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SWK658: Clinical Social work Practice III with Groups

Chapter 12 of Corey's book discusses Transactional Analysis (TA) therapy in groups. The goal is to increase self-awareness and encourage more effective communication within the group. Transactional Analysis (TA) therapy in groups focuses on understanding the different ego states that individuals can inhabit: parent, adult, and child. The therapist facilitates group members in exploring their different ego states and the ways in which they interact with others. This approach assumes that each individual has internalized these different ego states from their parents and significant others during their development, and they often operate from one of these ego states in their interactions with others. Through TA therapy in groups, individuals can gain a better understanding of how their ego states affect their communication and relationships with others. For example, when an individual is in their "parent" ego state, they may act in a controlling or nurturing way towards others, while in their "child" ego state, they may act rebellious or dependent. The goal of this approach is to increase self-awareness and encourage more effective communication within the group, which can lead to more satisfying relationships both within and outside of the group.

Chapter 15 explores Reality Therapy in groups. The therapist works with group members to identify and focus on their basic needs: love and belonging, power, freedom, fun, and survival (physiological needs). The focus is on helping individuals take responsibility for meeting their needs in a way that is consistent with their values and goals. The therapist encourages members to make concrete plans and commitments to change their behavior and move toward more

satisfying relationships and a more fulfilling life. For example, if a group member is struggling with a lack of love and belonging, the therapist may help them explore ways to improve their social connections or build stronger relationships. If a group member is feeling a lack of power, the therapist may help them identify areas where they can exert more control over their lives. By helping individuals focus on their needs and develop concrete plans to meet them, the therapist can help group members develop a greater sense of agency and empowerment, which can lead to more positive outcomes in their personal and professional lives.