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SWK Clinical Groups

Journal 8

This week's group journal is on CBT and REB group theory. In summary, these task centered theories have similarities when we look at the mind and the power of thought and actions. They both provide methods for challenging these initial thoughts in the hope of changing behavior. CBT is a systematic approach influenced by the scientific method to change the mind that influences behaviors. CBT does this by introducing S.M.A.R.T. goals and brief interventions. REBT is a systematic approach to cognition and introduces the emotional aspect. REBT challenges current thinking and teaches that individuals are responsible for their emotions. Overall, these theories' main focus is on better managing the present to improve thought, life, and emotion for today and tomorrow.

These theories can be applied in behavior modification groups. The role of the leader in both of these theories is important. The role of the leader can influence the group's success, but the leader's ideology can also influence the leader heavily. The leader must stay attuned to transference and countertransference issues in the group. The advantage of exploring thoughts and actions in a group is to bring a greater awareness that others have the same issue. This can promote mental health and accountability toward change as members do this together. I can envision this being used in the church for a spiritual formation group or foundations in Christ group, where behavior modification can seem so formal, black and white, which tends to feel more ridged than intended. In

