

Group Work Approaches

Part II

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Agenda

- ❖ Informal class presentations
- ❖ Activity attempting to change perceptions on discrimination
- ❖ TED Talk about addiction
- ❖ Group interventions for partner abuse

Informal Class Presentations

As a group, students will share with their classmates what their plan is to implement their group (i.e. when and where), and what the content that they are going to do for their groups. These presentations should not be longer than five minutes

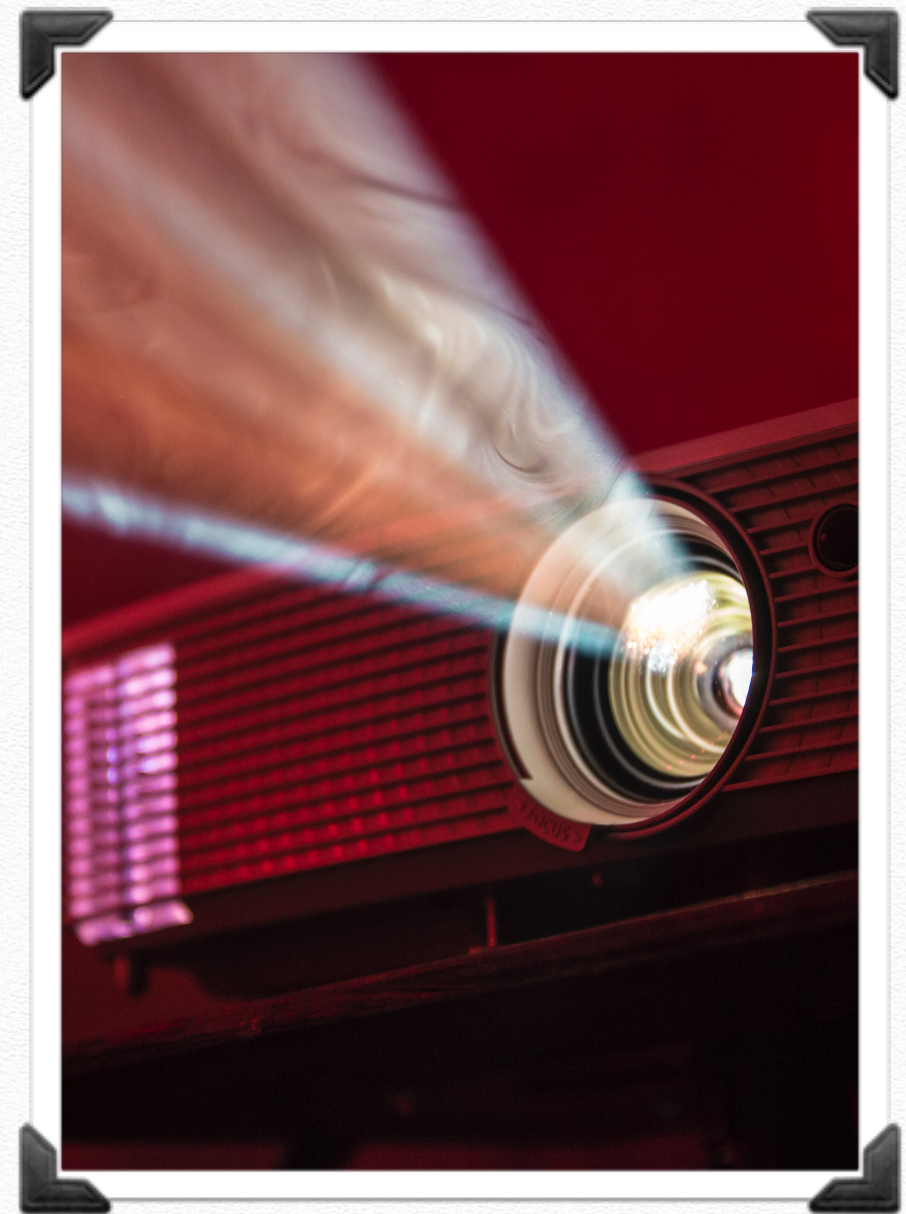


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Readings this Week

- ❖ Chapter 17 Group-Based Approaches to Preventing Adolescent Substance Abuse: The State of Social Work Science, David Córdoba, Francheska Alers-Rojas, Brian Perron, Christopher P. Salas-Wright, & Michael G. Vaughn
- ❖ Chapter 19 Groups for Reducing Intergroup Conflicts, David Bargal
- ❖ Chapter 22 Group Interventions for Partner Abuse, Daniel G. Saunders



Speed Hating:
A Date with Discrimination

Everything you think you know about
addiction is wrong

Johann Hari

TED Talk



Group Interventions for Partner Abuse

Skills Training

Cognitive Restructuring

Sex Role Resocialization

Awareness of Control Tactics

Family Systems

Trauma Therapy

Assertiveness Training

Nonassertive
Style



The Martyr

Assertive Style



The Balancer

Aggressive
Style



The Persecutor

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

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

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

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

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