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Journal # 7

SWK Clinical Groups

This week's journal entry is on the existential approach to groups. In summary, this theory is unlike previous theories. This theory does not have a specific outline or template, which has an advantage. The existential theory plays as background music to other theories being applied. Being a human is a condition that produces anxiety, doubt, and errors. This theory challenges individuals to examine a broader scope of these feelings, their lives, and the world. It also brings to the forefront what gives the individual purpose and personal responsibility. This theory is another tool that can piggyback well on most theories. This theory promotes people looking beyond the scope of their presenting problem and seeing available options. They may be noticing and taking ownership of their part to play in their situation.

This theory can be applied in the group setting when bringing personal accountability to a group, as a foundation of the group, or as an individual lesson that can be revisited throughout the course. Applying this to groups can promote hope to a group for personal change. Many may not see hope or how change is possible. Throughout the initial phases of the group is where the challenge truly lies. These questions about life, what is real, and what is not, may be a challenge for individuals who have been too afraid to tackle these questions alone. This theory is where the benefit of the group comes in. This theory is a way to bring a clearer vision to someone whose vision has been blurred and a little light to someone who only sees darkness.