

Name: Carolyn Champion

Professor: Jean Carlton

Journal # VIII

Date: 4/15/23

While we conducted this group activity, we had two approaches that we were able to use. The group decided to have a discussion around the case provided by the professor and which approach will suit better the scenario we were working with. The group had different discussion regarding the CBT and the DBT approaches. As a group it took us some debating regarding the teenagers, we were working with in order to determine which approach would be more effective to use assisting these clients. We as a group acknowledged the many traumas the teens in the group were presented with. We also recognized the many variations in the different behaviors they were exhibiting. During this conversation we even elaborated on the different exposure they might have had under the different experiences they were exposed to. Once we came to a conclusion regarding the trauma portion, the different components that played a role in it; we decided that DBT was the best approach to use with the clients we had.

We as a group acknowledge how effective CBT is as an evidence-based practice to use when working with trauma and assisting clients to change their thinking process or patterns. However, we as a group consider that DBT was a better approach to use because of the behavioral piece of the trauma. Clients appear to display a lot of behavioral responses as a way to deal, process and displaying the trauma they are living with. As a group we considered that DBT would be the best approach to use in this scenario.