

Group Practice Models

Mutual Aid Model



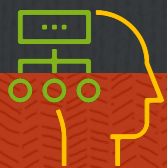
Jacob Campbell, LICSW
Heritage University

Spring 2021
SOWK 487



Our America with Lisa Ling

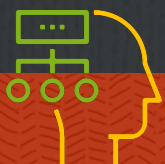
Transgender Support Group Meeting

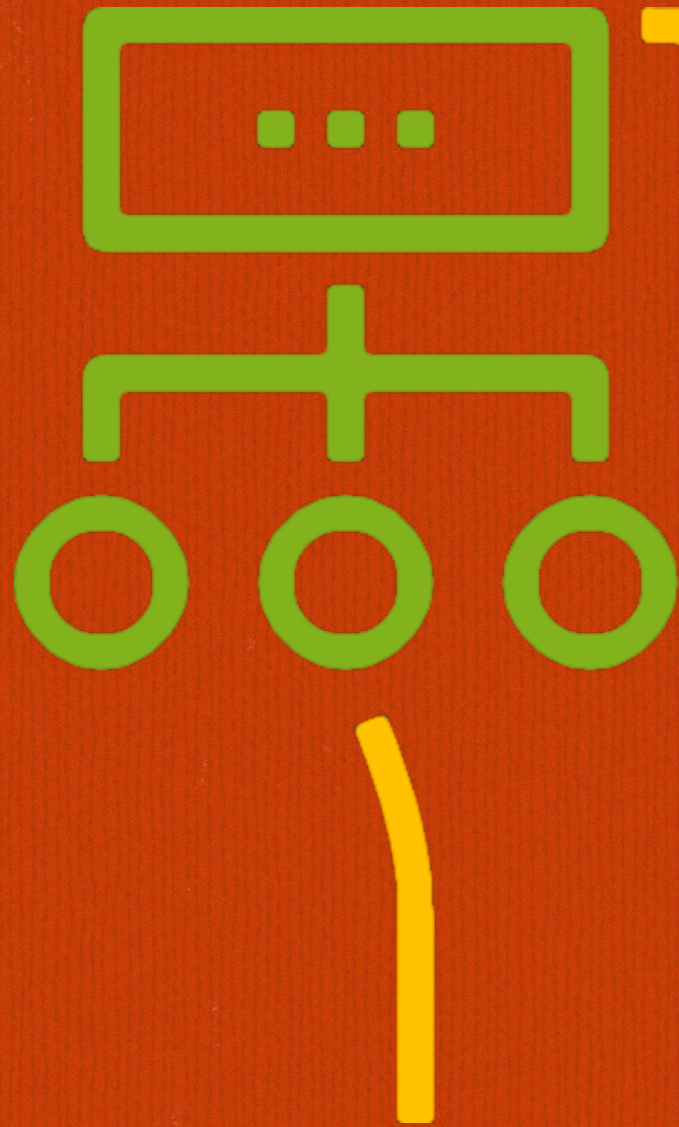


Jacob Campbell, LICSW at Heritage University for SOWK 487 Spring 2021

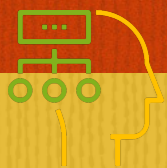
Agenda

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





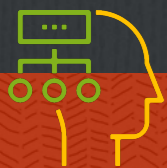
The Mutual Aid Model



Vulnerable and Resilient Populations

- 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

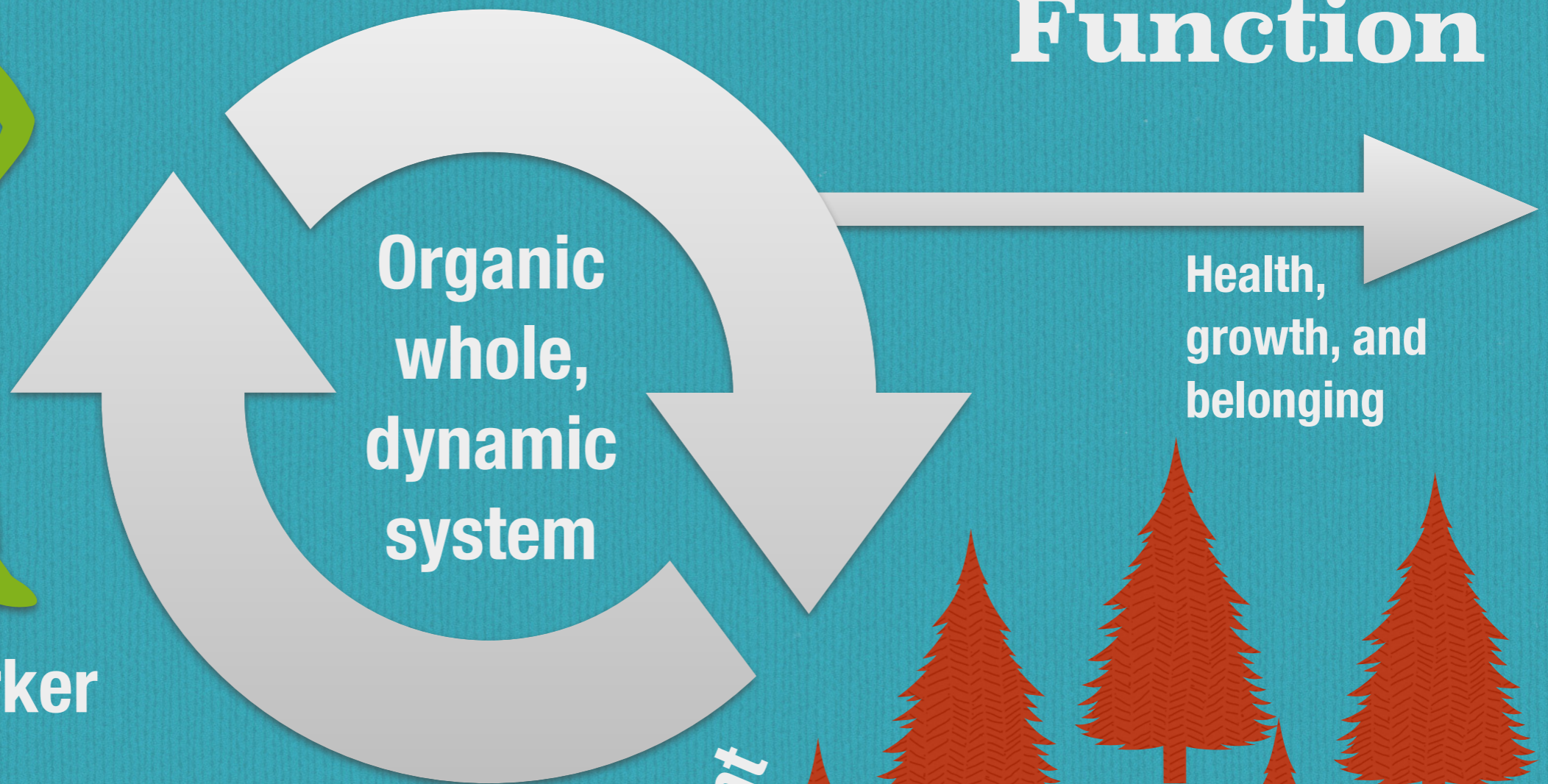
(Garvin et al., 2017)



Mediating Function



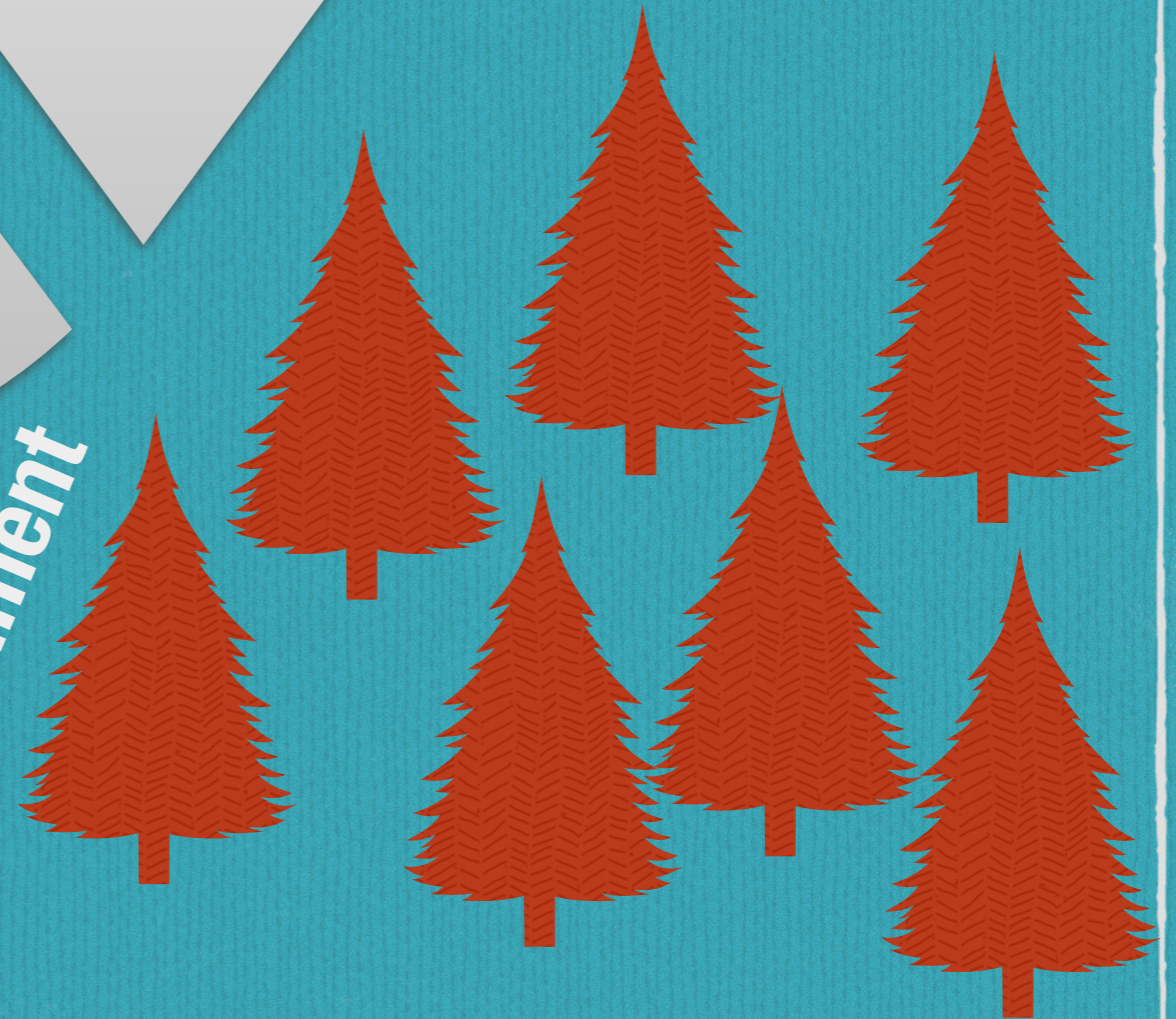
Social Worker



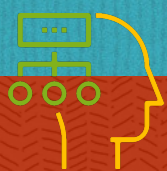
Organic whole, dynamic system

Health, growth, and belonging

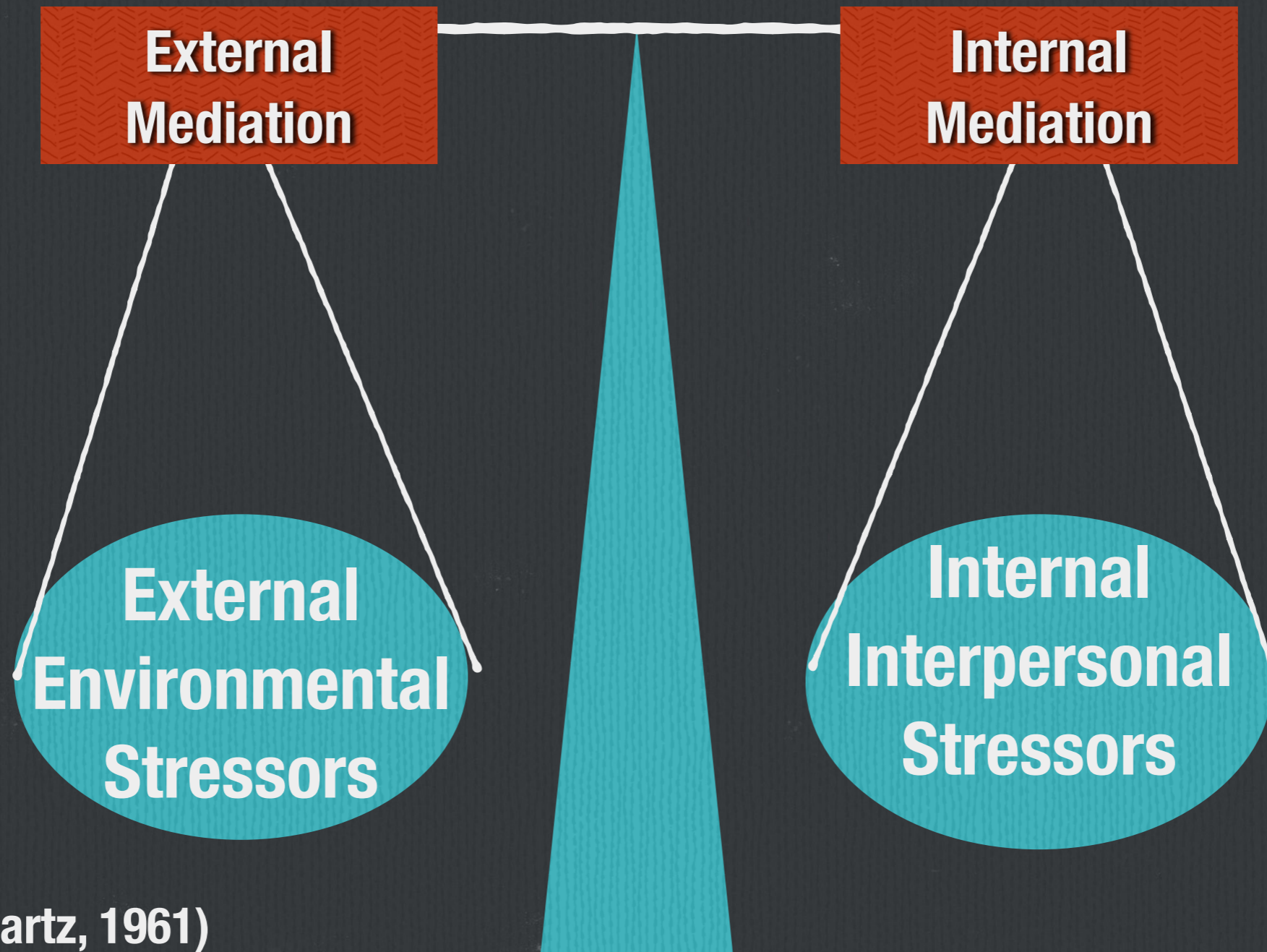
Environment



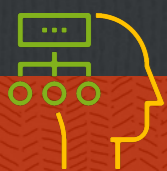
(Schwartz, 1961)



Mediating Function



(Schwartz, 1961)



Phases of Helping

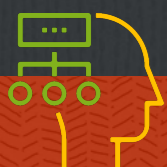
Preparation Phase

Contract Phase

Work Phase

Ending Phase

(Schwartz, 1971)



Phases of Helping

Preparation Phase

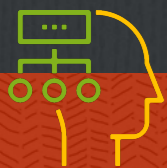
Contract Phase

Work Phase

Ending Phase

- Organizational and work preparation
- Group dynamics and functions preparation

(Schwartz, 1971)



Phases of Helping

Preparation Phase

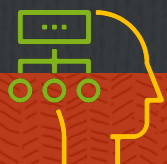
Contract Phase

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

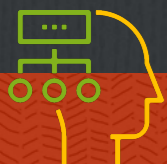
Work Phase

Contribute

Ending Phase

Defining the requirements and limits

(Schwartz, 1971)



Phases of Helping

Preparation Phase

Contract Phase

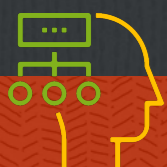
Managing feelings

Work Phase

Future planning

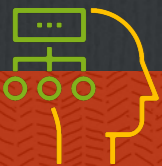
Ending Phase

(Schwartz, 1971)



Tasks, Methods, and Skills

- 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



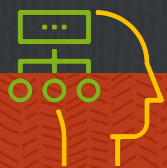
Facilitation

**Non
Facilitated**


**Highly
Facilitated**



Mutual Aid



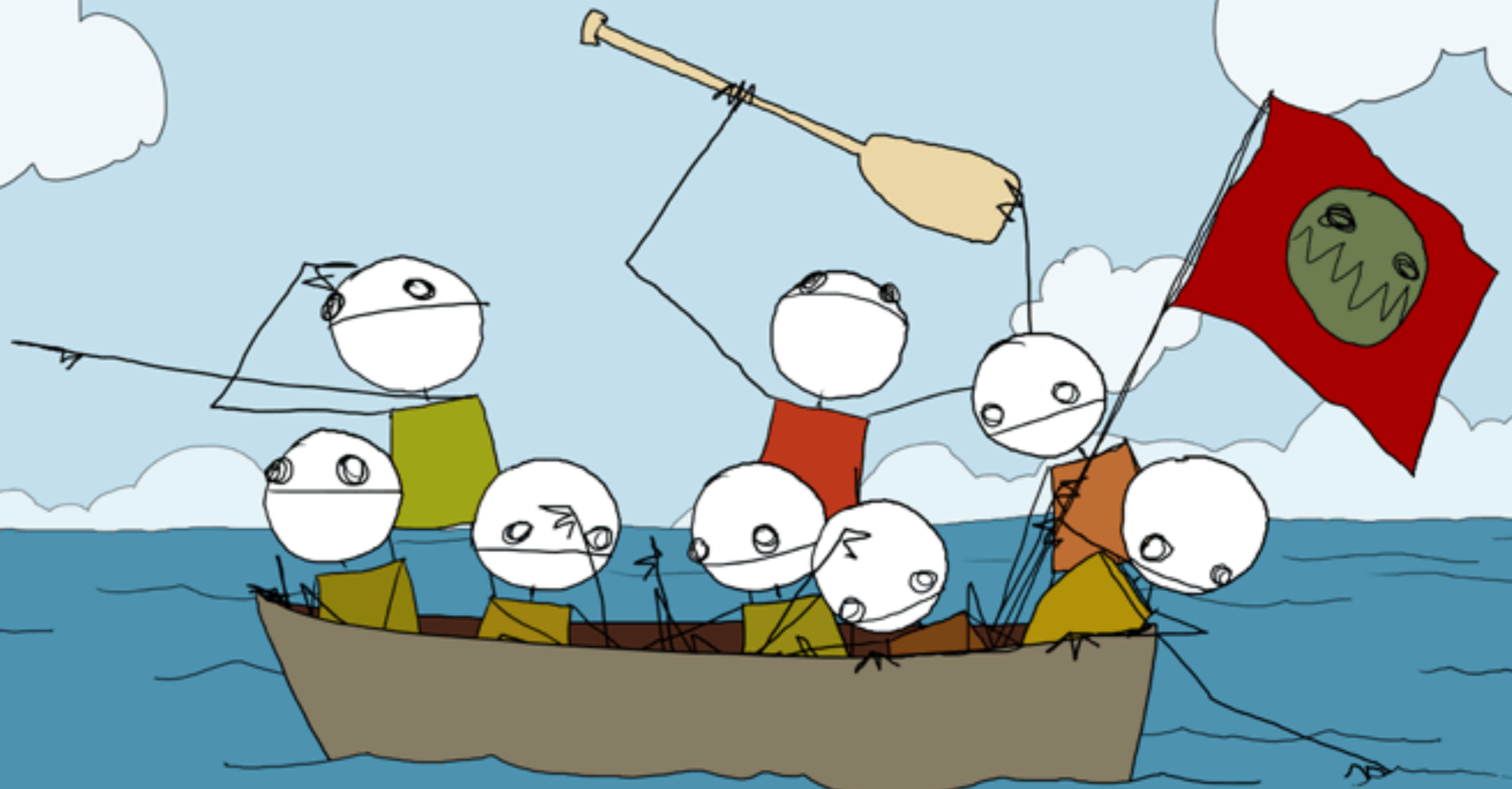
Mutual Aid for Students

A photograph of Columbia Basin College. In the foreground, a stone sign reads "Columbia Basin College". In the background, a modern multi-story building with large glass windows and a brick base is visible under a clear blue sky. A parking lot and some trees are also present.

**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**