**Shanita Knight**

**Discussion Board 3**

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Corey's DVD displayed numerous behaviors that are common in groups. When leading groups, it can be difficult due to conflicting personalities. As a group leader, one must be aware of the different behaviors that group members may display. They must also have the knowledge to correct negative behaviors and keep the group cohesion and group focus on track. Two behaviors that stood out to me in Corey's DVD were group members attempting to lead the group and resistance from group members. I believe addressing individuals who try to lead the group could possibly discourage them. If a leader cuts a member off or overlook a comment they made, it can shut them down and affect their participation for the remaining sessions. It is possible that group members could just be outspoken and passionate about the topic. However, as the leader they must allow other group members to speak as well as keep control of the group.  When it comes to setting the group tone, members will be more comfortable knowing the leader is in control of the group rather than allowing another member to do so (Corey, Corey, & Hayes, 2014). In a situation where a member tries to take control of the group, it would be appropriate for the leader to say something like, "Thank you a lot for sharing your insight on this topic. Now, I'd like to hear from another member and how they feel about this topic". In regards to resistant members, this will be the most difficult for me. In some instances, members are court ordered to attend different support groups, which mean they will only go through the motions, and attend group meetings because it is mandatory. Attempting to get resistant members to get involved can also take away time from group activities and discussions.  It can be difficult because the goal for leaders are to influence and touch each group member. But how long are should we spend on trying to get those that are resistant to cooperate? A technique that I will utilize to help resistant members to open up and share is to use dyads throughout group sessions.  According to Corey et al, (2014), working in pairs facilitates member interaction because talking to one person seems less threatening than addressing the entire group.

Based on my cultural background, I will be able to refrain from allowing assumptions and biases get in the way of assisting others. As a helping professional, one must be aware of their own beliefs. It is extremely important for clinicians and others to keep an open mind and be knowledgeable of other cultures to effectively assist clients. Due to my personality and background, I can relate to many circumstances. Next, an incident that sticks out to me on Corey's DVD was the example of the individual that spoke Spanish to voice her opinion. This stood out to me because individuals that are bilingual and have English as their second language tend to revert back to their primary language when they are in deep conversation or speaking about something that means a lot to them. That incident showed that it was a lot easier for that individual to fully express herself using a language that she was most comfortable with. This has provided knowledge for me as a helping professional. It is important to allow clients to express the best way that they know how to.

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 Corey, G., Corey, M. S., & Hayes, R. (2014). *Groups in action: Evolution and challenges* (2nd ed.). Belmont, CA: Brooks/Cole.

**Cassandra Buffaloe**

**Discussion Board 3 Attachment**

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Conflict is everywhere it is in the work setting, in the community, and within your home. When there are groups often time’s groups are formed to help individuals that are going through things. Often times in these groups you are going to have one or two members that have some mental health issues. There were several different behaviors that I was able to recognize when watching the DVD. I was able to witness judgement between clients. There was a lack of trust and then there were the resistant members that didn’t want to be there and some who were only there because they were made to be there. There was conflict due to the different culture backgrounds. Culture does play a major role when it comes to a group of people working together. I would have difficult to encounter and manage those who feel that they don’t need to be there. Group members who have a negative attitude often come with negative body language. I think individuals like that will ruin the setting for the entire group and for those who want to be there. Other members won’t be comfortable opening up if the atmosphere of the group is not good. I would feel that no matter what I bring to the group it will not be productive due to those negative resistant individuals. The group will not be able to move forward. I am big on support group settings. I think that if we can break the ice and let those resistant clients know that there are people going through the same thing they are or have been through the same thing they have been it may allow them to open up and release some of that negativity.

Jacobs discussed in chapter 15 the negative member and the resistant member. I would allow the member to sit and listening during the first part of the meeting while I will have the members that want to be there engage and share. Once the member have had the opportunity to sit and listen and realize that they are not the only one and that someone else is going through the same and similar situations I would engage them in the conversation.  I would attempt to determine if the member is resisting the group process or if the member just doesn’t want to change. I would attempt dyads or triads before talking to the client outside the group.

My culture back ground is African American Christian. I was always taught to respect other regardless of the race or religion background. I think that I may struggle with this because I never had a interest in any other religion and I may find myself doing things that they may feel is disrespectful due to the fact I don’t know anything about their culture.

The one incident that sticks with me from the DVD is Nicole discussed how she was so excited to be at the group but the behavior of others have her not wanting to share her story. She really feels that the other members don’t care and she would be waiting her time talking. I agree with her. If I knew a person had no interest in the group I would not open up.

References

Corey, G., Corey, M. S., & Haynes, R. (2014). Groups in action: Evolution Of a Group (2nd ed.). Belmont, CA: Brooks/Cole.

Jacobs, E. E., Schimmel, C. J., Masson, R. L., & Harvill, R. L. (2016). *Group counseling:*

*Strategies and skills* (8th ed.). Belmont, CA: Brooks/Cole.

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