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Social Work Practice with Groups
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Journal 5
April 6, 2023

As we continue to learn different approaches through CBT, in my group we have learned from each other how to change maladaptive behaviors to adaptive ones by putting into practice different skills of self-management taught in class. Yet we are far from being skilled to this approach, practice does make a difference. We have become more familiarized with this approach when working with groups. Members of my group have become more open to sharing and participating in active roles to complete tasks assigned during class allowing us to evaluate the effectiveness when using CBT techniques. In a short time, we've become more efficient in applying this technique in our internships, and field practice and in class. As a group leader, I've been able to take the role of a coach and encourager that helps group members reach their goals. However, at times I have noticed that the lack of active participation and collaboration from members can make the dynamic of the group challenging on being effective when developing a plan of change and this can be because we are not using the correct therapeutic technique which is important for the success of each intervention.

I really like the concept of cognitive therapy groups and I see myself using this model in the future by using problem solving, relaxation methods, and monitoring activities among others. I like the approach CBT has on mindfulness and the benefits when used in groups. The fact that CBT can be used in a wide range of behaviors and problems, this allows the clinician or group leader to be more assertive in helping group members to have a positive insight about their emotional and behavioral concerns and how they can change their way of thinking about their problem.

