

Group Therapy Final

Marie Ray

Segment One:

Therapist: Hi Ladies. How are you doing today?

Katie: Good.

Lyndsay: Good.

LaRavien: Pretty well.

Getting Started

Therapist: Great. Um, first I want to start off saying I know this is a lot different. This is Zoom. Usually we're face to face. Um, what with the entire, you know, coronavirus going around, you know, this is like the best option for right now to keep our distance and everything. Um, does anybody have a problem with doing Zoom? Is anybody, like, uncomfortable or anything with doing this? No? Okay. Great.

Comment: I did well with letting everyone know that I am aware that this session is different because it's Zoom. However, I realize that I never introduced myself. Later on, in the video I did introduce myself as the facilitator but it would have been better if I would have started off with that.

Correction: Good morning everyone! My name is Marie and I am the facilitator for this group. As the facilitator, my job is to 1) stay neutral between everyone, 2) guide our sessions, and 3) put in place objectives that will help everyone achieve the goal that they have set for themselves. Now, I understand that with this session it's a little different because it's taking place on Zoom; so, someone might end up losing signal or have audio problems but don't worry we will face those issues when they appear. No one in this group is going to be left behind.

Purpose

Therapist: Um, today this is our therapeutic group. Um, we are, this is about, um, single parents, um, going through any type of emotional trauma. Um, and I also have my iPad here and I'm going to be taking notes while you guys are talking as well. Okay? Now, first, I also want to start off with saying everything that we speak about today is confidential. Um, anything that you, uh, will say I will not spread it out. I'll ask for you all to do the same with each other, to respect each other's privacy an everything. Okay. Um, now also let's start off with, um, some ground rules. I-are there any rules that you all would like to have brought into the group?

Comment: During the purpose section, I could have elaborated more on what exactly the purpose of the group was instead of just stating who this group was for. When I stated that the group was for single parents going through any type of emotional trauma, I could have expanded on what emotional trauma meant or what it could possibly look like.

Correction: Just so everyone is aware of why we are all here today. This group is for single parents that have or are going through any type of emotional trauma. That emotional trauma could be feeling alone, not having support, just experienced a death in the family, kids being uncontrollable, not knowing how to find time for yourself, etc. So, as you can see there is no wrong or right answer. Everyone's experiences are their own and are different.

Lyndsay: Um, I think I, um, would like just for people to be just like, respectful to each other.

Therapist: Okay.

Lyndsay: Um, because it's going to be hard doing this Zoom. Um, things might get a little distracting because I am at home. Uh, and I do have dogs. So, I'm going to try to keep mine muted so my dogs won't distract you guys. So-

Therapist: Okay.

Lyndsay: ... um, I would say just be respectful.

Therapist: Okay.

Lindsey: I agree with that. I think just, um, along with being respectful, um, if you disagree with someone to do it in, like, a respectful manner, I guess. Um, not just straight up arguing.

Therapist: Okay.

Katie: Yeah. I agree. Um, just generally for respect, um, don't talk when others are talking. Um, make sure that you're listening and focused and not having other things going on, like not trying to multi-task.

Therapist: Okay. No multi-tasking. Any other rules that you guys would like to add? No? Okay.

Focus

Therapist: Now there is one rule that I would like to add. Um, usually I would say, um, let's maintain eye contact but obviously, you know, when it comes to Zoom (laughing), it's a little easier to do that. But what I mean is by, um, trying to maintain, like, focus onto the camera when someone's talking. Try not to, like, look away or like, look at your phone and everything, or have any distractions like you guys said earlier.

Um, also because this is Zoom, um, it's okay to have your phone beside you, but if possible, can you guys put it on silence or like, vibrate, so it won't distract everybody else in the conversation.

Comment: I think in this section I did really well. I made sure that I asked everyone to remain having eye contact because it shows that everyone is showing respect and focused on what is taking place and being said. However, I could have stated that if possible, to be in a room with minimum distractions or if needed to have head phones so others can't hear the conversation that

is being held. This would have helped others understand that I am trying to make sure everyone is focused, showing respect, and that everyone's information is safe.

Correction: I would like to add another rule, which would be to maintain eye contact. Because this is Zoom, it's a little easier to get distracted so I would like to ask everyone to either be in a room with minimum distractions or, if needed, to have headphones so others can't hear the conversation that is being held. I would also like for everyone to put their phones on silent or vibrate so that it won't distract everyone else in the conversation.

Rounds

Therapist: All right. So, I'm going to also start off with let's go around and I want everyone to, um, tell me their name, like the name that they prefer me to, uh, go by, and also what you want to get out of this group. All right? So, um, I see guys' name on the list, so let's start up with the top. Um, Lindsey Clark. Um, what name would you prefer me to call you and, um, what you'd want to get out of the group today.

Comment: During rounds, before starting I should have explained to each member how the talking points were going to be handled. I should have made sure that everyone was aware of how each person will have a chance to speak and how I will be conscious of our time and make sure everyone has shared.

Correction: Because we are on Zoom, it's going to be a little difficult to go around in a circle to speak, because the way you all appear on my screen might be different on you all's screens. So, what will happen is, when we are going around the group, I will call you all by name to let you know that it's your turn to speak. Now when we aren't going in a circle, I will make sure that that's clear and let everyone know that anyone is free to speak at that moment. Does that sound good with everyone? ... Okay, so now we are going to go around the group and I would like for each person to tell me the name that they prefer to be called and what is one thing that you would like to obtain from this group.

Lindsey: Um, I prefer to be called Lindsey. And I would like to get out of the group, um, just some ideas, I guess, of how to handle, um, everything that's going on right now with being a single parent. Um, I guess they're called, like, coping skills?

Therapist: Okay.

Lindsey: Um, just, I guess, learning more of those.

Therapist: Okay. Um, Katie, would you like to go next?

Katie: Um, yeah. I go by Kate. And, um, yeah. I want to learn coping skills, um, and just like, stress management.

Therapist: Okay. All right. Um, Lyndsay?

Lyndsay: Um, I, I like to go by Lyndsay. Um, some things that I wanted to get from this group would probably be, just being able to connect with people who are going through the same things that I'm going through and kind of, you know, what works for them, or maybe that might work for me. Same thing Lindsey said, coping skills, I guess, maybe-

Therapist: Mm-hmm (affirmative).

Lyndsay: ... that's what those are called. Um, so yeah. That's kind of what I'm hoping to get out of this group.

Therapist: Okay. And LaRavien?

LaRavien: Um, I like to be called Raven. And what I want to get out of this is ideas on how to balance myself, my time. You know, just being a single parent is much responsibility, so you don't have time for friends. You don't have time to really go out and find somebody. So, I guess want to hear what other people do to balance their time.

Purpose/Focus

Therapist: Okay. Balance. Okay. Now, I also want to say thank you all for sharing. Um, being, also being comfortable with sharing because I know, again, Zoom can be a lot. All right. I also want to say with me being the facilitator of the group today, my role is to, um, basically be an ear. I'm here for you all to vent, to talk, to express yourself. Um, if you have any concerns, um, any advice, you know, with each other. I know with you all going through the same things, something was similar to each other, you guys can might also feed off each other. So, I'm just here, um, to basically be support. All right?

Now, also, um, writing- after I wrote you guys information down and everything and the things that you want to learn about it, I see that a lot of you all said basically coping skills and balancing your time. That is a big thing. Being a single parent, like LaRavien said, well like Raven said, um, being a parent, you lose track of time. You don't know how to like, balance your social life when it comes to being a parent or having friends and sometimes you lose that track of time as well. So, I totally understand that. And that's great. We're all, we're all going to, like, figure out some coping skills to do that, okay?

Now, um, let's say on a scale of like one to ten, one being I love being a single parent and ten being it's the worst thing ever. I don't know why I had kids. I'm not feeling this. What, um, level, what, from scale of one to ten, what are you guys on? Um, y'all can go in any order that you please.

Comment: During this section is where I introduced my role & I should have stated that at the beginning and not here. I think I did okay with going over what each member wanting to learn from the group. However, instead of saying we are going to figure out some coping skills, I should have reassured them that they will learn multiple ways to cope and function life. Another thing I think I did well on is being able to shift the focus from a person to our main topic and back. I discussed how being a single parent, they tend to lose track of time and have a hard time balancing time.

Correction: So, I see that everyone has similar things that they would like to receive from this group, which is coping skills and learning how to balance time. As a single parent, it tends to become easy to lose track a time and become unaware of how to balance single-mommy life with your social life. You feel like all of your time is dedicated to kids and when you start to think about yourself for just a little, you then start to feel bad once you try and make some time for yourself. And that's understandable, but I want to tell you all that that is why we are here; for you to learn how to make time for yourself and have yourself feeling better than before. During our group sessions we will be learning some new coping skills and ways how to add in a little time for yourself. Does that sound good with everyone?

Katie: I would say I'm at like a three.

Therapist: Okay. And what is a three to you?

Katie: Um, some days are better than others. And I love my child. But I did not, um, obviously intend on being a single mother. So, I struggle.

Therapist: Okay. Next? Anybody wants to...

Lyndsay: I think I would say that I'm probably at a four. Um, same with Kate. Like I, I love being a mom. It's the best thing in the whole world. But I never thought I was going to be a single mom. And it's very stressful and very hard financially, emotionally, like all of the above. And when you don't have a really strong support system, it just kind of makes it a lot harder for a one person.

Therapist: Okay.

LaRavien: I'd give it a five. I'd say it's a 50/50 thing for me just, um, for the same reasons that have already been listed. Um, more so of, I just think about how being a single parent just affects my child as a person as well. So I know that it's, um, it's, there's pros and cons. For example, um, responsibility for me being a single parent, I give my child more responsibility than they would have, you know, with a couple. However, my child is missing the, the pros of having a father figure in their life. So it'll be a 50/50 chance just for several reasons.

Therapist: Right. Thank you sharing. Lindsey?

Lindsey: I would also say that it's a five like Raven said. Um, mostly because of what she said but like, also sometimes I just need a break. Like, I love my child. I couldn't imagine life without them. But also, like, having another parent would just make things so much easier.

Therapist: Mm-hmm (affirmative). Okay. Now, seeing what, um, what everything you like, everything you guys said, do you all have a support system? Because I know, like, being with a-being a single parent, like, obviously, that spouse isn't in the picture. Or, it- halfway in the picture. So, do you all, like, have a support system?

LaRavien: I have a very fragile support system. Would honestly be my mom that is like my only lifeline that I have as far as help with being a single parent. So it's definitely a poor, a poor system.

Therapist: Okay.

Lyndsay: You know, like, I, I have my mom but it's not her responsibility to babysit all the time for me. Or, um, my ex-in-laws are sometimes around but I wouldn't consider them a support system. So, I mean, I have like brothers and sisters but they have kids of their own. You know, so basically, it's just me.

Therapist: Okay.

Lindsey: That's kind of how I feel. Like I have a support system, like, with my parents and my family but they don't live near me. Um, so I'm kind of on my own. It's like if there was an emergency it would take them hour to get to me. Um, and, like I have my ex-in-laws, like Lyndsay said, but I mean, they're not dependable.

Katie: Yeah. I think I'm fortunate, like, that I have both my mom and my dad, um, and that they're nearby. Um, and my sisters support me socially, like, emotionally, even though they're far away.

Therapist: Okay. Now I understand that sometimes being a single parent, the support system is pretty hard. And usually, like you all said, a lot of people have either their parents for support, the grandparents. And sometimes you have them on both sides, sometimes you have them on one. So, I totally understand that. Um, do you all mind telling me like how many kids you have, and like, their age?

Katie: Um, I have two kids and one is three and one is five.

Therapist: Okay.

Lyndsay: Mine is twelve.

Therapist: Okay.

Lyndsay: I just have the one.

Therapist: Okay.

Lindsey: I have one seven-year-old.

Therapist: One seven-year-old. Okay.

LaRavien: And I have a six-year-old and a four-year-old.

Therapist: Six year and a four year. Okay. Now, um, are any of your all's kids having, like, um, behavior problems or anything?

Lindsey: Yes.

LaRavien: Absolutely. My six-year-old, um, I don't even know what to call it, but definitely has tantrums randomly, um, and that would be at home with me. That would be at school. I feel like the only person that he tends to act like a good child in front of would be my mom.

Therapist: Okay.

Lyndsay: Well mine just has a smart mouth and I don't want to beat him to death.

Therapist: Right. (laughs)

Lyndsay: Struggling with discipline, of course. Um, so, I don't ... Just his mouth.

Therapist: Okay.

Katie: Like my five-year-old, um, he keeps on getting in trouble at day care. And like, I guess he's like hitting other kids. Um, and like not listening to the teacher, which I don't really know what to do with that because like, he doesn't act like that at home. So, I don't even like, see the behavior. Like I just, I don't know how to, how to teach him when he doesn't have like a male model.

Therapist: Okay.

Lindsey: My seven-year-old is, um, has behaviors at school too. He doesn't have them at home. Um, he only acts out at school. Um, but it's gotten to the point where they've threatened to suspend him from the elementary school.

Therapist: Okay. And I know being a single mom that can be like, the worst thing. Like the kid's acting up because you're like, it's just me and I have no support. And like, what I'm trying to give him, obviously, isn't- or him or her, is obviously not working. And their behaviors are not being the way you want them to be. So I totally understand that.

Um, now, can, if you don't mind, I want to bring up, um, Raven, you said that your child throws tantrums but, um, they're good with your mom.

LaRavien: Absolutely.

Therapist: Okay. Now to you, is there a reason? Like do you think, um, like something's going on?

LaRavien: Well, one thing I always like to do is definitely ask my kids, give 'em, give them a chance to tell me what the problem is.

Therapist: Mm-hmm (affirmative).

LaRavien: And it's never an underlying issue. It's always something random. However, um, my mom definitely practices physical, um, discipline.

Therapist: Mm-hmm (affirmative).

LaRavien: And I feel like maybe that's the sole reason why he's, he minds her more than me, because I don't like those type of practices.

Therapist: Okay.

LaRavien: Um, I'm more of a mediator of some sort-

Therapist: That's totally understandable.

LaRavien: So, I definitely don't understand why he still treats me how he does.

Therapist: Okay. I totally understand that. Um, do, does, what about everybody else? Um, what is your discipline, um, techniques?

Katie: I just like sit my, my kid, my, my five-year-old, we do time out. Um, I mean, my three-year-old there's not really like, any discipline really, it's, because she's so young and she doesn't really, she doesn't have any, like, behaviors yet.

Therapist: Right, right. Okay.

Lindsey: I use time out mostly. Um, but if it's really bad I will spank. Um, but only on the bottom.

Therapist: Okay.

Lyndsay: I take away stuff. Game system, cell phones. Um, but a lot of the times that doesn't work and I just give in because I don't want to argue.

Therapist: Okay. Now, um, a quick question. Um, when your child is not listening or being disrespectful or just, again, just not listening, how does that make you all feel?

LaRavien: Awful.

Therapist: Sorry, say that one more time.

Katie: Frustrated.

Therapist: Okay.

Lyndsay: Yeah. I mean, I feel bad, you know, because I'm all that he has.

Therapist: Mm-hmm (affirmative).

Lyndsay: I don't want to be mean. I don't want to feel like that I'm mean all the time to him, you know, but again, you know, he has to learn right from wrong. And, you know, if he treats me that way, how does he treat everybody else?

Therapist: Right. And that's understandable. Like, when it comes to single parents, well, when it comes to like, two parents, they always have the saying where you know, you have good cop/bad cop. And when it comes to being a single parent, you feel like you're always having to be the bad cop because it's just you. And then because, and they can't learn it from anybody else, because again, it's just you. But they al- but you all also have that support.

Now, um, I wanted to ask a quick question. Sorry, I just kind of went blank for a minute. Um, one thing I do want to do an activity if you guys don't mind. Usually I would do, um, a group activity where you pair up in pairs, but obviously, because we are on Zoom and it's kind of hard, um, I do want to ask do all of you have your phone beside you? Or a pen and paper?

Lindsey: Yeah.

1st Exercise

Therapist: Yes. Okay. So, this first activity, I want us to, um, write down three pros and three cons, um, about how it is to be a single parent. Like, what's the good about it? Like, good is like I have, you know, all the time in the world with my child. Or like, a con is like, again, I'm the only person. So, I want you guys to write three cons and three pros and then just look back up at the camera once you're finished.

All right. Is that everybody, um, finished? Yes? Okay. So, um, now if you all are comfortable, um, I-, um, I will ask you all to, um, ex- uh, tell me, tell me what you all wrote.

Comment: During the exercise section, I should have explained the purpose of the exercise and then explained what was taking place a little better as well. If I would have explained the purpose of this assignment, I think it would have allowed the clients to have a better understanding and to dig deeper.

Correction: The first activity, I would like for us to begin with is called Roses & Thorns. During this activity you will right down 3 pros and 3 cons about your experience with single parenthood. This activity will not only allow you to think of the negative experiences but the positive ones as well. As a single parent, it is so easy to reminisce of all of the negative things that have taken place but easily forget about those special moments that appear. This activity will allow each of you to remember and appreciate those little things that are considered to be positives to you and eventually outweigh all of those negative thoughts.

LaRavien: For pros I wrote authority, um, nurture and responsibility. Um, I actually wrote responsibility for a con too. I just like being head of the household. I like just things going how I

want them to go by my choice. Not in like a dictator type thing, but no, I just like for things to just go as I say.

Um, nurture, just I like to, I like that I get to set the environment and, you know, um, just mold the character for my kids. Because it's only me. So, I just like to, you know, just be the influencer for my kids. That's definitely a pro for me.

A con is definitely the tiresome work. Like you have to do everything. You have to go to work. You have to make sure, the constant anxiety, making sure your kids are okay. Making sure everyone's fed, homework's done. You got to wash clothes. You have to do this all the time. It's nonstop. Never a day off. So that's maybe my main con of being a single parent.

Therapist: Okay.

Katie: Um, I had similar answers. I said, um, my pros also were like that I, I run the house too. I said my choice in parenting styles. Um, the time that I get to spend with my children. And the love that we have for each other.

And then my cons were difficult to navigate because, like, even though I am the head of the household, it doesn't always go as I want it to. Um, finances and absolutely no time to myself.

Therapist: Okay.

Lyndsay: So, I put, as well, on a pro was my parenting style as well. And I don't have anybody telling me how to raise my child or I should do this or I shouldn't do that. Um, another pro I put is I don't have to deal with child custody, visitations, um, you know, every other weekend or this and that. And, um, so the- those, those are definitely pros for me.

Um, some cons I put were, it's financially difficult at times. Uh, because I don't, it's just me and I don't have a lot of assistance. And dating's really hard. Um, being a single parent.

Lindsey: My pros were all pretty similar. Um, I said that, like, I get more time with my child. Um, I get to choose discipline. Um, I get to be at all the special moments and I'm not missing anything.

Um, as far as my cons go, I said that I have no free time. Um, I do always have to be the bad parent, which really sucks. Um, and then having my child wonder where their dad is in their life.

Problem Situation

Therapist: Okay. Okay. Um, now I see that a lot of you, well, I know two of you all said, um, financial problems. Now, I understand. A kid, it's a lot of money! And people don't expect that, you know? I totally understand that. And I also see that you all said, um, you have no time. Um, being a single mom, people forget that sometimes-

LaRavien: What did you want to order?

Therapist: ... your focus is on everybody else.

LaRavien: Yeah.

Therapist: And-

LaRavien: ...pizza too.

Therapist: Um, Raven. Um, I know that you're probably being distracted in your room. And, right now I'm needing you to, you know, focus in the group for right now. Okay?

LaRavien: Yes. I'm sorry. Forgive me everyone

Comment: When it comes to addressing a client that was being distracted, I should have also reminded the client about the rules that were set in place at the beginning of the session. This would have allowed the client to realize that because she was being distracted, she was also being disrespectful to the other group members.

Correction: Excuse me, Raven. I see that you are being distracted and I am needed you to regain focus and come back to the group. Remember everyone, the rules that we set in place at the beginning of our session, which were to be respectful, to not talk over each other, and to remain eye contact. I need everyone to continue to follow those rules that were set in place. Following those rules are important because everyone in the group needs to feel heard and appreciated. Thank you.

Yalom

Therapist: It's okay. Thank you so much. Um, now back to what I was saying, um, when it comes to being a parent, you feel like you have no time. You feel like everything is focused on them. You feel like you have to take them to school. You have to pick them up. You have to fix their lunch. You have to fix them dinner. You have to fix them everything. And I totally understand all that. It's kind of hard.

Now, one thing that I would like for everyone to try eventually, I know it's going to take some time, is to find some me time. And, to be honest, me time is, that's going to be hard to find being a single parent. But it's also needed. Because you know the saying where you can't help someone else unless you help yourself? You can't care for someone else until you care for yourself.

So, I think, I want to set that as also homework for us. Is to take five minutes or ten minutes out of your day and be to yourself. If that means making sure everybody's taking a nap and you take a long shower and that's your me time, take a long shower. If it means having everybody else go play the game while you get to watch a 30-minute show that you haven't watched in a long time, let's try to do that. Because it's good to remember that, hey, you got to make sure yourself is right before you try to, you know, help the other kids. Because sometimes, when you're not right, it can roll over onto them and then everything's kind of upside down. Okay?

So, I'm going to write that down. So, I'm going to, like, set us for some homework. Is to schedule five, ten, thirty minutes of me time. Okay? Is everybody okay with that? First, before ... Okay. Okay. Because I know it can be difficult.

Comment: I think I did really good on this section because I made each member aware that in order to take care of others, they have to take care of themselves first. One thing that could have

been stated is me reassuring each member that they're not alone; there are others that are going through the similar situations and that why we are here in this group. During this entire session, I believe that I used Yalom's interpersonal learning & universality factors. Using universality allowed me to let each client understand that they aren't in this alone. I used this at the beginning of session but it would have been helpful to restate it here. Using interpersonal learning, allows each member to see the other members as they are. Each member gains insight from others' feedback and also get to try out new behaviors/activities.

Correction: I understand that being a single parent can be difficult and you feel like others don't know what you're going through because they aren't in your shoes. However, I am here to tell you that you are not alone. Everyone in this group is a single parent and going through the same or similar situation and is asking for help. We are all in this together as one. In this group, I want you all to be able to learn from each other, meaning if you feel like one of your techniques could help the other members than don't be afraid to speak on it and give advice if needed. This group is for you all and to obtain whatever it is that you need to receive out of this. So, moving forward I would like to assign some homework for everyone to partake in....

2nd Exercise

Um, now, I would also like to do one more activity if you all don't mind. Um, now, before we start this activity, I want to ask a question. As a single parent, what room or place in the house that you feel like you're always in.

Lindsey: The kitchen.

Therapist: Okay. The kitchen.

Lyndsay: The kitchen or laundry room.

Therapist: Okay. (laughs) All right, now, thinking about the kitchen and the laundry room, I want you guys to pick like an appliance or even like a s- like a spoon or a knife, you know, anything in the kitchen or the laundry room and I want you to think about if you were one of those option- one of those items, what would you be? For example, like, I would say I'm a refrigerator because I'm constantly open up the refrigerator because kids love to eat. And they eat and eat and eat and eat. So, I would say I would be a refrigerator. So, I want to give you guys a little time to think about it for a minute and then do a thumbs up when you guys have what you feel like you are. Okay.

Comment: This exercise went pretty well. However, I should have explained the purpose of it. Explaining the purpose would have allowed the clients to dig deeper into their emotions and thoughts. This activity will not only show the hard times about being a single parent but the times that each parent appreciates.

Correction: The next activity that I will have us participate in is called What Am I? During this activity you will focus on the kitchen or the laundry room. In one of those rooms, you will think about an appliance/utensil that you would consider yourself to be if you weren't a person. This

activity is designed to not only help you understand yourself better but to also allow you to think about why your child needs you the most. This statement is to show you how important you really are even when you don't feel wanted or needed.

(pause)

Therapist: Everybody got a thumbs up? Okay. Great. Um, now I'm going to start off at the top. Um, and Lindsey, uh, what was, what did you come up with?

Lindsey: Um, me Lindsey?

Therapist: Mm-hmm (affirmative). I'm sorry. Yes. Lindsey Clark.

Lindsey: Um, I think that I'm a dishwasher, um, because my dishwasher is constantly and it is always full of either clean or dirty dishes but there's always something in there going on.

Therapist: Okay. Okay. Kate?

Katie: I was going to say, um, either like the oven or the microwave because without that, like, none of the food can like, it, it needs cooked, like nothing gets done without that.

Therapist: Okay. Now when you say nothing gets done, that means, you know, your kids rely on you.

Katie: Right. Like if I take a break then, you know, they're, nothing, nobody will be taken care of. Nobody has a clean diaper. Has clean clothes. Gets food on the table. So ...

Therapist: So, you're a real like, that's the thing about when it comes to single parents. Like, you're a real resource. Like-

Katie: Yeah. Like I don't get to take a break.

Therapist: Right. And that's why this homework, we need it. You know? Just to breathe, just for a minute. (laughs) Okay. Um, Lyndsay.

Lyndsay: Um, so I said that I was a, a washer.

Therapist: Okay.

Lyndsay: Because I'm constantly taking in messes and I'm cleaning it up. Messy clothes and messy...I'm cleaning things up because that's what I do, is I clean it up. I fix it.

Therapist: And how does that make you feel though?

Lyndsay: Uh, it makes me feel needed and wanted.

Therapist: Okay.

Lyndsay: Yeah. And accomplished.

Therapist: Mm. That's a good thing though.

Lyndsay: Yeah. But I'm also tired.

Therapist: Yes. Most definitely. All right. Raven?

LaRavien: I also said a washer as well. More so of a, um, actually a dryer more.

Therapist: Okay.

LaRavien: Just, um, our dryer's always going in my house because my kids have so many activities that they do. So, clothes have to be washed all the time and then they have to be dried. Like, that just represents just me always going as far as my anxiety or if I have to do something for my kids. And it always gets complete.

Therapist: Okay. It's complete. That's really good. Now how does that make you feel though?

LaRavien: It's tiring but I feel great that I do get everything done because when you look at your list in the morning, it seems so much and it's just, impromptu things just all attacking you, but you get them all done. So, I definitely feel great.

Therapist: Okay. Cool. Good. Now I see that, um, even though, um ... Well, before I keep going on, let me ask. Lindsey, I knew earlier you said a dishwasher, correct?

Lindsey: Yes.

Therapist: And you said it's because there's something always in it. Something dirty, clean, whatever. It's always running though.

Lindsey: Mm-hmm (affirmative).

Therapist:

Now how does that make you feel?

Lindsey: Um, I feel tired a lot. I try to see the positive in it, but it's hard sometimes.

Therapist:

Right. Now, with, I understand, like, when it comes to kids it's so easy to get tiring. Like, it's like, by the time you go to work and you come home and you're still at work. And then by the time you work up, you're still at work. And so I get that. Now but I'm also super happy that you all said you feel accomplished. Like, even though all this negativity is in right dead in your face, because when, when it comes to like, negative and positive things, it's so much easier to see the

negative in things. And it's so much, it's so, it's s-, it's so easier to get down on yourself and feel bad that you're not doing enough when, you know, you're doing enough. But sometimes it doesn't feel that way.

So, I'm really proud of you all for saying that you do feel accomplished at the end though because you understand that, hey, you're your child's main resource. If it wasn't for you, nothing would get done. Nothing would get accomplished. Everybody would be running around going crazy. So that's good. You always want to feel needed to a certain extent. So, I totally understand that. And I just want to also say again, guys, thank you for sharing and thank you for being comfortable.

Closing

Therapist: Um, when I look at the time, it looks like we're almost out of time. So, um, I want to go back and go through of what we went over today. Um, we went over basically, what's going on with you guys, your kids and everything and how you're feeling. We set some homework, which is to take five, ten, 30 minutes of some me time to get, you know, to recharge yourselves. Okay?

Um, now before we end this meeting, I want to ask on a scale of one to ten how you guys are feeling right now, like, one being I feel like this meeting helped amazingly. Like it made me feel so good. I can't wait to come back next week. Or ten, I feel like this didn't help at all and I won't be coming back next week. So, on a scale of one to ten, how are you ladies feeling?

Comment: During the closing, instead of saying “we went over basically, what's going on with you guys, your kids and everything and how you're feeling.” I should have said what each person had stated about their feelings, why they attended the group, what they wanted to get out of it, the activities that took place, and the homework that was assigned. I could have done a better recap; this would have allowed each member to have felt heard and understood. This could have built more trust.

Correction: Well everyone our time is almost up and before we end, I will like to go over everything that took place today in our session. We went over what everyone would like to receive out of this group, which was Lindsey you would like to gain coping skills, Kate you would also like to gain coping skills as well and learn stress management, Lyndsay you, too, would like to learn coping skills and connect with others that are going through similar situations, and Raven you would like to gather ideas on how to balance yourself and your time. By the end of our 8 weeks, each one of you will leave here gaining those skills that you need. We also completed two activities, one being “Roses and Thorns” and the second one being “What Am I.” The last thing we did was assign homework, which was to give yourself five, ten, or even thirty minutes of “me time” to receive a small needed break to regather yourselves. So, ladies you all did a really good job today and I want to thank each and every one of you for trusting me, the other group members and yourself for allowing us to share your experiences with you. Now before we leave, I would like to go around one more time and ask on a scale of one to ten how are you all feeling now towards the group? One being you don't think this group is going to be helpful to you and ten being this was amazing and you got everything you needed.

Lyndsay: I would say about a four.

Therapist: Okay. And what's a four?

Lyndsay: Um, that I'm going to come back next week. And still kind of anxious and nervous about everything. I'm just taking everything in but I think as we continue to get to know one another, it will eventually be a one. So-

Therapist: Okay. A four is still good. Four is still good.

Katie: Yeah. I'm probably right there with her at a four. Um, I feel like it, it, it probably helped me, um, and just to be reminded that like I should take some time for myself. That, I think that's helpful because now I'm thinking about, like, how can I do that? Because I do need to do that. Because if I don't take care of myself, how am I going to take care of my babies?

Therapist: Right.

Lindsey: I would say that I'm at a six. Um, I'm going to come back next week but I still am kind of leery about sharing my struggles. Like, it was nice to hear that other people are going through the same thing as me, but it's still hard.

Therapist: Right. I understand that. Because it can be kind of, you know, sometimes, you know, people feel embarrassed and are like, I don't want to give off my struggle because some people you never know. Some others are feeling or going through the same thing that you're going through. But I'm happy that you are understanding that you're not, you're not alone out there and we want to make sure that you don't feel alone as well. Okay. Um, Raven?

LaRavien: I'm definitely going to give it, um, a two.

Therapist: Okay.

LaRavien: Just because, um, I originally wanted to learn balance and I think the homework is definitely going to help me with balance. As far as taking just 30 minutes out of my time and just watching a TV show or something, that um, you know, g- allows me to have that me time. So, I definitely appreciated this entire session and just listening to everyone else and taking from their contributions.

Therapist: Okay. Well thank you guys for, for everybody for sharing, for being comfortable, again, on the Zoom, because this is something that we're all new to, that we're not already existing with. Um, but again, thank you guys and I can't wait to see you guys next week.

All right. Y'all have a wonderful night.

LaRavien: You as well. Thank you.

Therapist: Bye bye.

Segment Two:

During my 30-minute group session, there weren't any issues that occurred. However, the issue that could have surfaced would be an ethical issue. A possible ethical issue that could have surfaced would have been when each parent was describing their discipline tactics. This could have been an issue because some parents might believe in given a child a spanking and the others could be against it. One parent thinks it's right and the other thinks it's wrong. This could have possibly brought up an argument between parents or trust could have been lost. Trust could have been lost because once a parent doesn't agree with another parent, then they can and will start to lose interest in what each other has to say, which causing tension in the group.

If this issue would have surfaced, I would have handled it by explaining to each parent that having different tactics were okay and normal. I would have explained how everyone was raised and taught differently and nothing is wrong with that. Each parent has what works for them and what doesn't. If a parent's discipline strategy consists of timeout, spanking, grounding, or taking away items then that is okay because every child is different and will only reacted to certain tactics. In order for me to increase the ethical delivery of my facilitation skills, I would have asked each member to elaborate a little on how they were raised, what discipline tactics they had growing up, and if they continued with those same punishments with their kids and if not why. This would have allowed me to get to know each client better and what they prefer and why. This could also help me, as the facilitator, understand each member's thought process as well.

Reflection 1:

Over the entire semester, I have seen myself grow tremendously. At first, I was terrified at having to be a facilitator for a group session. I wasn't sure how I would be able to branch off of more than one client and wasn't sure how to allow them to lead the group. However, I have learned to love facilitating group sessions; I find it to be easier, more rewarding, and it allows the client to feel more in control which allows them to talk more. During my last video, I demonstrated this role effectively, in three ways. The first way was allowing my client to know my role and what it meant. I think that is the most important because every client wants to know that they have some control in their sessions. This allows them to become more opened and accepting. The second way I demonstrated this role effectively, is by letting the client know that what they are facing is normal. Client's don't like to feel like they're alone and no one understands them. By restating that what is taking place is normal allows the client to calm down and accept it but still willing to change it. The third demonstration is that I established rules and constantly checked on each member's comfortability. Establishing rules allows for each member to understand that I, as the facilitator, still have control over what takes place in the group but to also make sure that each member feels respected, no matter what. Also, checking the member's comfortability shows them that I care about their feelings and will not force them to do anything that they are uncomfortable with, but will still encourage them to take that uncomfortable step.

Reflection 2:

Because of COVID-19, my last video had to be through zoom. I didn't enjoy that at all; it was hard to see body language and the client's expressions because sometimes the video would freeze. I only have two positive things about using technology for sessions, which is that it

allows the client to remain in a comfortable setting and it frees up extra time because no one has to leave their house and drive somewhere. Now, one skill that I did add specifically to this therapy session was patience. I needed this skill the most with this technology platform because there could have been multiple issues that occurred. Someone could have had trouble with their internet connection, didn't have service, distractions, etc. I had to remain calm because if my clients would have felt that I was getting frustrated then that could have made them become frustrated and possibly give up on this process. One obstacle that I faced was not being able to use dyads. That was a problem for me because having members pair up with each other allows a bond to be created and I wasn't able to have that take place. Dyads allows walls to be broken down, because members start to see that they have things in common with each other and then possibly can become each other's support system.