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Group Participation/Group Process Reflection

Experiential

In group this week, Jaime, Kaylee, and Sam led as our facilitators. Jaime had us start off the session by pairing off into dyads, and discussing the highs and lows of our week. We had a larger group this time as both groups met as one. It was an interesting dynamic as more members were able to part off and share highs and lows with their neighbor and then come together as a group and discuss what we had heard. Kaylee then took over as group facilitator and further expounded upon blind group member, sharing what had occurred during the week with the entire group. I felt as though the group began with members sharing their experiences and being talkative and optimistic and then briskly turning to moments of awkward silence. Next thing we knew, the group lost focus and began talking about negative dating experiences, and what each member's personal relationships felt like. This was extremely awkward for me as my character (Rachel), is prone to failing relationships, and decides to hop in the conversation casting judgment on group member Tim, who was merely being silent. My character at one point even went as far as to ask Tim, if he is so lonely, why he doesn't just "date Nicole" who is in our group. Tim was annoyed, for good reason, and popped back at Rachel, stating that he did not come to the group to be interrogated about being single. Nicole, who had previously agreed with my poor dating experience, kindly told the group she would not be interested in dating a group member. The group completely lost focus and it almost felt like an interrogation panel amongst the group members. Kaylee was quick to redirect members and ask each of us to keep our focus of the group, tailoring anxiety. The worst part was the anxious air that filled the room. Tim began explaining how anxious he felt and did not come to the group to discuss his personal

relationships, or lack thereof. Kaylee did great, especially given the climate of the group this session. Sam took over as facilitator and completed our time by bringing the group back to focus. The group facilitators all did a wonderful job remaining calm with nonverbal skills and redirecting the focus of our group in order to get us back on track. Each member then apologized to one another and thanked one another for being honest and forthcoming sharing their feelings.

Clinical Group

To me our group session went through several stages in our meeting, such as storming, norming, as well as performing. Conflicts kept popping up as members continued to lose focus and discussing dating and lack of healthy relationships, which led to rebellion against accomplishing our tasks. Group members confronted their differences, and group facilitators had to continuously manage conflict and bring back the focus and purpose. It was beautiful to witness one member take up for Tim as my character Rachel, kept judging him. It was as if this group member (Nicole), participated in the process of redirection and universality by not singling out another member. The group then began to establish cohesiveness and commitment to no longer share relational and personal experiences which were unrelated to our group's purpose and goal. Each member actively participated in sharing their feelings pertaining to the session that day, and apologized for the awkward and unnecessary commentary. Universality was brought back to life by the end as members noted that we are all in this group for a specific reason. I learned a lot as a character in this group session. It made me realize that awkward moments will arise in groups, and it was helpful to observe how each group facilitator managed conflict and focus in the group and how well they handled the numerous awkward moments. They were there to guide us, but also allowed us to dissolve conflict ourselves. It also opened my thought process as to how it felt being a group member, and feeling anxious as members turned against one another.