbed, (Corey, 2015). We force ourselves to have these standards for ourselves if we “must” that it can negatively affect us. This is something I definitely resonate with. I can apply this in my personal life when it comes to getting a PhD. Instead of saying “I must get a PhD or if not I will fail”, I should reframe my thinking and belief that “I can get a PhD, and if I do not, I can still live a good and successful life”.

Today during group discussion and practice I noticed that I and the two others who usually take initiative all did not speak up. We all had an unspoken agreement and we would let others step up. Unfortunately, they did not and I noticed that they would try to get us three to speak and be the group leader. To be completely honest, it was painful and a little bit irritating because the responsibility should not fall on us. I must learn that this is life and that we all have different personalities. At the end I ended up speaking because I was afraid that no one else would. This is definitely a lesson to be learned because there will be times (if I lead a group) that people will not want to speak.

References:

Corey, G. (2015). *Theory and Practice of Group Counseling*. Cengage Learning.