

# Group Practice Models

Mutual Aid Model



Jacob Campbell, LICSW  
Heritage University

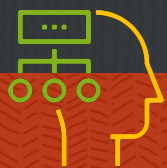
Spring 2022  
SOWK 487



**OUR AMERICA**  
WITH LISA LING

# Our America with Lisa Ling

Transgender Support Group Meeting

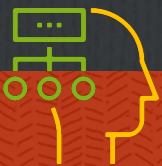


Jacob Campbell, LICSW at Heritage University for SOWK 487 Spring 2022

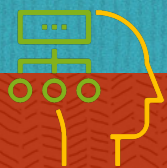
# Agenda

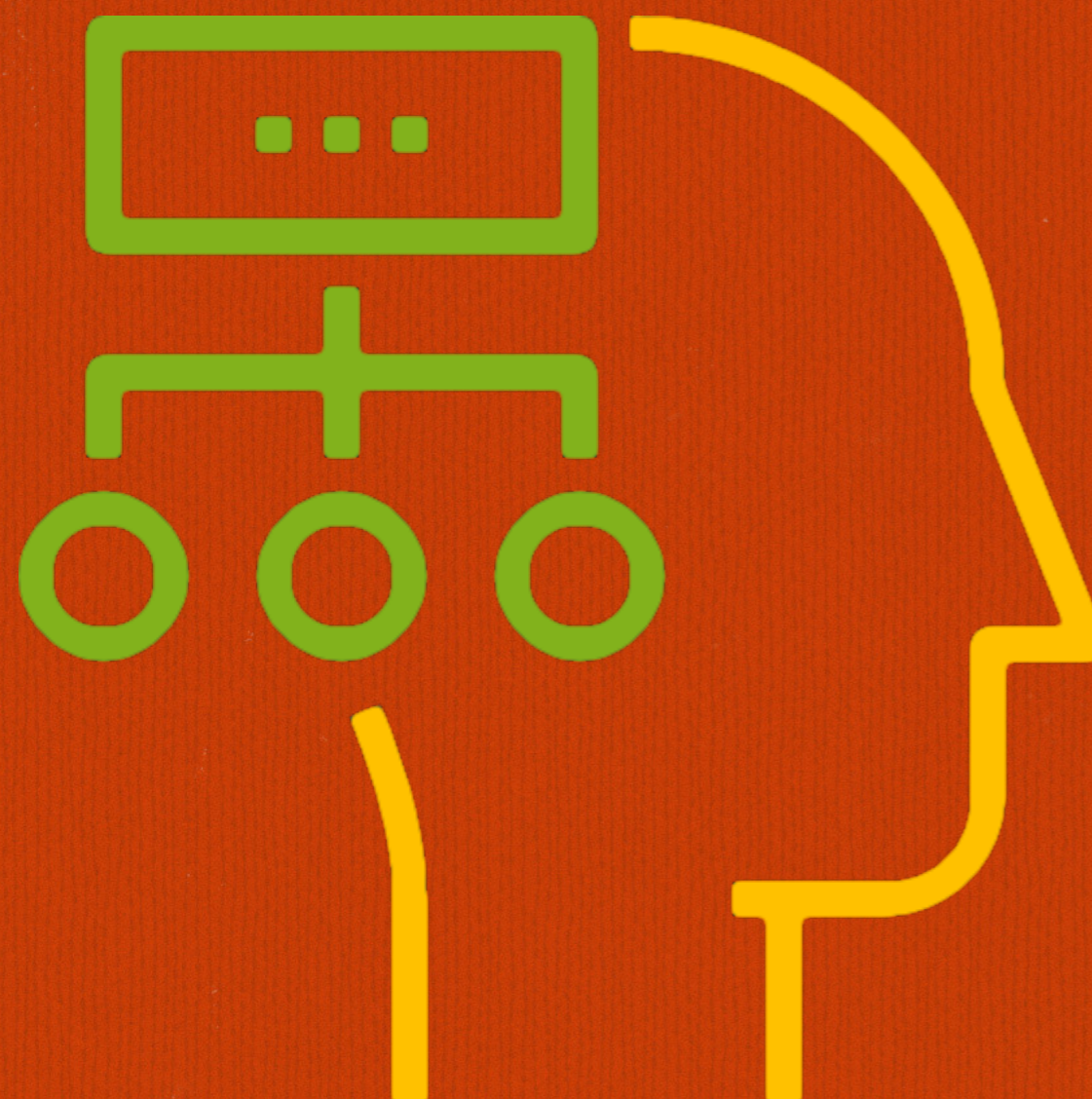
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- Presentations
- What are mutual aid groups
- The phases of helping within the mutual aid process
- Facilitation of mutual aid

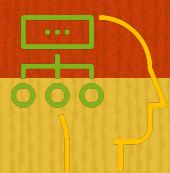


# **Family Treatment Modality Research Presentations**





# The Mutual Aid Model

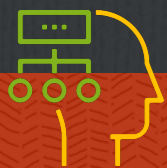


# Vulnerable and Resilient Populations

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- People dealing with traumatic experiences
- Grief
- AIDS
- People with mental health difficulties
- Health care settings
- People with alternative sexual orientation
- Immigrants and refugees
- People contending with intimate partner and other violence
- Sexual abuse
- Homelessness
- Older elderly people and their caregivers
- Isolated and physically and emotionally challenged group members

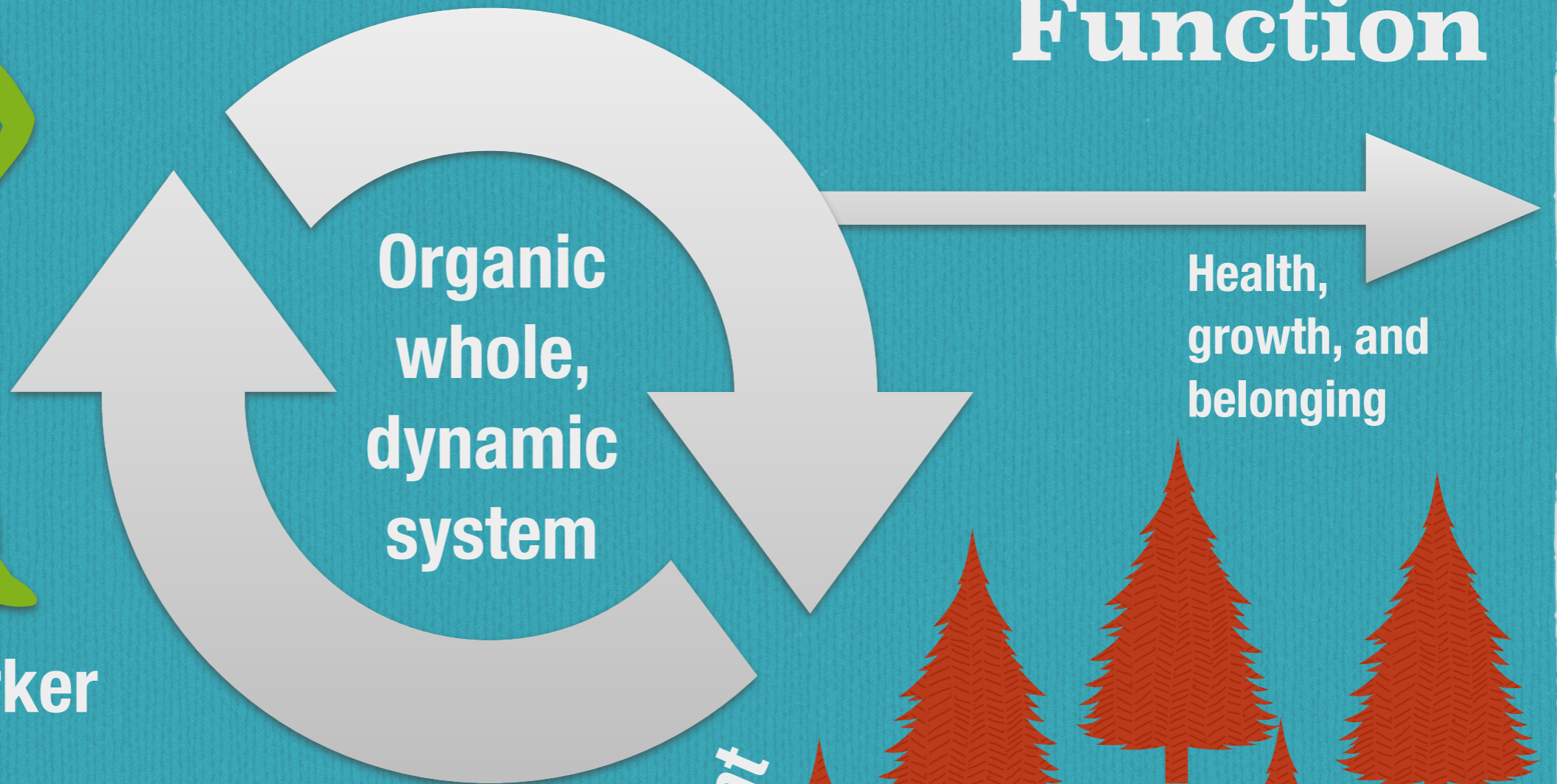
(Garvin et al., 2017)



# Mediating Function



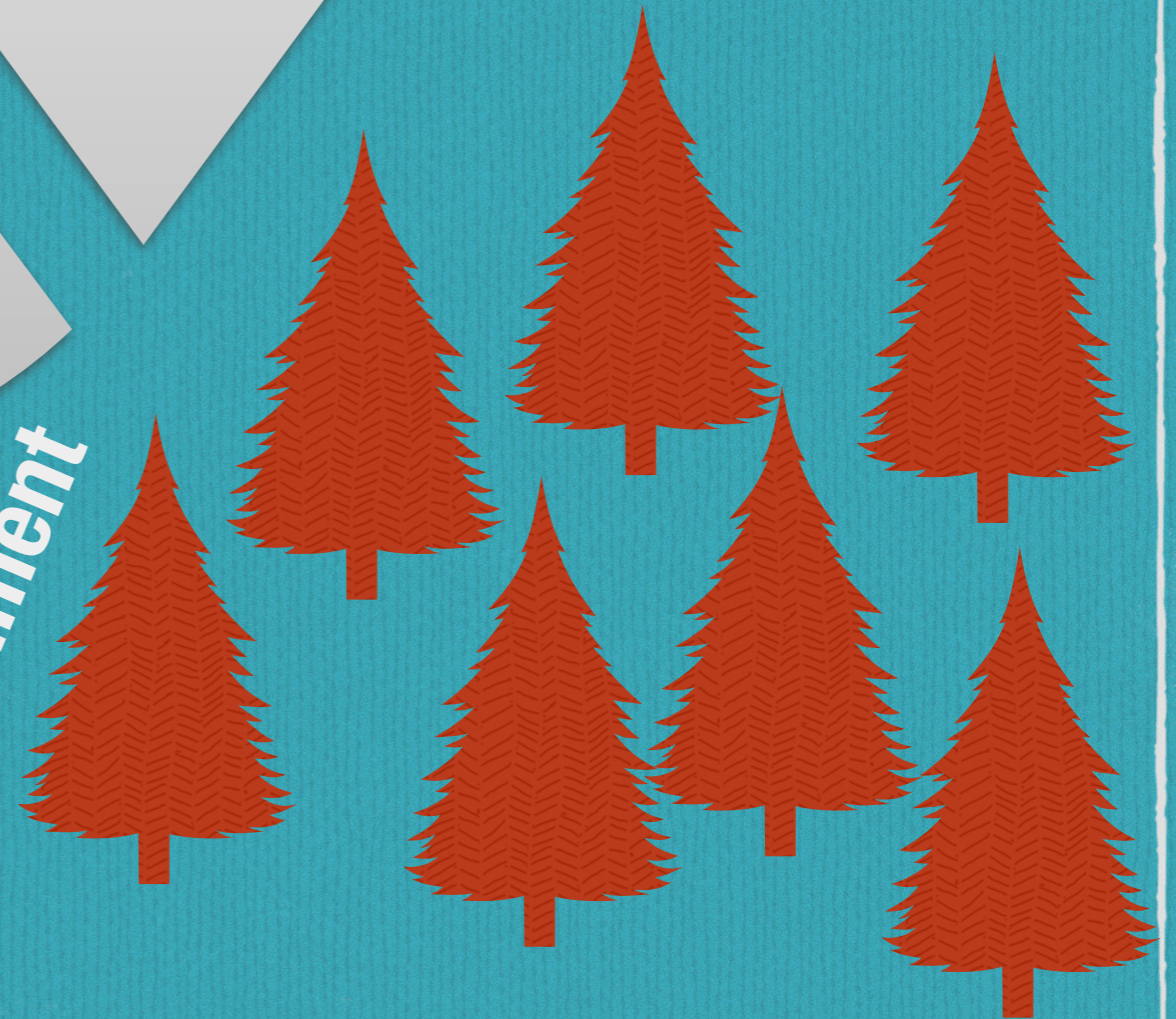
**Social Worker**



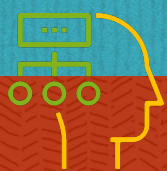
**Organic whole, dynamic system**

**Environment**

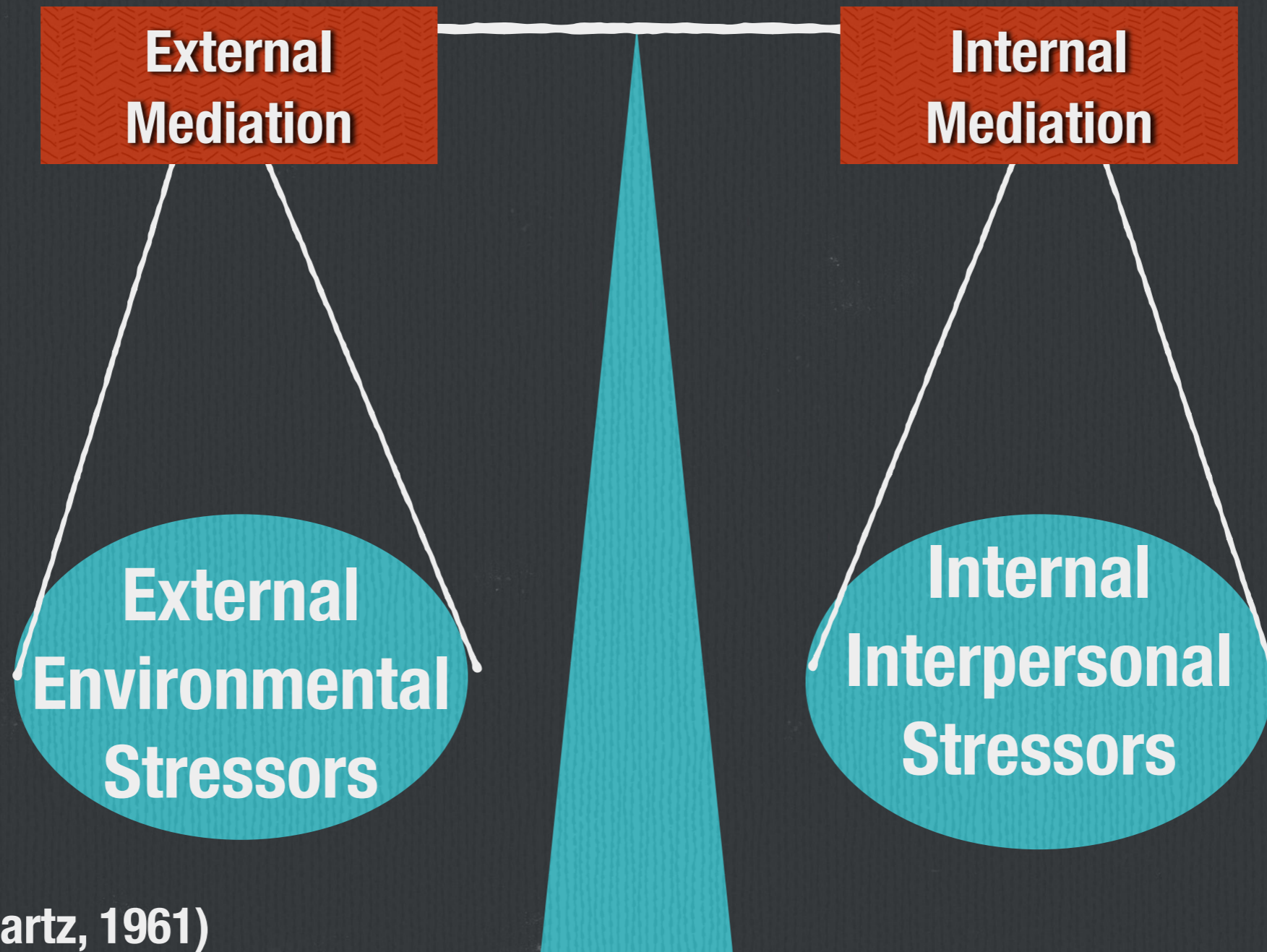
**Health, growth, and belonging**



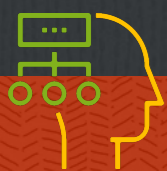
(Schwartz, 1961)



# Mediating Function



(Schwartz, 1961)





# Phases of Helping

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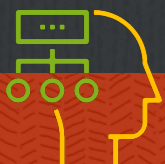
Preparation Phase

Contract Phase

Work Phase

Ending Phase

(Schwartz, 1971)



# Phases of Helping

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**Preparation Phase**

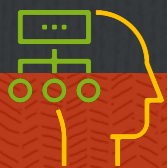
**Contract Phase**

**Work Phase**

**Ending Phase**

- Organizational and work preparation
- Group dynamics and functions preparation

(Schwartz, 1971)



# Phases of Helping

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Preparation Phase

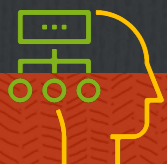
Contract Phase

Work Phase

Ending Phase

- Clear and mutual agreement

(Schwartz, 1971)



# Phases of Helping

Preparation Phase

Find common ground

Contract Phase

Detecting and challenging the obstacles

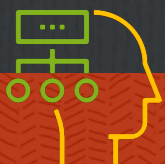
Work Phase

Contribute

Ending Phase

Defining the requirements and limits

(Schwartz, 1971)



# Phases of Helping

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**Preparation Phase**

**Contract Phase**

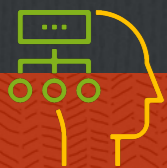
**Managing feelings**

**Work Phase**

**Future planning**

**Ending Phase**

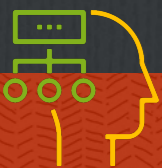
(Schwartz, 1971)



# Tasks, Methods, and Skills

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- Directs group members to each other
- Identifies and focuses on salient themes
- Encourages and reinforces cooperative mutual support norms
- Engagement members to participate in collective activities
- Give participants the ability to do rehearsal



# Facilitation

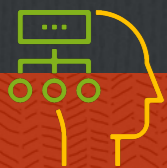
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**Non  
Facilitated**


**Highly  
Facilitated**



**Mutual Aid**



# **Mutual Aid for Students**

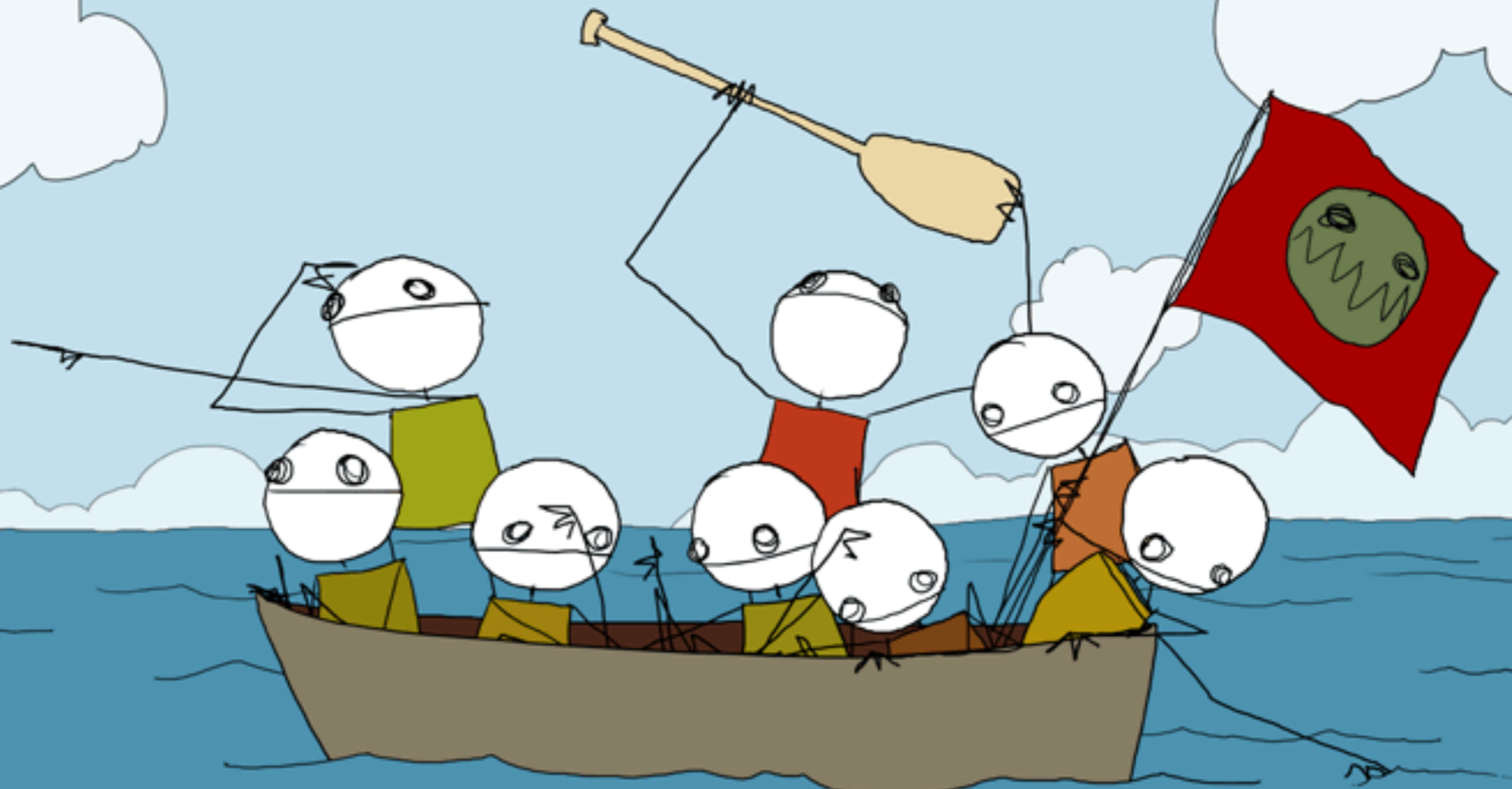
A photograph of a modern, multi-story brick and glass building, likely a college or university. In the foreground, there is a large, dark stone sign with the text "Columbia Basin College" in white. The sign is set on a concrete base. The building has a prominent glass facade on the right side. The sky is clear and blue. There are some trees and a parking lot in the background.

**Columbia Basin  
College**

**Facilitate a group to help facilitate mutual aid of the members focused as a group of students.**



# All in the Same Boat



- Expands members perspectives**
- Helps members universalize their life struggles**
- Raise level of consciousness to expand their perspectives**
- Develops group empathy support**