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**Group Work Approaches**

# RELATED TO SETTINGS

**Part 2 of 3**

**Chapter 17** Group-Based Approaches to Preventing Adolescent  
Substance Abuse: The State of Social Work Science  
**Chapter 19** Groups for Reducing Intergroup Conflicts  
**Chapter 20** Group Interventions for Partner Abuse

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# AGENDA

**Activity attempting to change perceptions on discrimination**

**Group interventions for partner abuse**

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# READINGS THIS WEEK

- **Bargal, D. (2017). Chapter 19 - Groups for reducing intergroup conflicts. In C. D. Garvin, L. M. Gutierrez, & M. J. Galinsky *Handbook of Social Work with Groups* (pp. 331-343). The Guilford Press.**
- **Córdova, D., Alers-Rojas, F., Perron, B., Salas-Wright, C. P., & Vaughn, M. G. (2017). Chapter 17 - Group-based approaches to preventing adolescent substance abuse: The state of social work science. In C. D. Garvin, L. M. Gutierrez, & M. J. Galinsky *Handbook of Social Work with Groups* (pp. 287-305). The Guilford Press.**
- **Nagda, B. R. A. (2017). Chapter 22 - Intergroup dialogue: Engaging difference for social change. In C. D. Garvin, L. M. Gutierrez, & M. J. Galinsky *Handbook of Social Work with Groups* (pp. 384-416). The Guilford Press.**

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# **SPEED HATING:**

**A Date with Discrimination**



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# GROUP INTERVENTIONS FOR PARTNER ABUSE

Skills Training

Cognitive Restructuring

Sex Role Resocialization

Awareness of Control Tactics

Family Systems

Trauma Therapy

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# ASSERTIVENESS TRAINING

Nonassertive Style



**The Martyr**

Assertive Style



**The Balancer**

Aggressive Style



**The Persecutor**

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# ASSERTIVENESS TRAINING

- 1. Help client scrutinize actions**
- 2. Ask client to make a record of situations**
- 3. Help client select and focus on some specific instances**
- 4. Help client analyze how reacted**

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# ASSERTIVENESS TRAINING

- 5. Help client identify a role model and examine how that person handled a situation requiring assertiveness**
- 6. Assist your client in identifying a range of other new responses for situations where she lacks assertiveness**



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# ASSERTIVENESS TRAINING

- 7. Ask your client to picture herself in the identified problematic situation**
- 8. Help your client practice the way she has envisioned herself being more assertive (role playing, unresolved real life situations)**
- 9. Review new assertive responses**

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# ASSERTIVENESS TRAINING

**10. Continue practicing steps seven, eight, and nine until comfortable.**

**11. Direct client to try out her new assertiveness approach in real-life situations**

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# ASSERTIVENESS TRAINING

- 12. Encourage client to continue to expand her assertiveness repertoire until such behavior becomes part of her personal interactive style**
- 13. Reinforce your client for her achievements in becoming more assertive**

# ASSERTIVENESS TRAINING

