

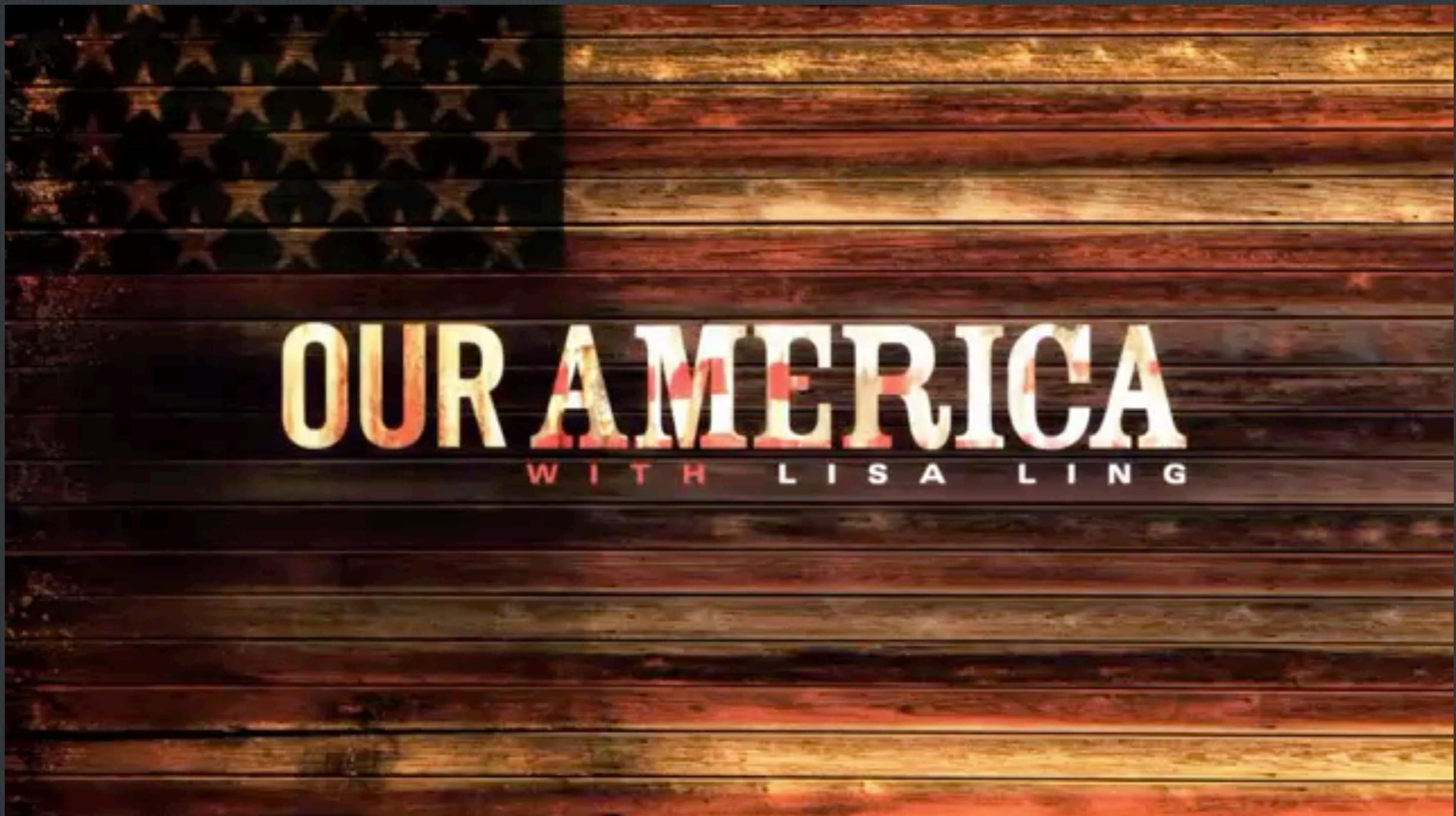
Group Practice Models

Mutual Aid Model



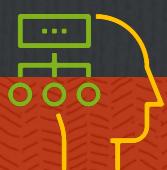
Jacob Campbell, LICSW
Heritage University

Spring 2021
SOWK 487



Our America with Lisa Ling

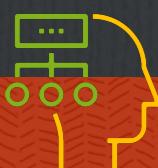
Transgender Support Group Meeting

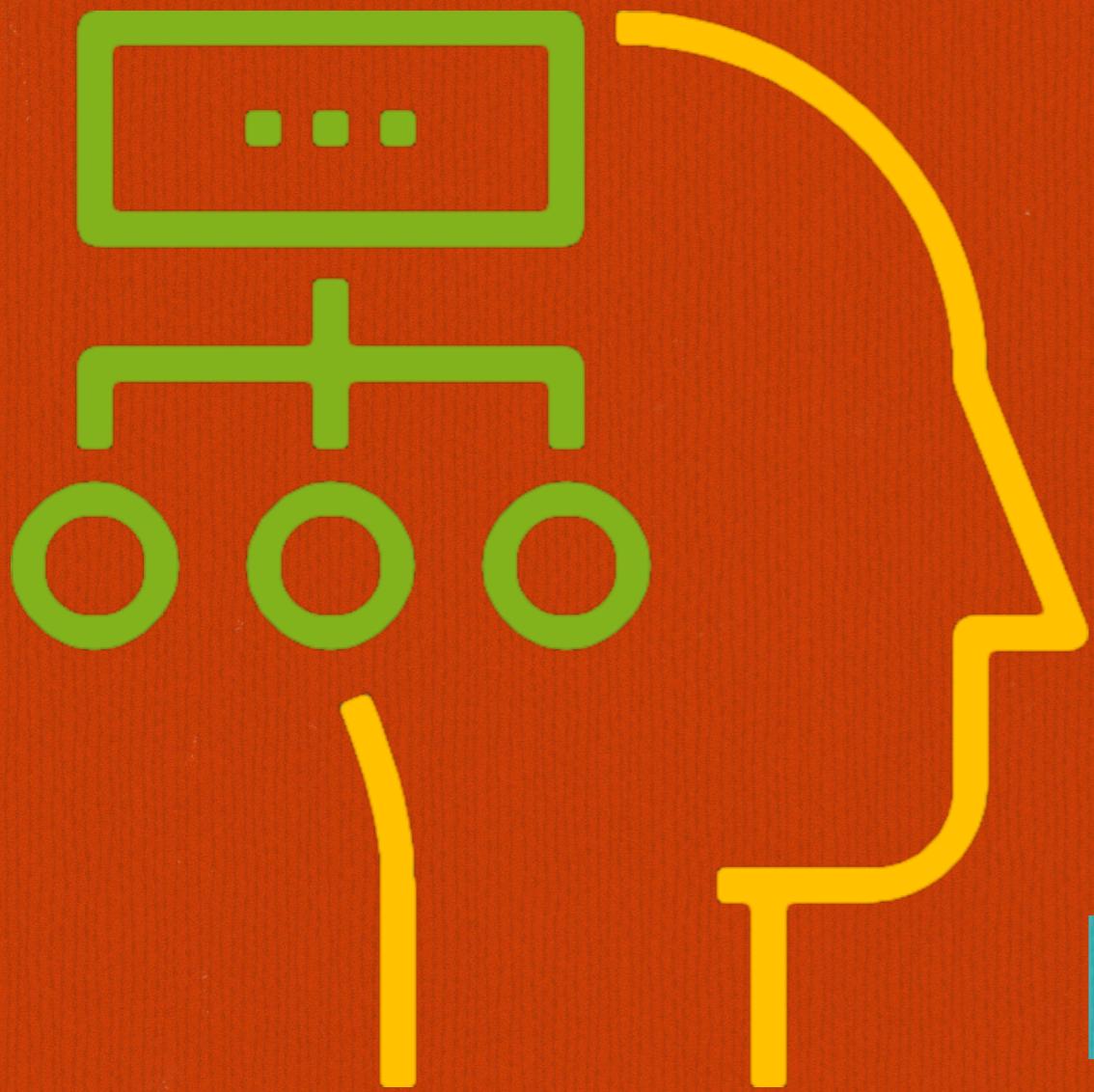


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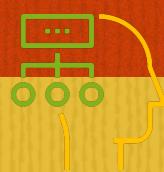
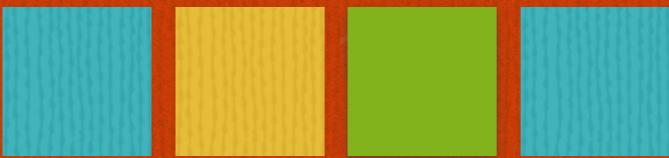
Agenda

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



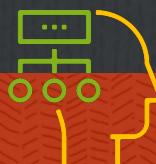


The Mutual Aid Model



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)

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Mediating Function



Social Worker

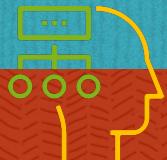
Organic
whole,
dynamic
system

Environment

Health,
growth, and
belonging

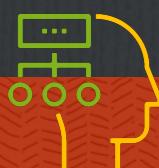
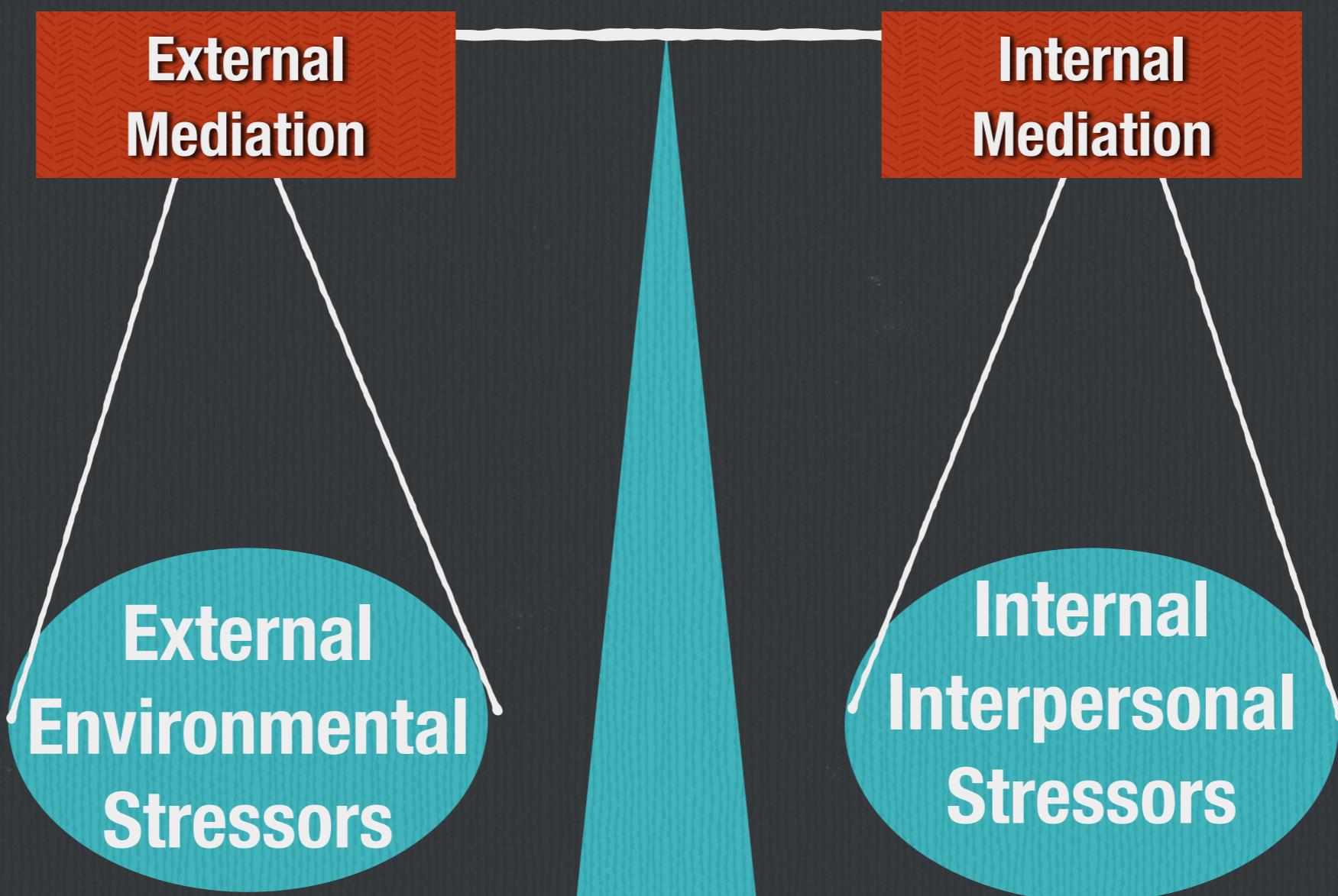


(Schwartz, 1961)



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Mediating Function



(Schwartz, 1961)

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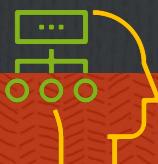
Phases of Helping

Preparation Phase

Contract Phase

Work Phase

Ending Phase



(Schwartz, 1971)

Phases of Helping

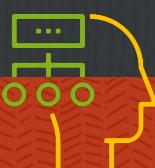
Preparation Phase

Contract Phase

Work Phase

Ending Phase

- Organizational and work preparation**
- Group dynamics and functions preparation**



(Schwartz, 1971)

Phases of Helping

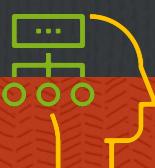
Preparation Phase

Contract Phase

Work Phase

Ending Phase

Clear and mutual agreement



(Schwartz, 1971)

Phases of Helping

Preparation Phase

Find common ground

Contract Phase

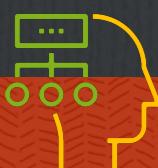
Detecting and challenging the obstacles

Work Phase

Contribute

Ending Phase

Defining the requirements and limits



(Schwartz, 1971)

Phases of Helping

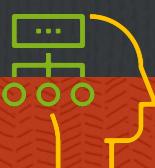
Preparation Phase

Contract Phase

Work Phase

Ending Phase

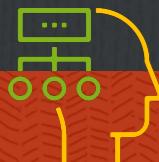
- Managing feelings
- Future planning



(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**



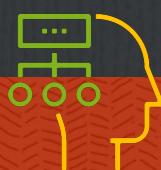
Facilitation

Non
Facilitated

Highly
Facilitated



Mutual Aid

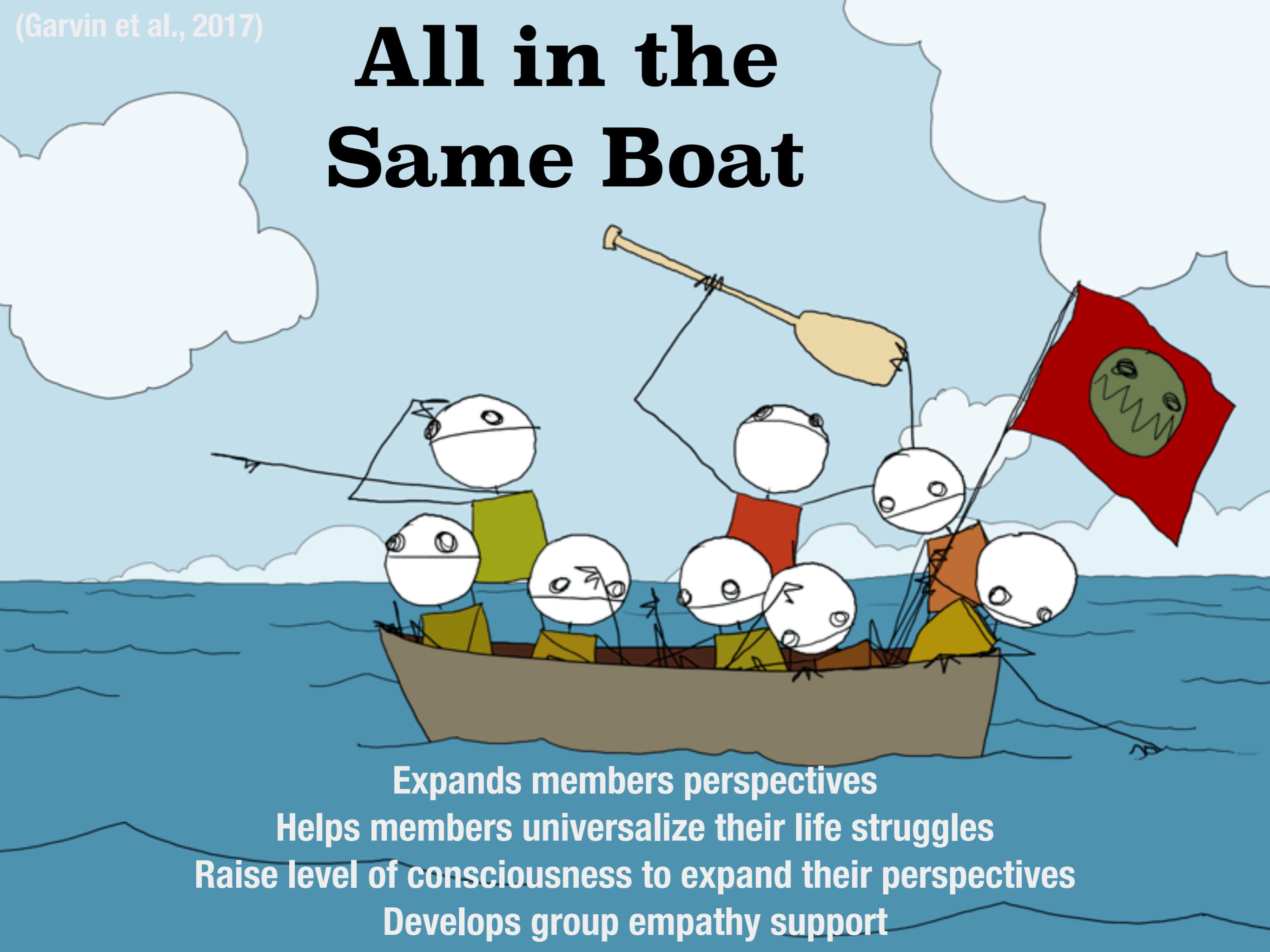


Mutual Aid for Students



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