

Heritage University
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SOWK 487
Theories of Practice II

Theoretical and Philosophical

FOUNDATIONS OF GROUPS

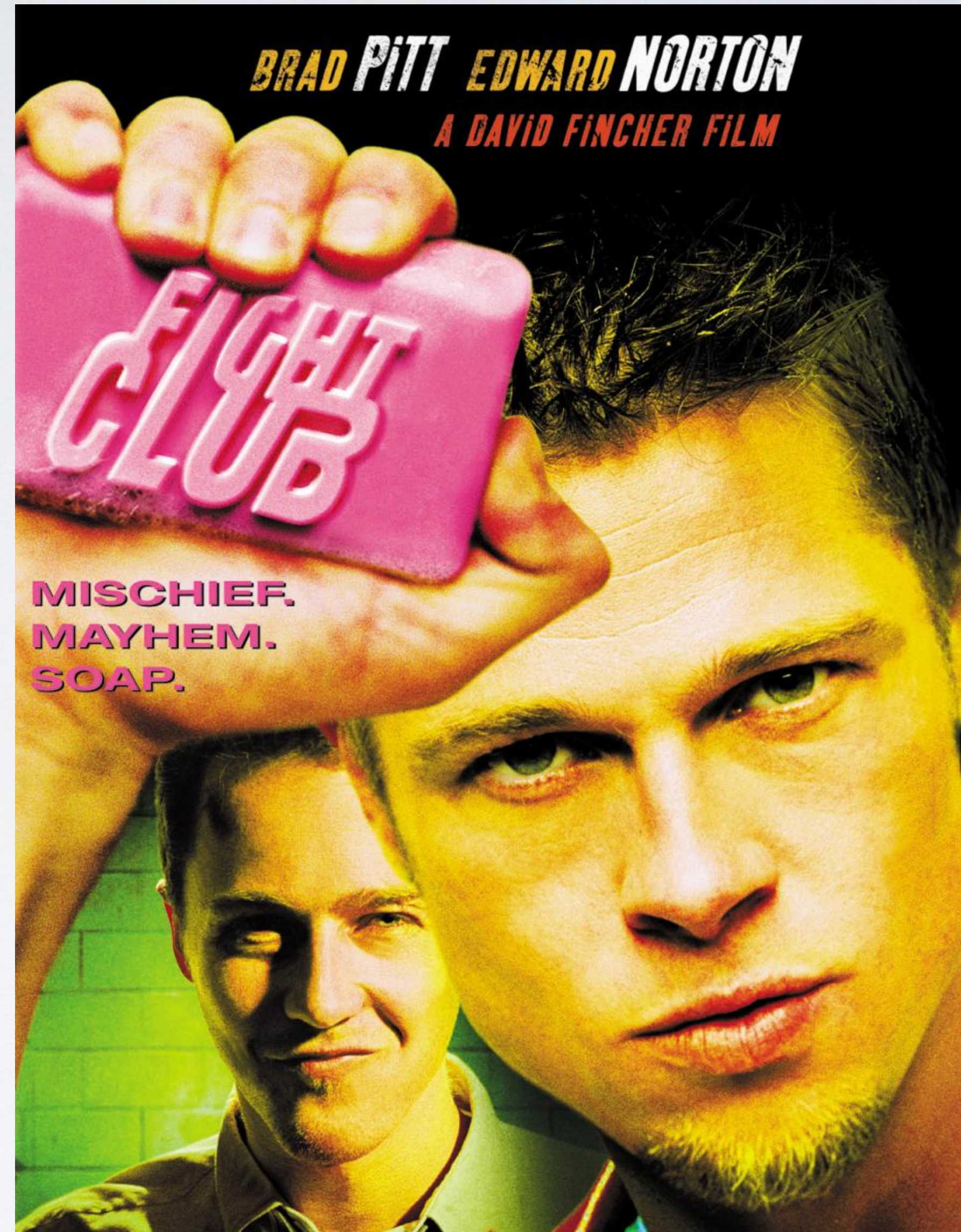
Part I



If you were to describe your day today as an animal, what animal would you be today and why?

SOCIAL WORK & GROUPS

What are groups used for in
social work practice?



AGENDA

- Overview of working with groups
- Group dynamics and roles
- Tools and strategies in groups

WORKING WITH GROUPS

Groups?

A group is a collection of people with shared interests who come together to pursue a goal

“Nothing truly valuable can be achieved except by the unselfish cooperation of many individuals.”

–Albert Einstein

Mutual assistance
Connecting with others
Testing new behaviors
Goal achievement
Decision making

TYPES OF GROUPS

Treatment Groups

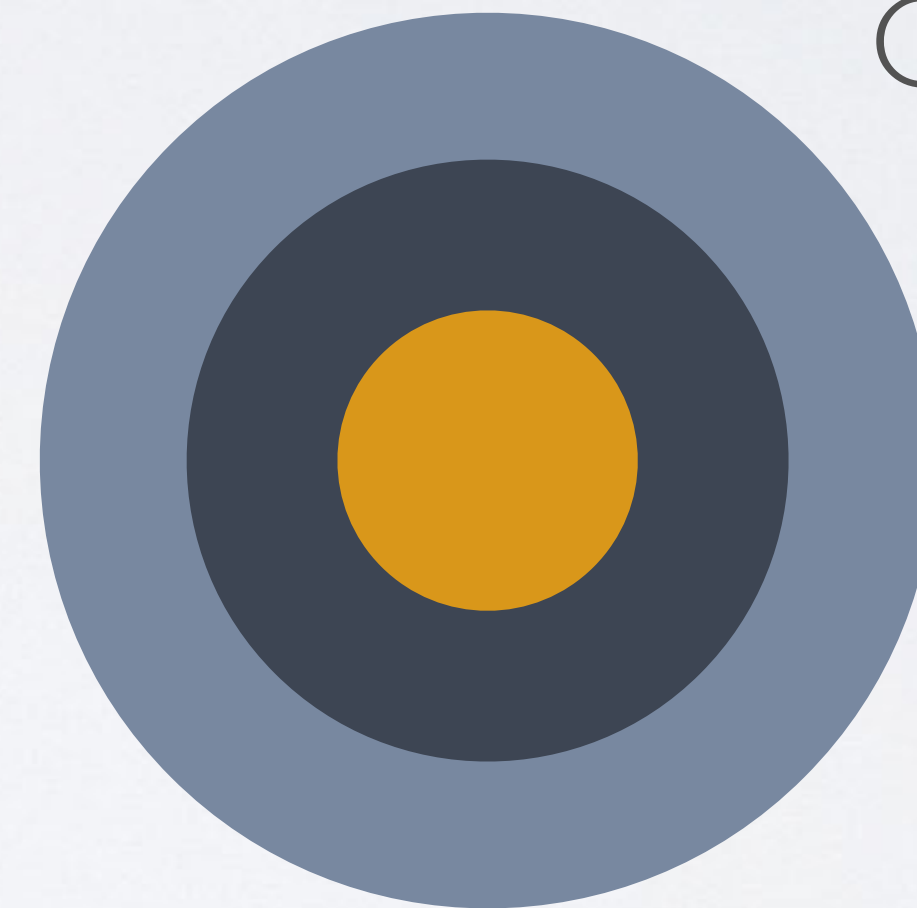
Growth Group
Therapy Groups
Educational Groups
Socialization Group
Support Groups

TYPES OF GROUPS

Treatment Groups

Growth Group
Therapy Groups
Educational Groups
Socialization Group
Support Groups

Task Groups



Community

Organization

Client

TYPES OF GROUPS

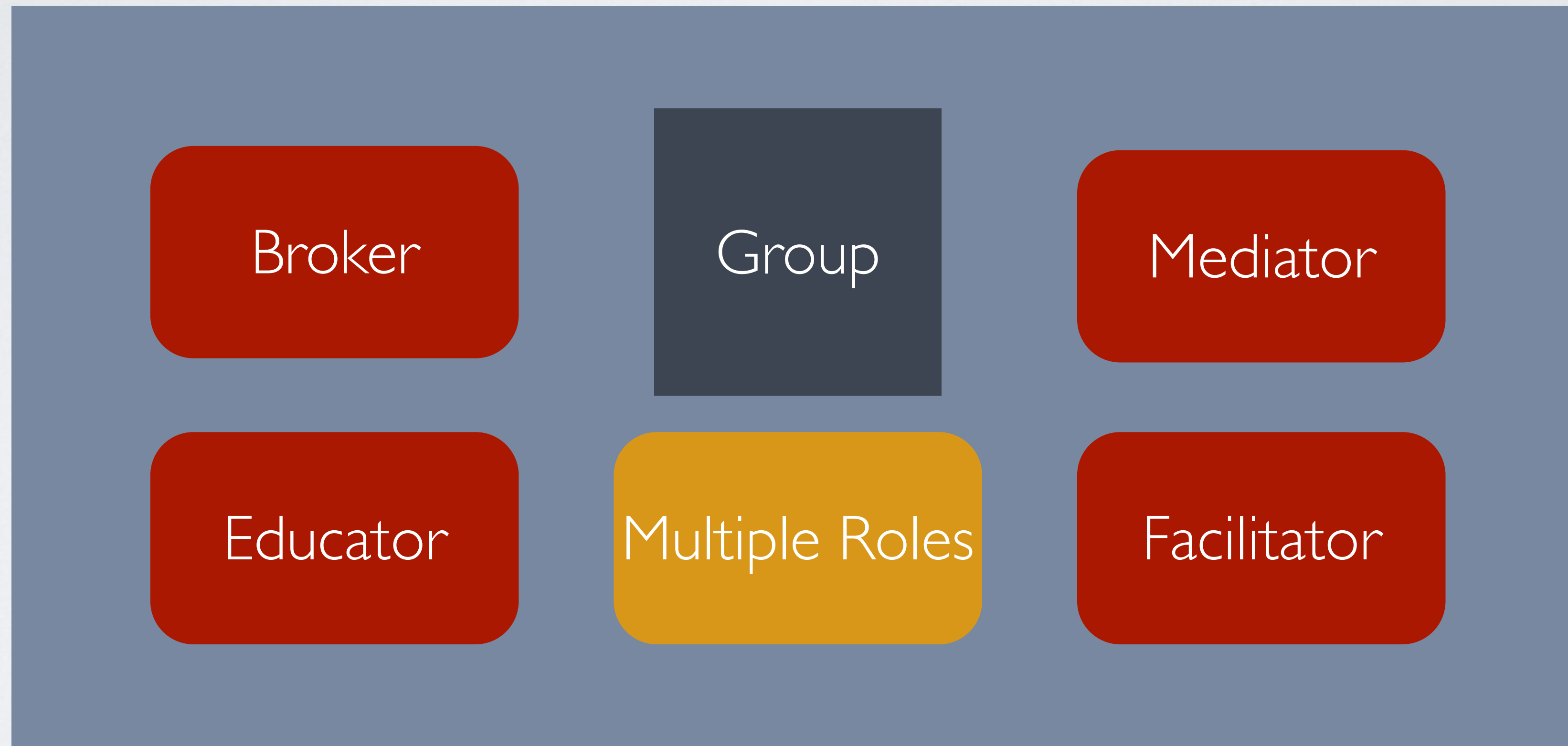
Treatment Groups

Growth Group
Therapy Groups
Educational Groups
Socialization Group
Support Groups

Task Groups

Board of Directors
Task Forces
Committees
Commissions
Legislative Bodies
Staff Meetings
Case Conferences
Social Action

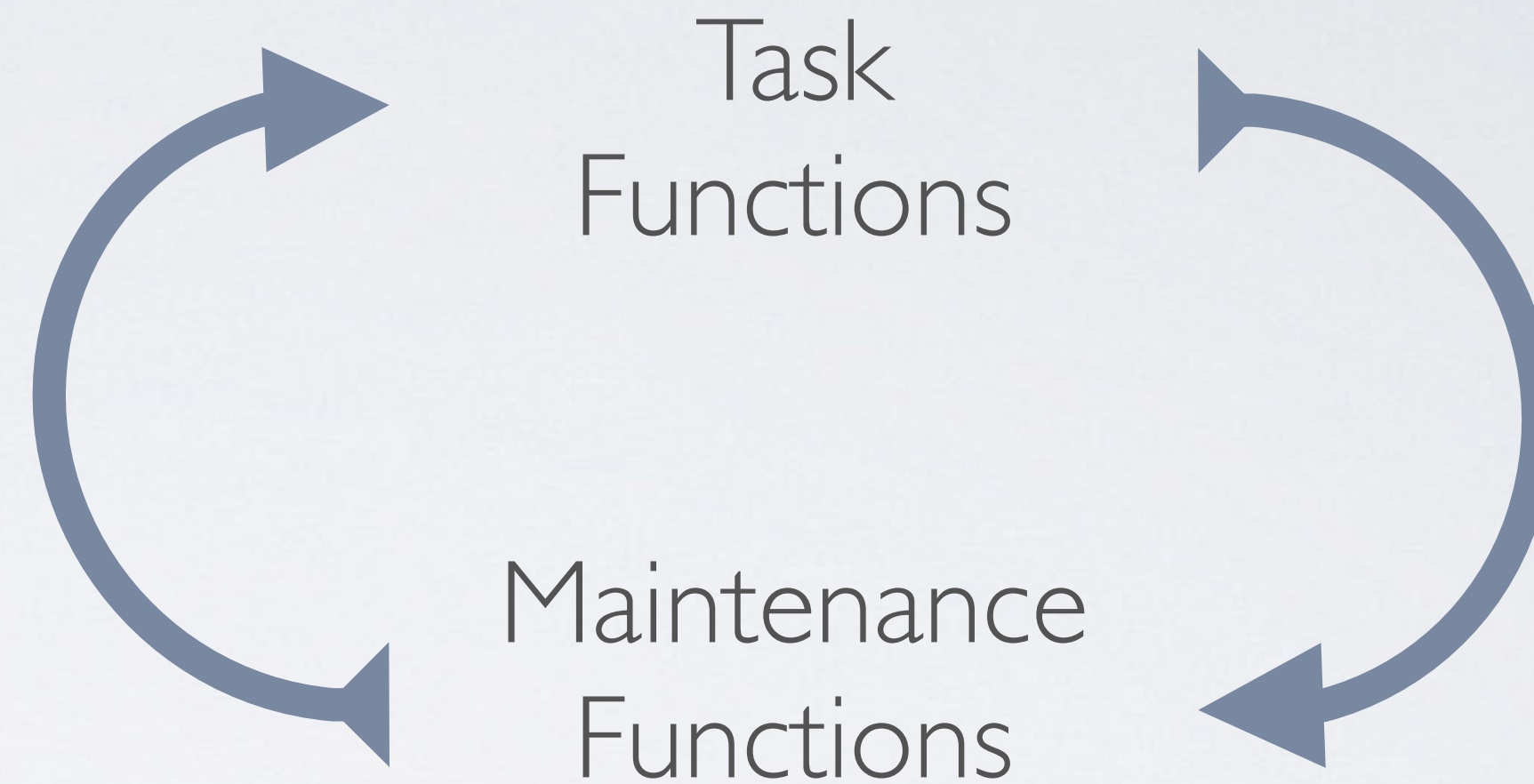
PROFESSIONAL ROLES IN GROUPS



GROUP FUNCTIONS & ROLES

Potentially Positive Roles

Information seeker
Opinion seeker
Elaborator
Instructor
Evaluator
Energizer
Recorder



Procedural technician
Harmonizer
Compromiser
Encourager

Follower
Tension reliever
Listener

NEGATIVE AND NONFUNCTIONAL ROLES

Potentially Negative Roles

Aggressor
Blocker
Recognition seeker
Dominator
Help seeker
Confessor

Nonfunctional Roles

Scapegoat
Defensive member
Deviant member
Quite member
Internal leader

GROUP DEMO

Jacob's Group Format

- Review the rules
- Check in question
- Fun engaging activity
- Work on a specific topic or skill



ADAPTED ONLINE CIRCLE

Following at Restorative Justice Model

- **Respect the talking piece:** everyone listens, everyone has a turn
- **Speak from the heart:** your truth, your perspectives, your experiences
- **Listen from the heart:** Let go of stories that make it hard to hear each other
- **Trust that you know what to say:** no need to rehearse: no need to rehearse
- **Say just enough:** without feeling rushed, be concise and considerate of the time of others



(Clifford, 2013)

STUDYING AND COLLEGE LIFE

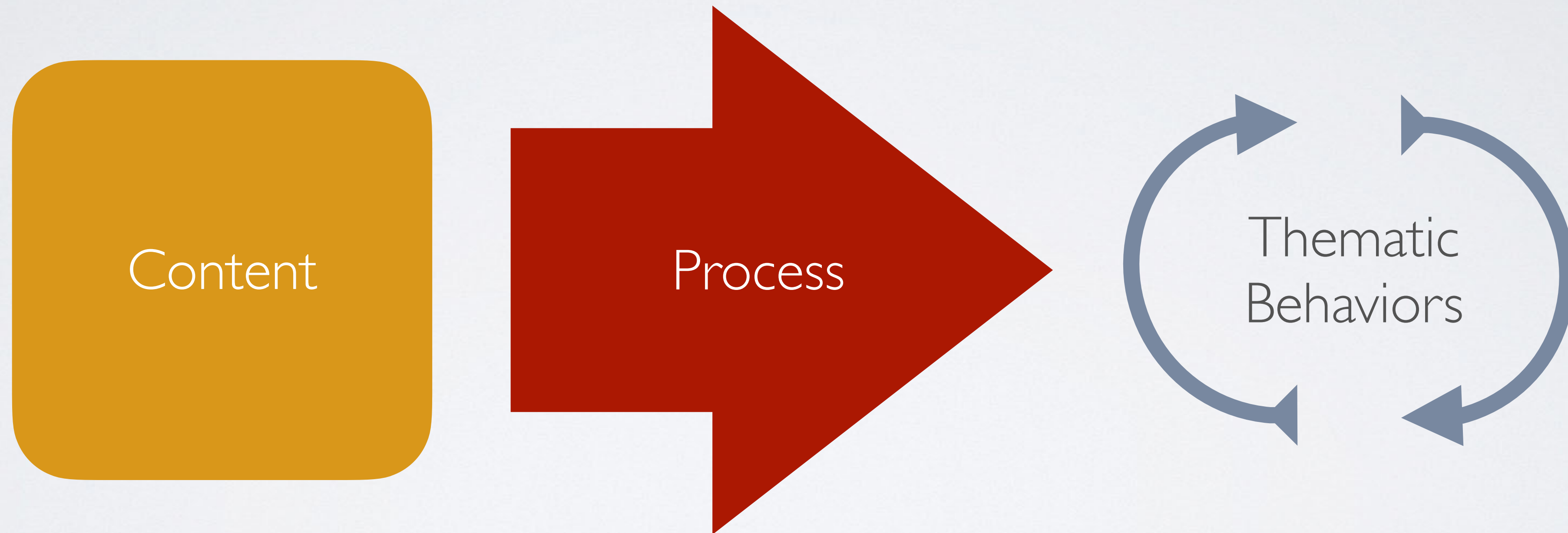
What have been some difficult aspects of college so far and how have you managed?

How do you study, and what do you do when you study?

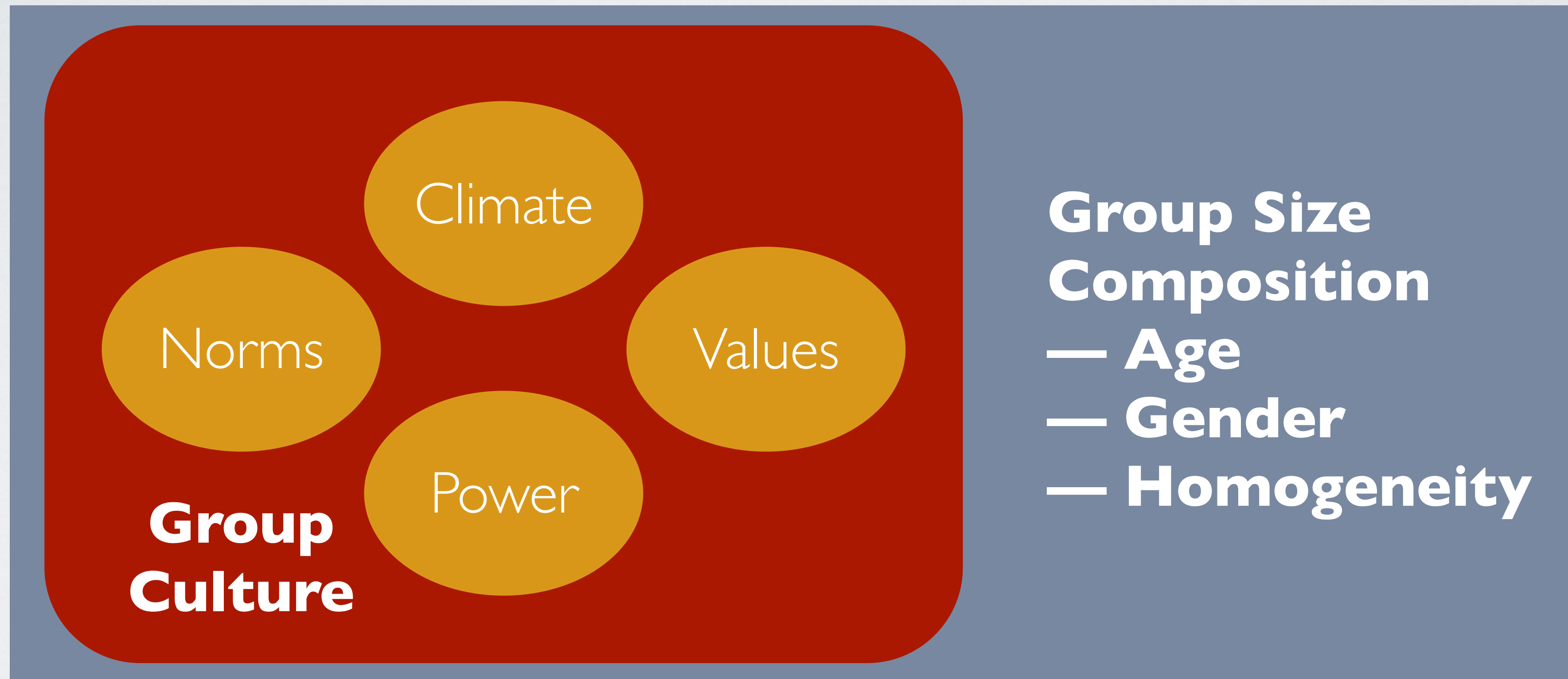
If you could have given yourself a piece of advice your first year of college, what would it have been?



ASSESSING INDIVIDUALS' PATTERNED BEHAVIORS



GROUP DYNAMICS AND COMPOSITION



Persuasion by
Minority

Parliamentary
procedure

Brainstorming

Compromise

DECISION
MAKING
PATTERNS

Nominal Group

By Majority

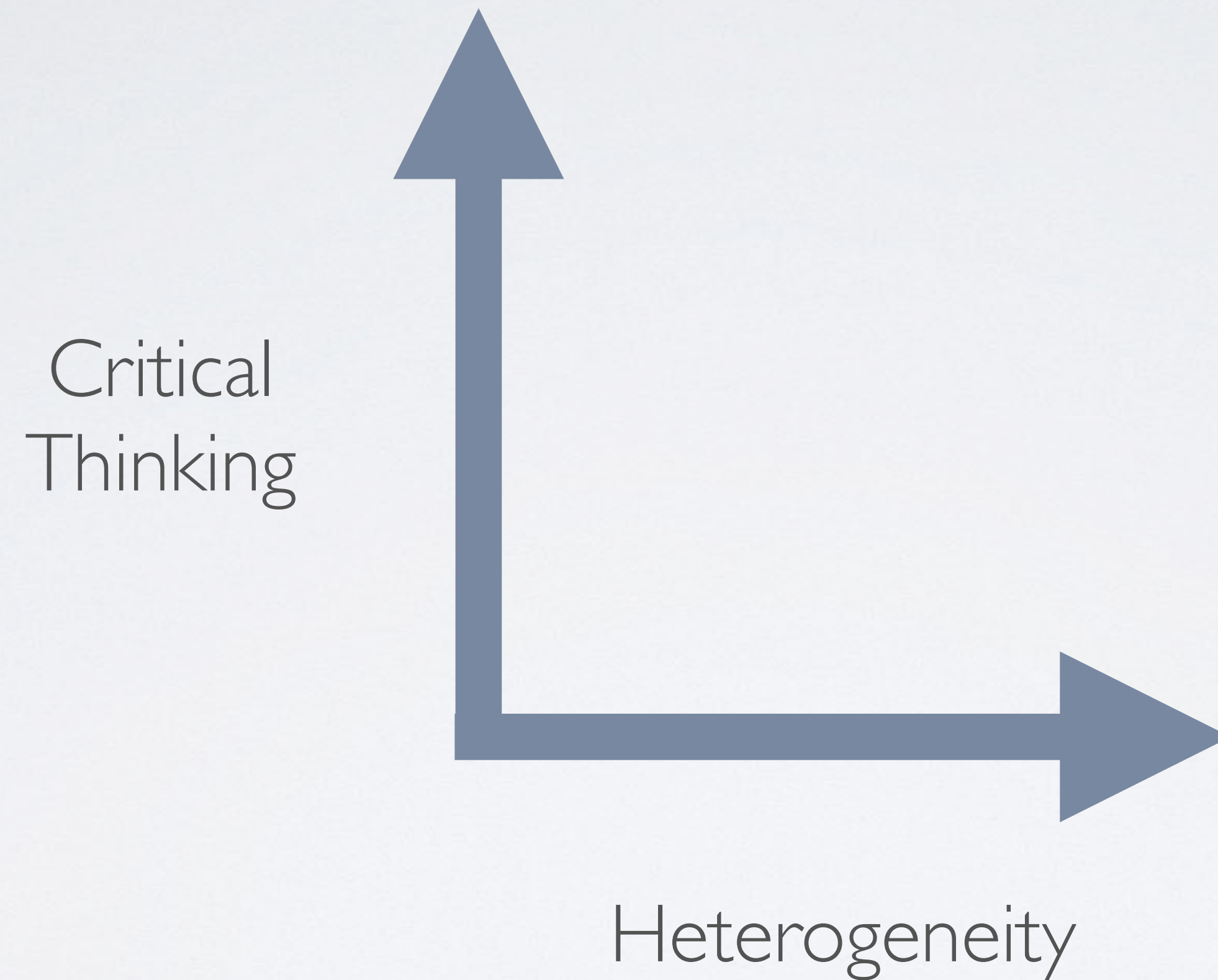
Averaging of
Opinions

Rule by
Individual

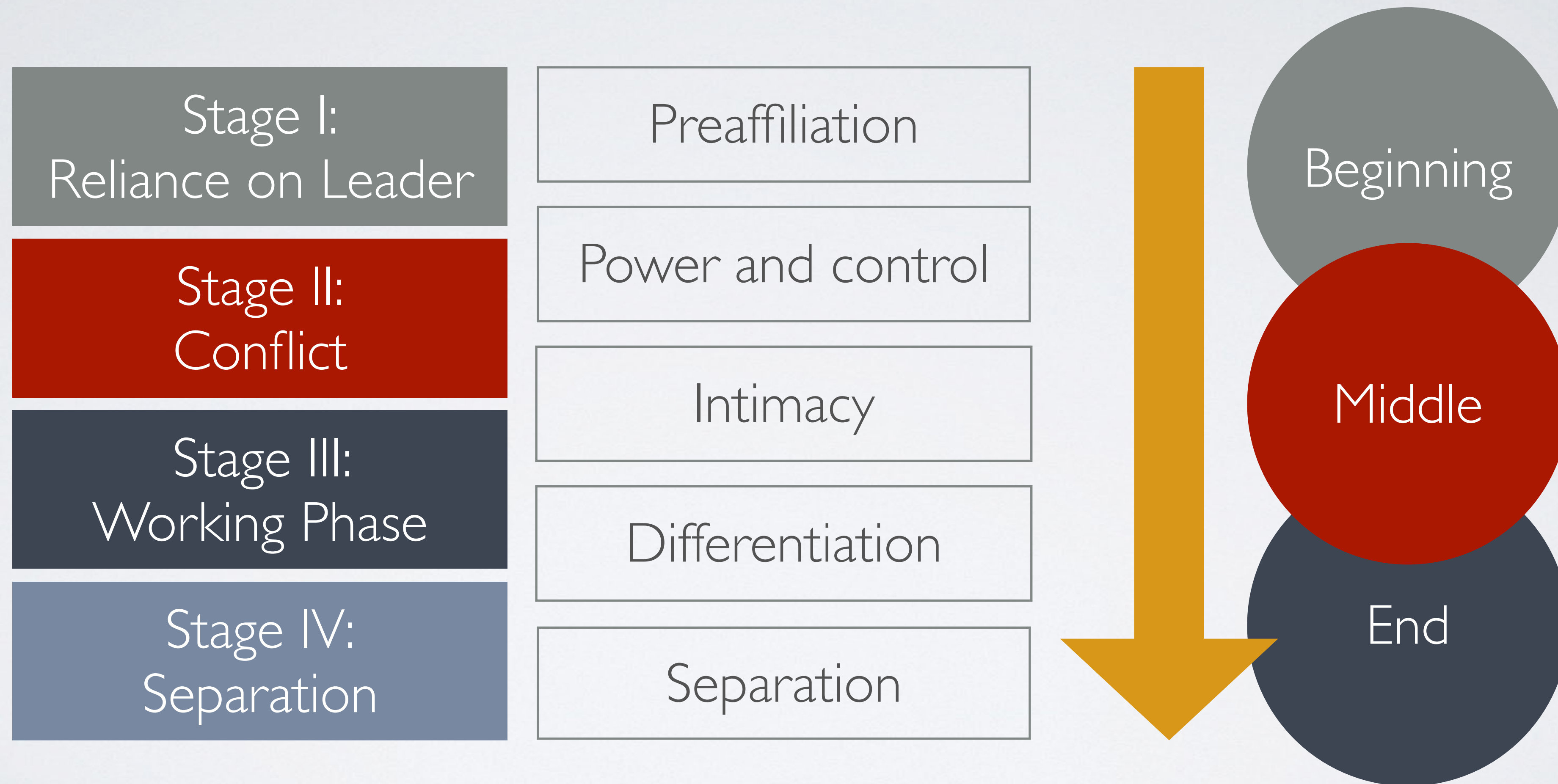
Consensus

Persuasion
by Expert

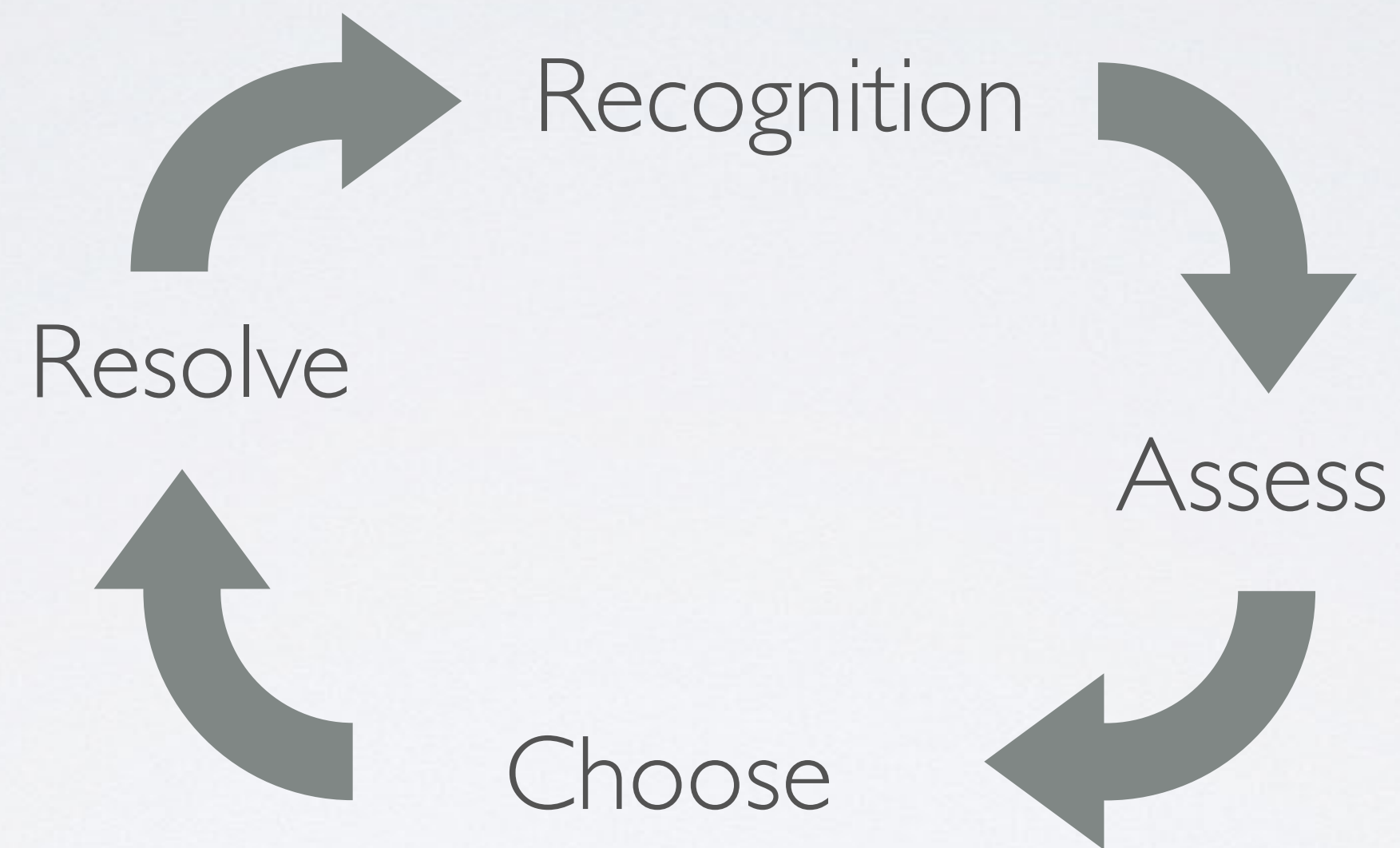
CRITICAL THINKING AND GROUPS



CONCEPTUAL FRAMEWORK: GROUP DYNAMICS



CONFLICT RESOLUTION FOR TASK AND TREATMENT GROUPS



MODELING AND COACHING

Modeling

**Evoking
Behavior
Change**

Coaching

CONFRONTATION

Appropriate Confrontation

- The worker engaging in nonblaming type of confrontation
- Pointing out the discrepancy
- How it affects the worker, for example, by using “I” statements