

Psychoeducational Group Worksheet

PURPOSE LEADER/ACTIVITY

David Beachboard & Jessica Loaiza, Social Emotional Learning (Relationship Building)- 1st session, 5 participants

Welcome/Introduce Leaders -introduce ourselves

-have students say their names

-ask students their opinion of what group norms should be

-go over confidentiality

2-3 minute Icebreaker that relates to topic -Icebreaker (pick up an object close to you and describe how the object reminds you of a friend)

1 minute Transition (Introduce topic) -

Group Activity- (give everyone in the group a few moments to draw their best friend and write down two words to describe them)

10-13 minute Middle content including: Discussion of topic
Activity(ies)

Q & A Processing question(s): What did you write down to describe your best friend? What is something that a friend has done for you that you appreciated or made you feel good?

****allow optimal time for group discussion****

2-3 minute Transition to end

(Summarize the meeting/ what's the "takeaway") -in closing, prompt students to summarize

-assign "homework" for students to talk to someone new or make a new friend

David M Beachboard Scenario 2: Alice and Jane

Identify: What is the issue?

In this scenario, Alice was a participant in this group that was not screened before joining and the lack of information on the counselor's part was a huge mistake. The counselor in this scenario did not adhere to the American School Counselor Association (ASCA) guidelines when it comes to group counseling. Alice who has struggled with depression was added to a group of teenage girls for group sessions that though consent was received she had a past with depression that was unknown to the counselor. The counselor is now in a unique situation because the

student has attempted suicide and the parent is upset at the counselor for this group. The session they had was intense and focused on self-esteem issues in these young girls and could have led to this suicide attempt by Alice. She clearly was not a good fit to be in this group and the counselor is now going to be facing consequences for not ethically setting Alice up to be successful and causing a serious issue outside of school.

Summarize:

This counselor followed the guidelines within the ASCA code A.7.b for group work by having the students get permission from the guardians to participate in the group. Though the counselor did obtain this consent, they did not adhere to the ASCA code A.7.c which is to “screen students for group membership”. By missing this step in the code, the counselor was unaware of Alice’s past depression that if screening happens, they might have been able to flag this and think that Alice may not be a good fit for this group. By not being fully aware, the counselor also violated ASCA code A.9.c which is releasing a student that was a harm to themselves without providing them the proper support. This takes a larger role now that the student has attempted suicide.

Lastly the school counselor did not understand that by not screening they were making a choice and it had consequences which is stated in ASCA code F.f. if the guidelines of the ASCA are followed in this scenario then Alice is screened and most likely deemed as not a good fit for this group counseling session. By following the codes above the counselor would ethically be supporting what is best for Alice and because the steps were skipped, they left Alice vulnerable to a situation in which she was not capable of handling.

Act:

So now that this has occurred it is important that the counselor understand what is at stake. The counselor needs to talk with the parent and understand that the group may not have been a good group for Alice, which will also open for the counselor to express that even though consent was given Alice should have been screened to see if she was a good fit for the group. At this point, I believe administration will get involved and the counselor will need to meet with them and the parent for what is next. Though it may not fall directly on the counselor that Alice attempted the suicide, it could have possibly been prevented if the guidelines are followed correctly. After looking over the guidelines and the history of the counselor, I think a judgement should be made that allows the counselor to continue with the understanding that they must follow all the ASCA guidelines and not pick which ones to follow and any result that is outside of those guidelines again should result in consequences such as losing job and license.