

Journal #5

I am hoping that now of our group evolution, we are now in a fully working stage moving toward a deeper level of interaction. But I am afraid our group is moving back and forth to the transition stage. Corey said that in the working group stage, it is unlikely that all members are functioning at the same level of intensity. Some members may still be holding back, or sitting on the periphery, or others are afraid, and resistant to avoid taking the risk. This is what is happening in my group. But the most challenging observation is that we are still struggling with who has control and intermittent conflicts still happening among us. A group leader at this stage is called to understand the purpose of resistance and be a great influencer for the purpose of the group. Particularly in tonight's group exercises, I felt that many of us failed to influence the functioning of the group toward moving deeper levels of interactions.

Last week's discussion on CBT and the application of various therapeutic interventions under the umbrella of CBT was more interesting to me. I like the fact that the treatment plan is based on specified goals, and objections that can be evaluated along the way. I like the fact that the leader helps participate and break down broad, general ideas into specific SMART goals. I believe also that CBT applies to the evolution of group work. In a small group like ours, pulling from the CBT theory, a group leader functions as a teacher and encourager and has a skill in brief interventions. Thus, applying these skills as a group leader will be able to offer a solution to a sudden conflict that may arise in a group session to maintain a therapeutic environment.

CBT does offer several therapeutic techniques which I believe are crucial tools in any group setting. To anticipate any condition or conflict that may arise out of many challenges

participants or members are facing in a single moment and maintain the environment safe. I like the fact CBT's techniques cover from leader modeling the behavior, rehearsing, coaching, reinforcement, cognitive restructuring, and problem-solving among the many techniques.

In summary, since this is the last journal for this class this semester, I would like to end with a hopeful note. I do believe there is room for improvement with our group and with every member of our group, including myself. And that is what I am working on. I am glad that I have been a part of this diverse committed student to finish the race until the end. I am also grateful to your leadership, Dr. Yoon, I believe as challenging as it could be, you demonstrated all through the class interaction your ability to manage a group, building up our knowledge and skills to be able to help diverse clients as we move on in our practice.

Thank you so much!