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Social Groups

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Social Groups

One of the five treatment groups is support groups, which entail members meeting for the sole purpose of providing help as well as camaraderie to one another on how to cope with a condition or situation (Bossio et al., 2018). They tend to comprise members who have been through the problem at hand. For instance, Internet Addicts Anonymous is made up of internet addicts as well as recovered internet users. Based on the nature of support groups, they allow members to freely and comfortably share their experiences as well as assertively articulate their feelings. Members who are still victims of the issue at hand feel less lonely when sharing personal involvement with those who have experienced alike conditions. The different types of social groups include online support groups, self-help groups as well as professionally-facilitated support groups.

Secondly, there are educational groups. These are groups formed to impart patients about a circumstance or an ailment. For instance, it could be to raise drug awareness among teenagers or recovery from diabetes (Gladding, 2016). These groups are designed to offer targeted patients opportunities for inquiries, deliberate concerns as well as uncertainties, learning about a condition, and cope or improve a state. These groups are facilitated by therapists who hearten patients to inquire about their condition as well as create a caring, indulgent setting that mutually benefits all members.

Similarly, growth groups are designed with the primary purpose of helping individuals become skillful in some areas of private concern based on intrinsic personal wish (Juhila et al., 2020). For instance, it could be empathetic motivation or interactive communication. Members of growth groups are bound to practice novel skills as well as innovative social practices. Besides, apart from providing members with necessary information and directives about old

habits transformation as well as new conducts acquisition, growth groups also offer psychological as well as emotive care. Equally, there are therapy groups that ease recovery otherwise reintegration post members suffering injury or traumatic situations. Similarly, they could be utilized to aid folks who have experienced an abrupt transformation in their living conditions. For instance, a member may have experienced a traumatic event or have been a prior violent crime victim. Notably, the sole purpose of therapists in these groups is to uphold round conversations on everyone's experiences and command mutual empathy per member story. Members are imparted about coping techniques to face terrifying or excruciating events.

Lastly, socialization groups comprise two or more individuals who interact with each other, sharing alike traits and mutually own a sense of accord (Juhila et al., 2020). Social groups are designed by members who share a common goal. Additionally, these members tend to interact moderately over lengthy periods. The members could be a coworker or even study cliques.

Yes. I have used support group as a facilitator to help teenagers recover from internet addiction. Dealing with adolescents can be a hurtful task, they are an age group where a psychotherapist or a facilitator may have to deal with getting consent from their guardians or parents (MacLennan & Felsenfeld, 2019). Furthermore, certain problems arise, and the group leader will have to deal with it. For those in attendance, they could be disruptive in the group. Their behaviors could range from verbally yelling or picking a fight with another member. Likewise, they tend to be hesitant to engage with others in the group. They can also be dominating, or the group may tend to diverge too. Besides, members in the group may have fleeting thoughts and may lead to a relapse. Lastly, members may manipulate the data in their assignment and fail to follow the given directions religiously.

Despite the above challenges, the support group utilization for internet addicts helps emphasize accountability. Support group helps hypothesize that persons are accountable for determining what they cherish and like to transform in life. Also, it applies to folks in the society whom others have given up for instance members suffering from internet addiction may be a social outcast (Gladding, 2016). Last, of all, it is straightforward when it comes to the role of the facilitator, and treatment continues only until the members resolve their difficulties.

Some important steps for social workers to engage in when planning an intervention group are articulating the purpose of the group. Here, a social worker should have a lucid conscience as to why the group is being formed and what it is based on. The group purpose has to be expressed in sound and simple definitive statement(s). For example, group is to empower youths in the municipal to make fecund use of their free time. Secondly, a worker should identify a guiding theoretical framework for the group. Here, group goals and rules are formulated. The worker leads the group through setting up limits and boundaries for the group which shall be agreed upon by the group members (Gazda, 2017). Lastly, specification of information about strict privacy policy within the group should be carried out.

Subsequently, the worker should articulate the roles of the leaders. Here, social workers should define distinct roles of all group leaders and limit of their powers. However, the social worker assumes an active role of directing members into taking essential decisions about customs, structure of the group as well as responsibilities to be realized by various group members (Tucker et al., 2016). Also, the social worker selects the techniques and activities of the group. Here, the worker chooses the best principle of operation as well as administers a checklist for group's routine meetings upon which progress will be measured. For example, administer an internet addiction checklist for the group. Last but not least, the worker locates space for the

group that is, the meeting venue and time are defined. For example, Rogers Park Community Center, Tuesday nights, 7 pm-8 pm. Finally, the worker defines the composition of the group. For instance, teenagers suffering from internet addiction and typically primary and high schoolers.

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