

Journal #6  
Arlene Forbes  
April 5, 2023

My sixth meeting with Gillian Taber, LCSW was on April 5, 2023 @2 p.m.

Everyone was present in the group as the previous week. The counselor started this week by checking in with each person, but what I noticed was that this week, she actually chose the first person to check in; that individual was the first person to leave last week. I like that she is attentive to the group in that she is intentional with how she controls the group.

As she ended the group, she talked about the next week being Easter and that each person must be mindful that usually around holidays, persons then to fall back into a depressive state. She encouraged the group to enjoy the holiday and those on medication to remember to be diligent in taking their medication and to remain alert.