

Practice with Social Work Groups

Fall 2025 SOWK 530 Week 10

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Plan for Week 10

Agenda

- Course discussion
- Group demonstration
- Using activities in groups
- Planning and implementing a group

Learning Objectives

- ★ Identify and apply foundational group facilitation techniques in a structured group setting.
- ★ Reflect on the importance of establishing group rules, purpose, and session structure.
- ★ Develop a basic plan for facilitating a group.



Midcourse Feedback

What's Working

Clear organization and structure

Engaging and empathetic teaching style

Course content (forums, readings, discussion forums, videos)

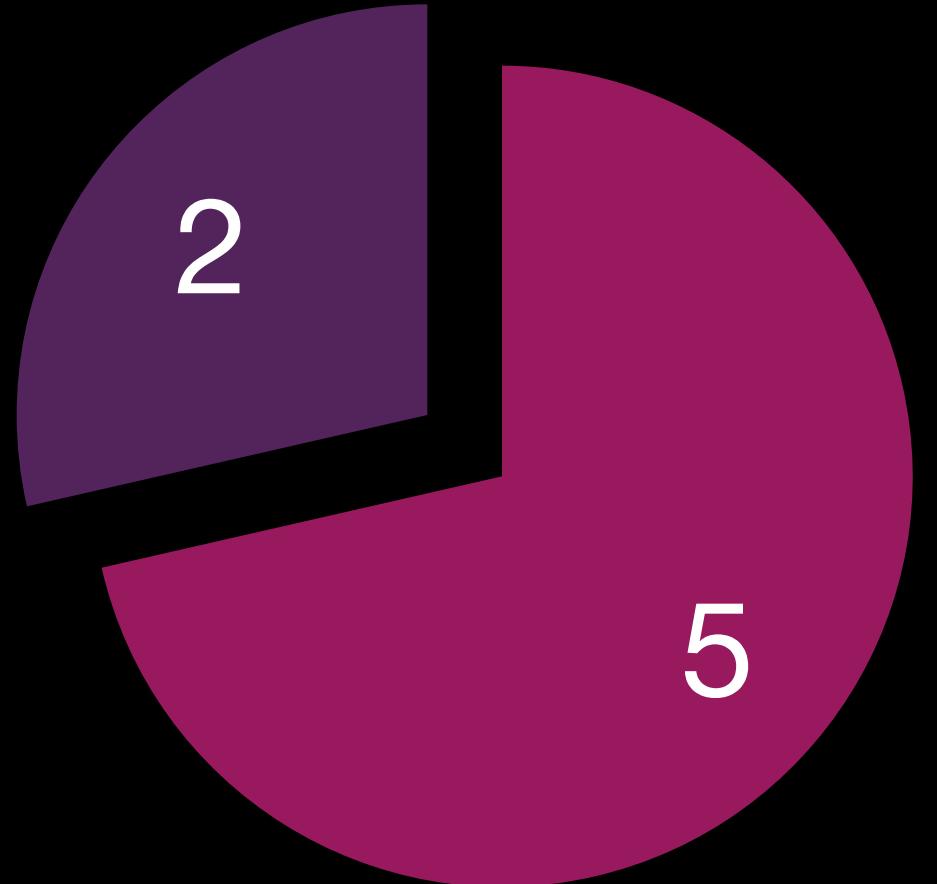
Student Growth

Areas for Improvement or Suggestions

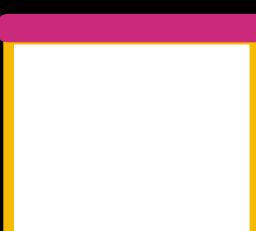
Communication

Heaviness of the content (work load, pacing)

More in-person discussions and spaces



- Completed
- Did Not Complete



Group Demo

Jacob's Group Format

- Review the rules
- Check in question
- Fun engaging activity
- Work on a specific topic or skill



Planning for and Using Activities

Questions to Consider

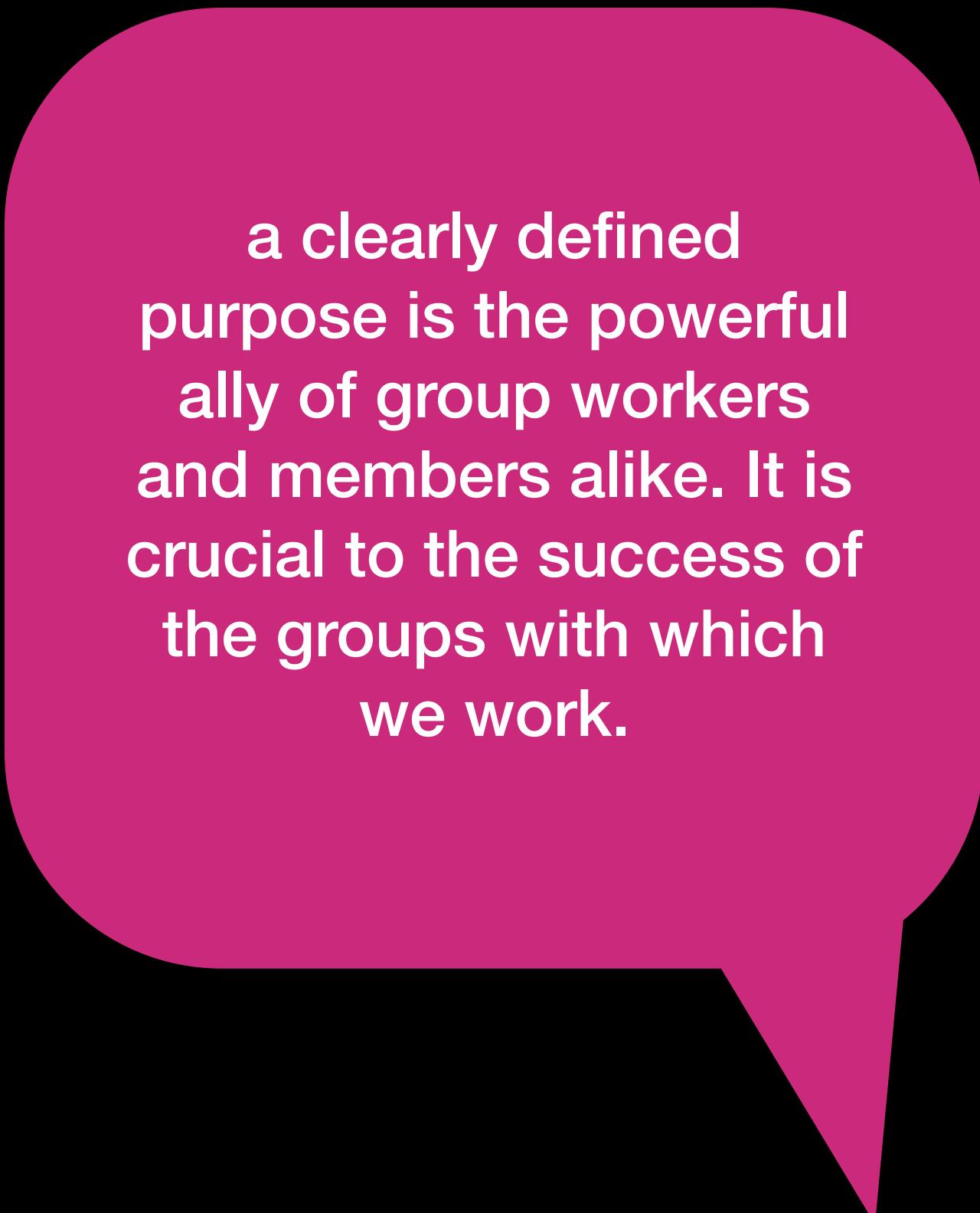


- How prescriptive should the activity be?
- How is the activity regulated or controlled?
- What are the relationship demands or levels of interaction required?
- What is the level of competence required?



Clarity of Group Purpose

- The purpose of the group can be stated clearly and concisely by both clients and the worker
- The stated purpose is the same for both clients and the worker, even if they might express it in different words
- The purpose is specific enough to provide direction and implications for group content
- The purpose is specific enough so that both clients and the worker will know when it has been achieved



a clearly defined purpose is the powerful ally of group workers and members alike. It is crucial to the success of the groups with which we work.

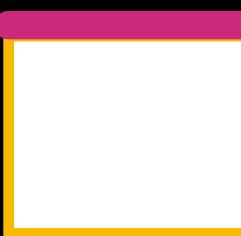
(Kurland & Salmon, 2006, p. 107)



Common Mistakes of Practitioners

Related to Sharing Purpose

- Practitioners promote a group purpose without adequate consideration of client need.
- Practitioners confuse group purpose with group content.
- Practitioners state group purpose at such a high level of generality that it is vague and meaningless and, therefore, provides little direction for the group.
- Practitioners are reluctant to share with the members their perceptions and ideas about the group's purpose.
- Practitioners function with a hidden purpose in mind that they do not share with the group.
- Practitioners do not understand purpose as a dynamic, evolving concept that changes over the life of the group. Instead, they view Purpose as static and fixed.

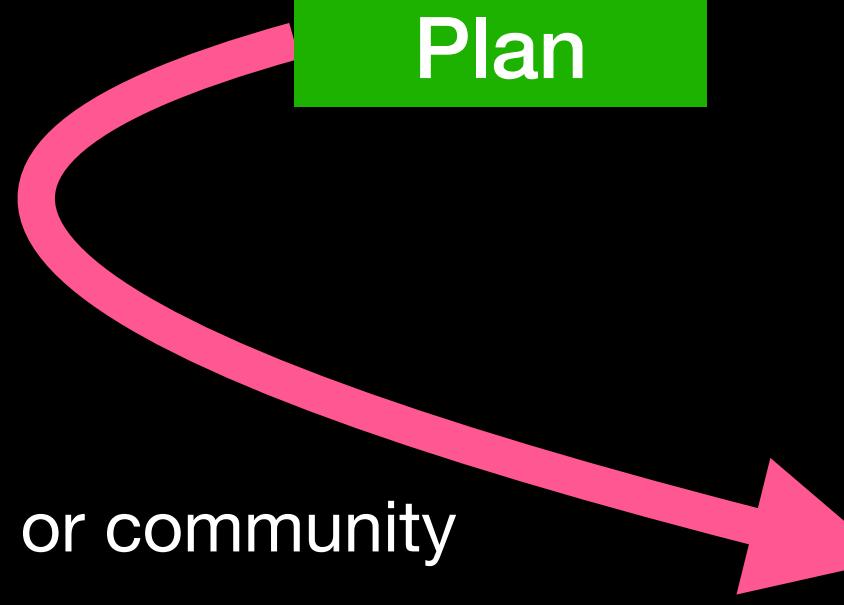


Practice Planning/Implementing a Group

Select a Population

- People charged with domestic violence
- Middle school students with diabetes
- Teenage fathers
- Families of people with schizophrenia
- Elementary school children who have been exposed to family or community violence
- Parents and community members who wish to change a school policy on suspensions
- People newly admitted to an assisted living facility
- Seventh and eighth graders who have no friends
- Teens who want to start a Gay-Straight Alliance in their high school
- Premarital couples
- Widowers
- People concerned about bullying in a school

Make A Plan



The name you will give the group

The type of group

A one-sentence statement of purpose

The size of the group

The length, structure, and format

The location where you will meet

Essential factors in group composition

How will you recruit and screen members

What might your first session look like and the some of the content

Role Play Group Session

With Assigned Roles, Facilitate Group Session

