

TREATMENT GROUP

SECTION I

Group Information:

- GROUP TITLE/ TYPE:
 - Alcoholics Anonymous
- GROUP GOALS/PURPOSE:
 - Help alcoholics obtain the help they need through the others who have been through the same situation
 - Help alcoholics obtain the help they need through God
 - Provides as a safe, comfortable place to share
 - Provides a place for those who have been sober for many years, but still recognize that being an alcoholic is something that you will struggle with your whole life, to continue to fight to stay sober
- MEMBERSHIP:
 - Open group
 - They also offer a closed group on Thursdays
 - Due to the fact that it is an open group, there is not a specific number of members; however, the day I went, there were 17 individuals who attended
 - Mostly older men
 - Only three women in the entire group

- Age wise, there were two individuals who looked like they were in their 30s and the rest were at least in their 50s
- They were all Caucasian
- The group did not discuss marital statuses, but I did observe some wedding bands. However, there could be some who are married and simply choose not to wear a wedding band.
- SESSIONS:
 - This particular group meets every Tuesday at 8:00 pm
 - Sessions last anywhere from an hour and a half to two hours.
- CURRENT GROUP SESSION STATUS:
 - Due to the fact that this is an open ongoing group, they do not have an end date
 - They focus on those that arrive that day
 - They have been doing this for at least two years.

SECTION II

Observations / Reactions:

1. It is difficult to place this group in one stage due to the fact that it is an open group and therefore there are new members that may join weekly. However, based on my observation of the group, I think this group is in the intimacy stage of the Garland, Jones, and Kolodny Model; the Performing stage of the Tuckman Model; and the Mutuality – Goal Achievement stage of the Northen and Kurland Model. The

reason I believe this group is in the intimacy stage of the Garland, Jones, and Kolodny Model is because they seemed to act like a family. They were very open with each other, there felt like there was unity. They also often thanked each other often for their support. I then chose the Performing stage of the Tuckman Model because they are working together, as a whole, to achieve a common goal: to stay or become sober. They are flexible with each other, but also hold each other accountable. Lastly, I chose the Mutuality – Goal Achievement stage of the Northen and Kurland Model because they are a mutual aid to each other. They count on themselves to “stay on the wagon,” and they work together to achieve that goal.

2. The Facilitator’s style was more laissez faire. He was very laid back and kind of let the group work in “whatever direction the wind blew.” He said a couple of words and then sat down quietly. I believe the areas of growth are to become a bit more involved. He did not give instructions or an agenda or any idea of what would be discussed that day. He simply let the group talk about anything that was alcohol related. Although I recognize that venting can be beneficial for the group, I also feel there needs to be more instruction.
3. The group had good dynamics. They were very playful as well as trusting and willing to share. They seemed to have good relationships among themselves and the leader. They also seemed to interact well and felt comfortable to share their experiences. I often kept hearing

them thank each other for being there when needed. They are a support system, a very strong one.

4. Some strengths of this group are that they have a good strong bond.

They can laugh with and they also confide in each other. As far as areas of growth, I think the only one is that the facilitator should not be so laid back, but instead involves himself more. They could also work toward creating goals, even if it is something they want to gain that specific day. I also think they should try to involve different age groups and different ethnicities.

Overall, I liked the group. They seemed to have a good connection. This was my first time attending an Alcohol Anonyms group and I did not think they actually said, "Hi, I'm Bill and I'm an alcoholic," and everyone responds, "Hi, Bill". I thought that was something you see in movies, but it was nice to actually see it in person. This group was helpful in the sense that it allowed me to experience something new. However, I think it would have been somewhat more "relatable" per say, if there were young demographics and different ethnicities.