

GROUP SESSION CASE NOTE *Template*

Directions: For each session that is facilitated by your team, the following is due at the class period immediately after your session:

- **ONE** "Group Session Case Note". **Case Note must be typed.**
- In addition, each team member should evaluate the other team members using the "Group Facilitation Skills Evaluation" form (available on eclass). This form can be neatly handwritten or typed.
- Staple the one "Group Session Case Note" for that session to the completed "Group Facilitation Skills Evaluation" forms and submit at the class period immediately following your group session.
- You should rotate who completes the "Group Session Case Note" after each session so that this responsibility is evenly distributed among your team members.

Group Session Date: April 6, 2021

Session Co-Facilitators: **Ilsia Bonilla & Seth Bermudez**

Team Members Present & their roles (*i.e.* "Jane Smith – support, John Doe – Facilitator"): **Ilsia Bonilla- Facilitator, Seth Bermudez- Support**

Lesson Topic: **Reinvent Rock Bottom (Rock Bottom Resilience)**

Number of Group Members in Attendance (*provide the number, not names*): 6 group members present

Length of Session (*in minutes*): 40min

Brief overview of session using either the SOAP or DAP format (*Describe what was done, group member discussions/ reactions, observations, what you would do differently, upcoming plans, etc.*):

The goal of this session was to inform group members of the three types of resilience (street, relational, and resource). This was done through a PowerPoint presentation, videos, group discussions, and activities. This was the group's second session but the clinician's first time introducing herself and facilitating this specific group.

Throughout the session, the group members seemed to be able to grasp the curriculum. Many of the group members were able to express a point in their life where they overcame a situation. They also showed their willingness to participate by interacting with each other during an icebreaker activity. The clients seemed to be comfortable voicing their opinion. The clinician asked, "how did you guys feel when I took your last resource away?" during an activity. The group members did not hesitate to respond or show lack of interest. They appeared alert and cooperative. All of the clients either made a quick comment or a nonverbal response like shrugging or sighing.

All of the group members participated throughout the session. All clients were able to partake in the icebreaker activity which consisted of sharing one positive event that

happened to them in the past week and state their name. When going over the group rules the clinician asked the clients to raise their hands if they accept the group rules. All of the group members raised their hand to show their agreement.

During the end part of the session, clients were able to identify different types of resilience. The clinician pulled out topics that were important to the clients and they were able to categorize them into the type of resilience. The group dynamic was good, clients were able to share and engage with each other and the facilitator. This created a stimulating environment which helped other members socialize.

- a) Continue using engaging material like videos, hands-on activities, and group discussion.
- b) Review ways to practice resilience.
- c) Prepare for termination- create client satisfaction survey.

This form was completed by (provide your name and credentials):
Ilsia Bonilla, BSW Candidate