

Journal # 9
Cognitive Behavioral Approaches to Groups

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This week session commenced with Praise and Worship songs, played by professor Carlton, with such atmosphere it motivates, empower and prepared me for the study plan and for the rest of the class.

CBT from Corey's Theory & Practice of Cognitive Behavioral Approach to Group chapter 13. According Corey, CBT deals with negative thoughts and reflect underlying dysfunctional beliefs and assumptions. When these beliefs are triggered by situational events, a depressive pattern is put in motion. According to Beck, he believes clients can assume an active role in modifying their dysfunctional thinking and thereby gain relief from a range of psychiatric conditions (Corey. 2015. Pg 347).

CBT has been hugely formative in shaping my framework of how I choose an implement intervention appropriately. However, it requires the client to be able and willing to do the "homework" outside of the session. Many clients cannot do the homework because of the other life circumstances that they are dealing with.

At my first internship, working with homeless and immigrants at NLCHC taught me how to tailor interventions across different contexts. Taking a truly person-centered approach to intervention, I really understood that interventions need to be used according to the individual clients needs as oppose to what I think is most effective.

CBT helps individuals restructure their thoughts and behaviors which is what bullies, or a person with a negative mindset. Whatever the reason is working together with individuals or groups will allow the person to realized that they are not alone.

REFERENCE

Corey, G., 2015, January 1. Theory & Practice of Group Counseling., Cengage Learning 9th
Ed., Boston, MA