**Group 1**

**Domestic Violence Treatment Group**

**Process Recording 1**

**October 21, 2012**

**Alaina Baker**

**GROUP 1 Domestic Violence Treatment Group**

**PROCESS RECORDING SW4010**

1. **Attach a diagram**

Social Worker:

Christy

Alicia M.

Cukeyra

Alaina

Cheri

Key for diagram:

- - - - Non-Verbal Communication

\_\_\_\_ Strong Verbal Communication

\_\_\_\_ Weak Verbal Communication

\*\*arrows indicate direction of communication.

• **Content**

*Introduction*: Each member introduces themself to the group and shares what they are comfortable sharing on what has brought them to the session.

*Purpose* Statement: Social Worker reveals the purpose statement to the group; “to heal, educate & power women of domestic violence” and allows members to give their input on the purpose of the group.

*Goals*: Social Worker reveals the initial goals of the group and asks for input from group members:

1) To educate women about the dynamics of domestic violence

2) To support domestic violence survivors healing from the effects of trauma

3) To support group members in the healing the full range of trauma they may have experienced not just domestic abuse at home but it could be child abuse or sexual abuse prior,

4) To support survivors of abuse in developing strategies & identifying resources to help prevent them from experiencing abuse again

5) To help survivors plan & prepare for life outside of the safe house, including developing strategies for their safety in the community

*Ice breaker*: Each individual discussed whether they had been in a group prior and what their expectations were for this group and what they either liked or didn't like from previous groups.

*Homework for next session*: Individuals definition of domestic violence (goal here was to ensure that the women who didn't actually believe they were victims of violence to see themselves in the definition). Secondly, each member is to choose one individual goal; big or small that each participant wants to achieve in group.

• **Process**

 Certain members spoke openly through verbal communication with little or no strong non-verbal communication and other spoke very little and the interaction was generally non-verbal.

Key for diagram:

- - - - Non-Verbal Communication

\_\_\_\_ Strong Verbal Communication

\_\_\_\_Weak Verbal Communication

\*\*arrows indicate direction of communication.

 The group members showed varying degrees of approach-avoidance. Some of the group members were very open to approaching others and sharing their story and how their experiences may influence and support others. While others tended to avoid interaction and keep their distance. I encouraged communication among group members as well as brought up any conflict that may need to be resolved and overall acted as the initiator and recorder for this group session as well as the gate-keeper; ensuring we all understood the purpose and goals of the group and recording suggestions and feelings of the group all while keeping the communication flowing from each member. With this session being the first for this group, the roles of the members are just beginning to form. Alicia served as the information giver as well as the encourager; she was open to sharing her wisdom and experience with the group while encouraging those who doubt the success of the group. Alaina served as the elaborator and summarizer; sharing how her experiences pertain to the goals of the group and each member as well as summarizing and offering suggestions to making the group successful. Cheri and Cukeyra acted as the opinion givers; their communication with the group involved their own opinions on their success or failure within the group instead of finding ways to move forward.

 The evidence of diversity within the group was shown through each member’s self-disclosure about their backgrounds and what they are looking to get out of the group. Due to this being the beginning phase of this group’s development we are in the beginning stages of developing group culture. Each member brings to the table their own culture as well as their own previous life experiences that made them who they are today. Through the following sessions the group will build their own group culture once the values and beliefs of the group in clarified and defined.

**Session 1:**

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| **CONTENT****#2 What did you see?** | **Social Workers Gut-level****Feelings** | **Logical Interpretation of Client Interaction****#3** |
| Social Worker (Christy): Hello everyone, and welcome to this group treatment session at the safe house for women. Let’s begin by introducing ourselves and sharing what you feel comfortable sharing about what has brought you here with us today. | I am feeling anxious about beginning this new group and promoting positive group dynamics. |  |
| Cukeyra: My name is Cukeyra and I’m 18 years old. I just recently moved from Texas because my mother and sister are being abused by my father. I just graduated from high school and I’m trying to go to college and pick up a job so I can move my sister to Detroit. I think that groups are a waste of time. | The client is uneasy about being in a new environment and feels pressure to go to school and get a job in order to get her sister away from her abusive father. She feels that her time could be spent better elsewhere. | The client is feeling a lot of pressure to get her sister out of an abusive environment. |
| Cheri: I’m Cheri and I am married with 3 kids. I’ve only been here a few days; I have no plans because I don’t know what to do, I have no money and no education and have nowhere to go. I am resistant to be in this group because I feel that leaving was a mistake. I have no source of income and no education to support myself and my children. I am not ready to accept the fact that I need help.  | She thinks that moving forward is harder than going back and she is scared of the possibility and consequences of change. | The client seems hopeless about her situation, speaking quietly and unsteady.  |
| Alaina: Hi I’m Alaina, I lived in the safe house 2 years ago when I was married and since then I have gotten divorced after living through 3 years of physical and emotional abuse. I am back because I fear that violence will find its way in to any relationship that I get involved in. | The client seems proud that she was able to get out of the abusive relationship and hopeful that through this group she will be able to move forward. | The client is logical and accepting of the fact that she needs assistance from this group. She speaks with confidence and makes eye contact when addressing the group. |
| Alicia M: I’m Alicia, I have attended the group on and off for the last seven years. I began attending after a major life event with my ex in which I stayed in the shelter a week where I was referred to the group. I thought about coming for a while, then finally did and got a lot of perspective out of it. I was coming infrequently for the last few years until now, but am now struggling to deal with old feelings and fear related to the situation with my ex and my future. | The client feels confident in the possible success of this group for herself since she has attended in the past. | She is very open about her past experience and hopeful about her future. She has been through various accounts of domestic abuse and is accepting of the fact that she needs support again. |
| Social Worker (Christy): Well I’d like to thank all of you for coming. It’s a big step and we’re all going to work together. A couple things I want to go over are the purpose of our group and our goals. Keep in mind that these are fluid; they will change as we need them to change. So if any of you are uncomfortable with something or feel that our goals need to be changed then that is what we work through together. So the purpose of group is to heal, educate & power women of domestic violence. Secondly, our goals are, and I have five of them to start us out are number one; to educate women about the dynamics of domestic violence, two; to support domestic violence survivors healing from the effects of trauma, three; to support group members in the healing the full range of trauma they may have experienced not just domestic abuse at home but it could be child abuse or sexual abuse prior, four; to support survivors of abuse in developing strategies and identifying resources to help prevent them from experiencing abuse again, and finally to help survivors plan & prepare for life outside of the safe house, including developing strategies for their safety in the community. Does anyone have any questions or concerns about our goals or purpose statement? | I am feeling confident after listening to the group that the purpose and goals I am presenting are relevant and will be helpful to each group member. |  |
| Cheri: I do, I don’t think I’m going to be able to meet any of those goals. | The client seems scared of change and without the willingness to open up I worry that she might not get out the group what she needs. | The client lacks self-confidence therefore doesn’t think that change is possible. |
| SW: And why do you think that Cheri? | I am leaning into her feelings hoping that she will elaborate. |  |
| Cheri: Because like I said before I don’t have any family to go to I have no education I have no money, how am I supposed to support myself and my kids when I don’t have anything? It’s easier to just go back than to have to struggle like this. | I feeling that the client does not have a support system to help her outside of the group therefore she is not aware of the resources available to her. Her tears and lack of confidence lead me to believe that deep down she knows that staying in the relationship is not the best choice. | The client speaks without confidence while tearing up. |
| Alaina: I think that that’s what we are here for. We are from all walks of life and we’ve been through abuse and domestic violence in our own ways. Our own unique experiences will allow us to be a support system to you just as you are to us. | I feel that this client has felt the way the Cheri feels and can relate and is offering her encouragement. | Due to the client’s positive experience with the group before, she is confident in encouraging other members. |
| SW: Alaina since you are two years out of the abusive relationship, did you have some of the same fears that Cheri has? | I think that if Alaina elaborates Cheri may be able to see some similarities between them and gain hope. |  |
| Alaina: Absolutely, I stayed in the relationship for a long time for fear that he was going to severely hurt me if I tried to leave. It was just easier to stay than to think about all the challenges I would face if I left. | I feel confident that many of the group members can relate to this. | The client is offering up her own personal feelings and experience so that another can understand that they are not alone and someone does understand. |
| Cheri: But I feel like no one else will love me like he does. | I think that the abuse that the client has gone through has broken her down so much that she feels worthless and unlovable. | The client has virtually no self-confidence or self-worth and she thinks that her husband truly loves her. |
| SW: Cheri do you think that he loves you when he hits you? | I asked this to gain a better understanding of how she defines abuse. |  |
| Cheri: But he always apologizes so that must mean that he loves me. | I am disheartened to hear how lost the client is and am sure that she feels this way because the perpetrator of violence has associated apologies with endearment. | She is naïve and uncertain of how she is feeling. She still speaks quietly and uneasy. |
| Alaina: I think that maybe one of our goals should be to help one another recognize the signs and consequences of domestic abuse. | I am pleased with the involvement by Alaina and appreciate the input on our group goals. | She wants to make sure that all members can relate to these goals. |
| Alicia M: I agree with Alaina and I’m not sure if it relates to any of your goals Cheri, but clarifying healthier lifestyles emotionally and physically would be a great goal for our group. | I feel elevated knowing that such a support system is already forming. | The client feels that there may be differences in how the group members define abuse and by clarifying signs of a healthy relationship; one may be able to easily recognize signs of an unhealthy relationship. |
| SW: I’m taking note of this. | I wanted to ensure that the group knew that I was taking in all of their thoughts and suggestions. |  |
| Alicia M: I don’t know if the other members agree but I think that we should go over our goals periodically throughout the session and again at the end to really begin to understand them. | I am understanding and agree that by repeating these goals it will be easier for the group to work towards them | The client is sharing with the group an idea that will help her in working towards her goal with the hope that it will help others as well. |
| SW: Absolutely. So one of the first things that we will work on is defining domestic violence and trying to clarify what it is that we are looking for. If we define it and clarify it then we will know signs to look for in the future and what to avoid, right? | I want the group to be confident me and the direction that the group is going. |  |
| Alaina: Right. |  |  |
| Cheri: Yes. |  |  |
| SW: So because we are getting to know each other, let’s talk about something a little lighter initially just until we get to know each other better. What is everyone’s experience with group work? Have you all been part of a group before and what did you like and dislike about it? | I did not want the group members to feel overwhelmed or uncomfortable about sharing too much too soon about their particular experience with domestic violence. I changed topic to focus on the experience in group work. |  |
| Alicia M.: Other than this group that I’ve been coming to on and off for seven years I don’t have much experience with group work other than a training program for a job. We acted as a support system to one another with the goal being to get certified. We had an instructor presenting but we had a lot of time to collaborate with each other and get out shared frustrations and honestly this collaboration seemed to more helpful than the actual teaching that occurred. The open forum and applied learning was very beneficial as I can see that the openness of this group will be too. It gave me a new perspective and ideas and others way to approach things and that was a good group experience. | I am feeling fairly confident that Alicia is well educated and at this point in her life able to point out the positives in group work and acknowledge that groups can and will work if you allow them to. | The client is expressing the importance of support and groups regardless of the purpose of the group. She is sharing the importance of mere communication and collaboration in any groups success. |
| SW: Okay Alicia so you had a good experience with your group? | I am making sure that there is nothing else she wants to share about this experience. |  |
| Alicia: I really did, I guess I didn’t address anything that I didn’t like, maybe there wasn’t anything, I’ll think about it. | My gut feeling is that the good outweighed the bad in this particular group she worked in and therefore she could only think of things she liked from that group experience. | The client enjoys group work. |
| SW: Ok thanks. Alaina? |  |  |
| Alaina: Well like I said earlier, I was part of this group back when I was married. This place served as a place I could go and feel safe to talk to others about my feelings with other people who are in similar situations. But on the flip side that was also the hard part, it’s hard to open up to people who you don’t know right off the bat and don’t know if you can trust right off the bat. | I sense that group treatment makes the client feel vulnerable and think that many of the group members share this feeling. Although I am pleased that the client shared her positive experience with the group regardless of her vulnerability. | The client gains support through groups but is admitting that she feels hesitant when beginning a group or working with new group members. |
| SW: For sure, that’s going to be part of our goals, to make sure that we establish trust and confidentiality within the group. It’s very important for us to be able to say what we have to say without worrying that it’s going to leave the group. Cheri? | I want to ensure the confidentiality within the group and begin to build trust. |  |
| Cheri: I don’t have any experience with anything. I have been married and I have kids and I really haven’t experienced anything else. | My gut feeling is that the client really has experienced group work but is unwilling or unable to recall and share that experience due to her focus on her abusive relationship and destructive outlook on life. | The client is not ready to open up to the group and feels inferior. |
| SW: So do you have anything that you’re concerned about as far as the group or something that you are looking forward to. | I’m trying to ensure that she has the opportunity to share if she wants to. |  |
| Cheri: I’m not sure if this group will help me or not. | I am hopeful that this group can help her but unsure due to her negative attitude. | She is not ready to accept support openly. |
| SW: Ok and if you felt that you could get something out of it, what would it be? | I am trying to turn a negative interaction into a positive one. |  |
| Cheri: I don’t know. I don’t know if I’m ready to get anything out of it yet. | She is affirming my feeling that she is unwilling to allow this group to help her. | She admittedly isn’t ready for change. |
| SW: Ok think about and hopefully you’ll come up with something. Cukeyra have you even been part of a group before. |  |  |
| Cukeyra: I was part of a support group back in Texas for domestic violence. I have to honestly say I don’t like groups; I don’t want to be here. The only reason I’m here is because my pastor referred me. It seems like as soon as I’m in a group, I’m a private person, and as soon as I’m in a group everyone opens up and gets upset that’s what happened at my last group. We were supposed to open up about how domestic violence has affected us, next think you know I’m hearing everyone’s dirty laundry. I felt like my time was wasted and I could have been more productive. We would be talking about domestic violence one minute and then the next about dogs, about 9/11 then we’d be talking about Christmas. It was a waste time of time and didn’t like it at all. | I get the feeling that this client feels uncomfortable in a group environment and doesn’t know how to communicate with those who are expressing despair.  | The client speaks loudly and with conviction. She is confident in her outlook on group work and is hesitant to get involved in this group due to negative previous group experience. |
| SW: Ok, well thanks for being honest and we will definitely work on sticking on topic in this group. | I didn’t want the group to be alarmed by Cukeyra’s illustration of a group. I wanted to ensure the group that we will stay on topic while allowing the members to openly speak about their experiences. |  |
| Alicia M.: I’ll be honest if that’s ok. I know I need this group but my life is really busy and that was a consideration for me too. I haven’t been back to the group and I’m sure that the dynamics have changed and I had some of the same concerns as Cukeyra on whether or not this was going to be worthwhile. | I am pleased that group cohesion is forming and some group members are beginning to relate themselves to others within the group. | The client is expressing her concerns and relating them to Cukeyra’s experience. |
| SW: The first thing that we want to do is establish honesty and allow everyone to feel comfortable to express their opinion so thanks to both of you for doing that. So now that we have established our purpose and some of our goals where there any other concerns or questions that need to be addressed as far as purpose or goals or expectations for the group? | I am showing appreciation for the openness of the group members hoping that this encourages the members who did not divulge as much to feel comfortable sharing and that it’s respected. |  |
| Alicia M.: Well having been around the block a couple times here, I could say at least for myself and maybe for the group, I would hope that our purpose would include listening and hearing others. While offering support, acceptance and new perspectives and helping one another work through feelings and questions to really adapt some different outlooks. I don’t know if I’m just reiterating what you’ve said but I think this could be beneficial to the group. | The client gains comfort from clarifying the groups goals and purposes and wants to ensure that her concerns are addressed in these goals. | The client wants the group to be successful so she is offering ideas that she feels will improve the group dynamics. |
| Alaina: I think that one of our goals should also be finding similarities between each of us and also pointing out the differences among the group and what we can do to help each other and what we can share from our own unique life experiences; what worked for them and what didn’t work for them in order to help others move forward. | My gut feeling is that Alaina and Alicia are going to be a strong support system for the other group members who do not have as much experience with group treatment as well as moving forward from domestic violence. | The client is sharing ways that helped her in previous sessions and situations in hopes that she will again benefit but that the rest of group will benefit as well. |
| SW: Well said, thank you. So you see Cheri, something that is important for you is to look at Alicia and Alaina and understand that they have been where you are and have made positive changes in their lives and you too can have that opportunity. | I am encouraging the process of relating one members concern and experience to another and helping members learn through others experience. |  |
| Cheri: I hear what you’re saying but I don’t see myself feeling it at this moment. | I am feeling grim about the outlook of this client but hopeful that she said, “at this moment.” This shows that there is a chance for her feelings to change. | The client is expressing her hesitance to treatment. |
| SW: Its baby steps, it’ll be over time and with the support from the rest of the group, hopefully we’ll get there. | I am trying to encourage Cheri and show the significance and purpose of the group and how she can benefit from it if she allows. |  |
| Alicia M.: My situation was a little different than yours Cheri, kind of a backwards scenario which you’ll come to find out about. But I can definitely relate to not knowing, that’s where I am again now. Deciding if I’m ready to make a decision and what effect these decisions will have on my life. It feels like there are a lot of factors and consequences but what my experience has been is that this group really does help you see things differently if need be or add some perspective. I’ve enjoyed it and it has been beneficial when I was here before and it’s a big part of how I got to be where I am. I’d like to encourage you that you will get something out of it and what that is, is up to you. | I am feeling delighted about what Alicia brings to this group. I feel very confident that through interaction such as this, the group will begin to make connections and begin to understand and value each other and each other’s experiences. | The client is relating her past feelings and current feelings to Cheri and her situation. She is opening herself up to benefit Cheri and encourages Cheri to give group a try. |
| SW: Thank you Alicia. So I think that now we know each other a little bit, we will end here for the day. I’m going to ask you to do two things. For next week come up with a definition of what you think domestic violence is and also come up with one goal for yourself that you would like to accomplish, whether big or small whatever it may be, just one thing. Thank you everyone. | In order to help clarify our goals and purpose I feel that by asking the group members to answer a few questions for next session will serve as a great starting off point for session two and allow us to clarify our goals to accommodate everyone. |  |
| Alicia: Thank you. | I think that Alicia was genuine in her closing. | The client spoke very sincerely when addressing me. |
| Alaina: Thanks! | I think that Alaina was grateful for the experience. | The client spoke very nicely and appreciatively. |
| Cukeyra: Bye. | My gut feeling is that Cukeyra was in a hurry to get out of group and did not appreciate this first session due to her short response. | The client’s closing was not very caring or heart felt. |

**Session 2:**

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| **CONTENT****#2 What did you HEAR?** | **Social Workers Gut-level****Feelings** | **Logical Interpretation of Client Interaction****#3** |
| I began the session welcoming and thanking the group members for participating in the session and by recapping the purpose statement and the goals. | I was happy to see the group members returned for a second session. |  |
| I began a round robin by asking the group members to share their favorite color and television show with the group in order to point out some similarities among group members and to help the members feel a part of the group. |  |  |
| The group began to share their favorite colors and TV shows beginning to make connections with each other. Alicia M., Alicia P., Alaina and Christy all had warm responses but Cheri’s seemed to be coming from a place of irritation. | I felt that the group was eager to share and make connections. Cheri’s response and tone made me feel disappointed. I feel that Cheri is hesitant to open up even about something as little as her favorite color. | Cheri does not feel that the group will help her so she not confident in sharing with the group. |
| I explained the goals of today’s meeting: different types of domestic violence and how the group defines domestic violence. |  |  |
| I asked the group members to share their own personal goals and plans to achieve that goal. |  |  |
| Alaina was very open with her response and willing to express her goal of being able to trust again. | I think that Alaina is in a vulnerable place in her life and she is afraid that she will end up in another abusive relationship. | Alaina is open to the group and willing to work towards her goals. |
| Alicia M. spoke very openly and related her goals and situation with Alaina’s goals and situation. She expressed her concern with being afraid and her goal of losing that sense of fear in relationships and in general. | I think that Alicia M. lacks self-confidence and doesn’t realize how strong she really is. | Alicia is willing to open up and work on her issues. |
| I paraphrased what I was hearing Alicia M. say in order to ensure that we were on the same page and to see if she would elaborate on anything. | I felt that Alicia M. had more to say. |  |
| Alicia M. did expand on her goals when prompted by expressing her desire to be more confident in herself. She seems to doubt her capabilities and lacks confidence in her choices.  | Alicia M. reaffirms my initial thought in her lack of self-confidence. | She feels and thinks this way because of the effects of her abusive relationship. |
| Alicia P. was new to the group and she was hesitant to share her goals and wanted clarification on what types of goals I was asking for. She expressed to the group that the only reason she was in the group was because her parents made her come. Her boyfriend has hit her on occasion and her parents fear for her safety. She doesn’t feel that she has any domestic violence issues therefore she has no goals regarding domestic violence. | I think that Alicia P. is in denial. She doesn’t want to admit that her relationship with her boyfriend is an unhealthy one. | She is blinded by love and rebelling against her parents. |
| Cheri confessed that last week she didn’t feel that she should be in the group therefore she didn’t have any goals and she still feels the same this week. Her tone of voice seems sad and lacks confidence. | My gut-feeling is that Cheri is embarrassed to share with the group because her husband has belittled her so much that she feels her opinions are worthless. | Cheri doesn’t know if the group will help her. |
| Christy is very confident in self disclosing and has definite goals. Her goal is to be financially stable to support herself and her son. | I feel sure that Christy knows that this group will help her. | She is open to help and support from the group. |
| I assured the group that their goals are very achievable if we work together towards those goals. |  |  |
| I redirected the attention to Alicia P. She seems to be okay in her relationship and doesn’t think that her boyfriend’s abuse is anything to worry about. I did this hoping that she would elaborate on what she considers abuse and to what extent she thinks it is acceptable. |  |  |
| She says that she is very happy but confesses she does feel scared at times. | My gut-feeling is that Alicia P. is scared inside but is so young and in love that she doesn’t want to admit to herself, let alone anyone else that her relationship may not be so perfect. | She wants to relate with the group. |
| I asked her to look forward to her future with her current boyfriend. |  |  |
| She confirms that she thinks that she will be with her boyfriend for life and he isn’t going anywhere. | I think that she is young and impressionable. | She is overly optimistic about her high school relationship. |
| I then open the group up to a discussion on what domestic violence is by giving a general definition, hoping that the group members will add to it. |  |  |
| Alaina expresses her concern with my definition and thinks that it was too limited. She gives her opinion on what domestic violence means to her, elaborating on not only physical abuse but sexual and emotional verbal abuse as well.  | I think that Alaina feels that she didn’t fit exactly into my definition of domestic violence. | Alaina didn’t want to feel that her experience wasn’t included in the group’s definition. |
| Christy follows by adding to Alaina’s definition by elaborating on her definition of domestic violence based on her own experience. She shares that in her case it started with her husband trying to dominate her and control her actions by isolating her. She gives examples such as her husband ordering her dinner for her at a restaurant and shares her feelings now in hindsight that she didn’t even realize what was happening. | My gut-feeling is that self-disclosure is beneficial to Christy and she wants to make connections to others in the group through mutual experiences. | She wants to make sure that the type of violence she experienced is considered. |
| Alicia M. shares her agreement with Christy by defining domestic violence as a means of controlling someone else, subtly or obviously. | Alicia M. feels a connection with Christy and feels confident that their situations are similar. |  |
| Christy shares that she never experienced actual physical abuse from her husband until after she was married and had their son but looking back now she can see subtle ways that he controlled her from the beginning of their relationship. She expresses the fact that domestic abuse can start off as something so subtle but eventually once the perpetrator gains control it gets out of hand. | My gut-feeling is that Christy wants to inform the group of her situation so that others can learn from it. | She was sharing her experience for her own benefit and the benefit of the group. |
| Alicia M. finds many similarities with Christy’s story. |  |  |
| Alicia P. reacts defensively by assertively stating that her boyfriend orders for her at restaurants and she doesn’t see anything wrong with it. | I feel discouraged about Alicia P.’s attitude towards her situation and the group. She is not seeing the bigger picture. | She loves her boyfriend and she is defending him and her relationship. |
| Christy self-discloses that’s exactly how she felt at first and asks Alicia P. what she does if she doesn’t like what he orders. | Christy feels passionate about this and wants to help Alicia P. realize her situation. | Christy wants Alicia P. to learn from her experience. |
| Alicia P. follows by stating that she just eats it anyways because that’s what he ordered for her and she doesn’t want to make him mad. | This shows me that she is very passive. | Alicia P. tries to escape conflict. |
| Christy tries to get Alicia P. to understand that he is trying to control her. Christy’s voice is tense. | My gut-feeling is that Christy can see herself in Alicia P. and is perplexed by the fact that Alicia P. can’t see the signs. | Christy shows frustration because Alicia P. does not see the big picture. |
| Alicia M. adds to the conversation by asking Alicia P. what her boyfriend would do if she didn’t allow him to order for her or if she wanted to talk to an old male friend. | I think that Alicia M. can see that Alicia P. is in an unhealthy relationship and is trying to help Alicia P. see that too. | Alicia M. is curious if Alicia P. has ever not been passive in the relationship. |
| Alicia P. states that she doesn’t know because she usually likes what he orders and appreciates it. | I think that she is so conditioned to please her boyfriend that even if she didn’t like what he ordered she would make herself think that she does. | Alicia P. thinks that it’s sweet how her boyfriend treats her and doesn’t understand why the group can’t see that. |
| I praise the group for having such a great group interaction. |  |  |
| I open the floor up again asking the group to talk about how their past influences their life today and how they can look forward to a positive future. |  |  |
| Cheri has not interacted once openly without being asked to. | She has no faith in the group and its possible success in helping her in her situation. | She doesn’t think the group will help her. |
| Christy self-discloses about her family’s history of domestic violence and expresses her gratefulness that discussions on domestic violence are so accepted today unlike in her grandmother’s time when talking about family issues was not acceptable. | My gut-feeling is that Christy gains a lot out of the group sessions and being able to talk about her feelings. | Christy is thankful for the opportunity to openly talk about domestic violence. |
| Cheri asks the group how she is supposed to look forward to her future when she has nowhere to go and no support. | Cheri is hopeless and insecure and is seeking for a concrete, cut and dry answer. | Cheri doesn’t have outside support and the thought of life on her own with her children seems impossible. |
| I encourage Cheri that this group will serve as support for her and empower her to be optimistic about her future. |  |  |
| Cheri states that everyone else has a support system but her. | She is not trying to find commonality within the group. | She is expressing her feeling of isolation. |
| Alaina encourages Cheri by relating her past experience with domestic violence and leaving a spouse to Cheri’s and assures Cheri that how she is feeling is totally normal and offers to Cheri resources and tips that she used to get past that time in her life. | I am feeling hopeful that the group dynamic is forming and group members are beginning to support each other and provide resources. | Alaina wants Cheri to know that there is support out there and is trying to empower Cheri by relating their situations. |
| Cheri tells the group that she has been in her abusive situation for so long that she doesn’t know how to deal with not being in that situation. | She has become comfortable in her relationship regardless of the abuse. | Cheri is afraid of change and likes consistency so doesn’t know how to live a life without abuse. |
| I praise Cheri by acknowledging that she has taken the first step. |  |  |
| Cheri shuts down and says that she is not ready to talk about it anymore. | She is not comfortable opening up and is beginning to see that this group may help. | She is afraid of being judged or becoming too vulnerable. |
| Alicia M. discloses to the group, specifically to Cheri that she has been there and taking this step to seek help and support is huge and it’s finally admittance that something is wrong and that Cheri acknowledges that she does not deserve what she is going through. | I am encouraged to see such support forming. | Alicia M. wants the group to realize how big of a step this is. |
| Alicia P. tells the group that she’s not here because she is admitting anything is wrong. She believes her boyfriend when he says he’s sorry and he won’t hurt her again. | She seems naïve and blind to the abuse she is going through. | Alicia P. is protecting her boyfriend and standing up for his actions by trying to make excuses. |
| I offer Alicia P. and to the group an idea to assess their situation. Make a list of the positives and negatives of the relationship. |  |  |
| Alicia P. tells the group that she doesn’t like to bring her feelings of fear up to her boyfriend because that’s what sets him off and triggers the abuse. | Alicia P. is afraid of her boyfriend and is passive so not to set him off. | She is avoiding the problem. |

**Session 3:**

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| **CONTENT****#2 What did you HEAR?** | **Social Workers Gut-level****Feelings** | **Logical Interpretation of Client Interaction****#3** |
| I welcomed everyone to the group and thanked them for coming back to our third week. I went over what we discussed in our first two sessions and the goals and purpose of our group. |  |  |
| Everyone is quiet so far this session not offering any input on our group goals. | My gut-feeling is that we have narrowed down the goals and purpose of the group so everyone feels comfortable with them. |  |
| Alicia M. seeks clarification on one of the goals. | She is trying to relate this goal to her situation. | Seeking clarification. |
| I opened the floor up to anyone willing to share their definition and signs of domestic violence. |  |  |
| Christy shares that her definition is anytime one person controls another either physically or emotionally. | My gut-feeling is that this definition sums up her experience of abuse. | She is sharing her opinion. |
| Alicia M. adds that it can be intentional or not and obvious or not. | She has experienced both subtle and obvious forms of abuse. | She is sharing her experience so that others can relate. |
| I ask the group to discuss their concern with the group or any anxiety they may have with the group. |  |  |
| Christy shares her concern about when she leaves the group house where she will get the continued support from. | Christy feels anxious about life on her own with her son and how she will be able to do it. | She is scared that she will not have ongoing support. |
| Cheri shares that she has the same concern. | Cheri lacks self-confidence and is afraid that she will not be able to support herself and her children. | Cheri is beginning to make connections. |
| I assure them that through this group we will gain characteristics to help ourselves once we are out plus the group house will provide resources for them to utilize for out patient care. |  |  |
| Christy seeks to learn how to ensure that she will not succumb to another abusive or controlling relationship in the future. | She is unsure of her ability to have a healthy relationship. | She is seeking guidance in how to avoid abusive relationships. |
| I share with the group our goal for this session; pinpointing characteristics of a good relationship as well as characteristics of a bad relationship. |  |  |
| Alaina shares that support and having a partner that has your back is a characteristic of a good relationship.  | I think that Alaina feels this way because support is something that she lacked in her marriage. | She is sharing what is most important to her. |
| Cheri states that being loved unconditionally is something important in a good relationship. When prompted to elaborate on good relationships Cheri declined. | She is not confident in her responses and not comfortable in a group setting. | She expresses the trait that she feels most important but isn’t confident enough to elaborate. |
| Christy feels that mutual decision making is crucial. | I relate this to her interactions earlier and that a lack of independence was an issue for her. | She is stating a characteristic of a healthy relationship that she feels is most important.  |
| I express the importance of teamwork in a relationship. |  |  |
| Cukeyra seems unsure due to her hesitation in responding. She tells the group that a good relationship is one that does not involve negative physical abuse. | Her lack of ability to come up with a positive trait rather than the absence of a negative trait tells me that physical abuse has been an issue for her in many relationships. | She has been in unhealthy relationships therefore it’s hard for her to come up with characteristics of a healthy relationship. |
| Alicia M. agrees with everyone and adds that a healthy relationship must have mutual respect and will enhance your life overall. | My gut-feeling is that Alicia M. has experienced a lack of respect in her past relationships. | She is connecting with others and adding her opinion. |
| I shared some other characteristics of healthy relationships and moved on to characteristics of unhealthy relationships. |  |  |
| Alicia M. shares that in her previous relationship her boyfriend was overly critical. |  | She is sharing with the group her experience. |
| Cukeyra self discloses about her relationship with her father. She shares that her father used to put her in a scalding hot bath tub when she was a child. | I feel disheartened when listening to Cukeyra’s story. My gut-feeling is that she grew up around violence and she is trying to escape those relationships and memories. | She is sharing with the group her experience allowing the group members to gain a better understanding of Cukeyra. |
| Christy expresses that the lack of independence was what negatively affected her in her previous relationship. | Isolation has had a huge impact on Christy’s life and her outlook on relationships. | She feels strongly that dependence is important in a relationship due to her isolation in her previous relationship. |
| Cheri states being belittled is a characteristic of an unhealthy relationship. | My gut-feeling and through observing Cheri’s interaction it is clear that she has been belittled and put down to the point where she thinks she is worthless. | Cheri is sharing with the group what she experienced in her relationship. |
| Alaina shares that a lack of consistency i.e. One day her husband was loving and the next he was abusive is unhealthy. | Alaina was walking on eggshells during her marriage and she fears this for future relationships. | Alaina is sharing what she experienced in her marriage. |
| I share some other characteristics of unhealthy relationships. |  |  |
| Christy added that the more you try to keep the peace the more they expect it. | I think that Christy was passive in her previous relationship. | She is sharing her feeling of good for nothing in her previous relationship. |
| Alicia M. states that we’re never good enough. | Alicia is for the first time showing a sense of self-doubt. | She is relating to what Christy said. |
| Alaina expresses the importance of knowing where to draw the line and how to recognize the negative traits before it’s too late. | This tells me that Alaina has had a hard time in the past differentiating between the good and the bad and when it has gone too far. | Alaina is sharing her concern that the group may not know how to recognize and what to do once these negative traits are recognized. |
| I ask the group members who have gotten out of the relationship how they were able to differentiate between the negative and positive. |  |  |
| Christy discloses that it was gradual to her, little things led to bigger and more hurtful instances until you are completely isolated. She tells the group that her son was what got her to leave; she had to make a decision not only for herself but for her son. | She is very selfless; she feared the safety of her child. | She is sharing what got her to leave. |
| Cukeyra shares about her past with her father and her rebellion in order to get his attention which was negative. She shares the feeling of never being good enough. | She is confident but unsure of her abilities due to being put down by her father. | Cukeyra is expressing how she has experienced the negative characteristics discussed and how they relate to her unique experience. |
| I praise Christy and Cukeyra for being able to move forward and recognize the negative characteristics of their past relationships. |  |  |
| Alicia M. adds that another characteristic of an unhealthy relationship is the removal of praise or affection. | Alicia M. trying to make sure that everyone can relate their experience with the groups forming culture. | She is adding to our characteristics of unhealthy relationships. |
| Alaina shares that a lot of her decision to leave her husband was because of her kids as with Christy. She didn’t want her kids to be a part of the cycle of violence. She states that she had to quit being selfish and think about her children’s future. | I am pleased that she addressed the cycle of violence. | Alaina is sharing her experience and how she was able to escape her abusive marriage. |
| Cheri discloses that she left because of her children as well but is unsure whether or not it was the right decision because now she is afraid that she cannot provide for them on her own. She expresses her guilt that her children had to witness the abuse. | She feels like a failure to her children. | She is expressing the conflict she is experiencing, stay in the abusive relationship and have support and risk your children’s safety or leave the relationship and the abuse and move forward with uncertainty. |
| Alicia M. seems hopeful in saying that we need to only look forward. | She is trying to empower Cheri and the group. | She is encouraging the group. |
| I explain to the group what we will be doing next week in session 4; the cycle of violence. |  |  |