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SWK Clinical Groups

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This week's journal entry is on person-centered groups. Person-centered therapy introduces the client as the expert in their own lives. It is not task centered. The development of the client-therapist relationship is based on empathy and trust. This developed by the use of many practice skills. The therapist leaves room for the client to interpret what is happening in their lives. The ability of the person determines their ability to self-actualize. This is more of a humanistic approach. A unique aspect of this group is that the group determines what the group is. Ground rules are agreed upon and set by the group. And agree on how goals will be met.

The facilitator is responsible for modeling and creating a safe environment for group members that promotes uniqueness and transparency. This modeling is done by the facilitator, who must be self-aware and have done the work themselves first. For the group to successfully apply this, they must buy into it through regular group attendance and participation.

Some aspects of the group can be very helpful to the group. But the flaws of having little structure would keep me from using this theory as a primary theory. I am a big fan of Carl Rogers. His foundations have helped me be a better practitioner in these early stages of my career.