

SS

by Ss Ss

Submission date: 17-Jul-2021 12:28PM (UTC-0400)

Submission ID: 1620713843

File name: integrative_paper.edited.docx (38.56K)

Word count: 2354

Character count: 13044

Counselling Group for Children of Divorced Parents

Name

Institution

Course

Instructor

Date

Counselling Group for Children of Divorced Parents

Individuals pass through significant challenges in their life, which would require substantial therapeutic experience. Children are the most affected when certain situations that impact their lives adversely occur. Berg et al. (2017) stated that although speaking about personal challenges before other individuals can be a discouraging task, group counseling sessions can be highly satisfying. Moreover, individuals processing comparable experiences can make a robust support system because they face the same problems. Furthermore, when individuals hear that other people are experiencing the same challenges as them, it will help them accept the situation and move on by utilizing suitable solutions and responses. Berg et al. (2017) claimed that speaking in a group will reduce the feeling of isolation and provide a chance to converse. Therefore, group counseling is always designed to resolve interpersonal conflict and encourage greater self-awareness and insight. This paper will design a counseling group for children of divorced parents and discuss the characteristics and type of Group, the special consideration of facilitating the Group and techniques and methods used, and the stages of evolution.

Sanction from the Agency

Children of divorced parents pass through substantial challenges in adapting to the new life. This can result in significant drops in school performance and interactions with other children and family members. Therefore, it is critical to write the proposal for group counseling to the agency to initiate it. First, the proposal will contain the rationale for starting the group counseling. The rationale will comprise the need for group counseling, including learning for self-direction in social life and education. Moreover, the proposal will also have the objectives of the Group, which will be to change children's beliefs and attitudes concerning divorce and

enhance competent behaviors. Also, to allow the agency to provide sanctions to the project, the proposal will comprise the procedures used in counseling to ensure they meet the objectives and the evaluation process to guarantee that the objectives were met.

The kind of Group that will Best Serve the At-Risk Population

Since the at-risk population are children, the best kind of Group that will fit them are closed groups. Closed groups are those that all participants in the Group begin at the same time (Fineran et al., 2016). furthermore, in closed groups, all members take part in the whole session together. For example, if one individual wants to join the closed Group before the session is complete, they will have to wait several months until an appropriate group is available. The reason for selecting a closed group is because it allows for accountability it provides. After all, members are inspired to share their successes and setbacks hence providing inspiration and support. Also, closed group counseling allows members to learn from others by listening to the mistakes and achievements of other people in the Group (Fineran et al., 2016). Finally, a closed Group makes members part of the success in changing their attitudes towards divorce and adjusting their behaviors to fit the social morals. Individuals attending closed group counseling always feel connected to something great and feel respected and distinct.

Leadership Skills Needed

Group counseling leaders play a vital role in the success of the group objectives. Chen & Rybak (2017) stated that the primary goal of the counseling leader is to direct members in using safe and fulfilling decisions that are healthy. The leader should not project their moral values to group members. Also, an influential group leader needs to control the counseling sessions by enabling meaningful discussions among members and efficiently speaking about and managing

conflicts that could come up during the sessions. A good leader must have the skills to promote the discussion because that is the foundation of group counseling. Encouraging discussions will require the leader to create the best environment to feel safe by creating and setting the acceptable and unacceptable behaviors. Organizational skills are also vital in balancing the time used in the sessions. This might include creating a schedule before beginning the sessions to allow proper time management. Another critical leadership skill is the intervention technique required when the Group needs a variation in the method used to attain the goals. For example, intervention approaches will be required when there are argumentative discussions or do not touch the fundamental problems.

Membership Recruitment

The recruitment process is vital in ensuring a smooth session operation. Similarly, since the group counseling targets young children between third and fourth-grade students in the age range between eight to ten, the best way to recruit them is through the school. Therefore, to start recruiting members of the Group, teachers will be the best because they are informed about their students. In addition, teachers are vital because they understand the student's home lives. Similarly, the school counselors will also be vital in the recruitment process because they can advertise to the institution newsletter, website, or social media.

Nevertheless, counsellors mustn't discriminate against students in front of other students and expose their privacy. Confidentiality of students' experience is vital because it will ensure the process is smooth without exposing them. Besides, permission from parents will be required in the recruitment process, and parents will be provided with a brief plan of the group sessions. Also, the children will have the option of not being involved in group counseling.

Time Frame

The group counseling sessions will comprise a maximum of seven participants. Therefore, since younger children always have problems concentrating for long, the session will take not more than 30-40 minutes. Furthermore, Berg et al. (2017) stated that children in group counseling operate bests in 6-10 sessions and meet weekly, and members should be close to each other as possible. Therefore, in this group counseling, eight sessions will provide a chance to develop a routine and cover the main objectives of the Group, which is to adjust to parental divorce and creating efficient coping skills. Therefore, the time frame for the group counseling will be eight weeks, and we will be meeting once every week for forty minutes.

Location

The issue of divorce in the United States is increasing at an alarming rate, and therefore, children will continue to suffer from depressions, anxiety and other developmental abilities. I have realized that Maryland state is facing a crisis of divorced parents, which results in challenges for students. Therefore, the group counseling will be held in Frost Elementary School, located in Shaw Street, Frostburg in Maryland.

Physical Environment

Rostami et al. (2019) stated that it is essential to establish a proper counseling environment regardless of being at home or in the health facility. Also, the same source stated that a counseling environment comprises both the physical and the way members are greeted, how they are talked to and other forms of non-verbal and body queues. The physical environment needs to be quiet and makes individuals feel safe. For example, students will not consider it safe when using the school-based setting because of the intrusions by social services.

Rostami et al. (2019) added that the physical environment is vital because it creates trust in family and parents. Also, the building selected for the sessions will be assessed for privacy, size, and availability to ensure there will be changing locations every time and then divert members' attention.

Basic Norms of the Group

Group norms are vital for the success of the Group's objectives. Some group counseling norms comprise rules of conduct, participants' expectations, group member goals, and responsibilities (Berg et al., 2017). therefore, in this group counseling, the leader will first develop a group culture that will influence a balance of the individual and ensure all members start the sessions with a sense of ownership because they already have realized the groups' purpose and procedures. Therefore, the first step is to orient participants in the Group and provide them with the rules, the primary purpose of the Group and what they need to achieve at the end. Also, Dumont (2018) stated that the group leader is counselor skills and confidence are critical to effective group counseling. Therefore, the counselor will have to take a sense of acceptance, warmth and consideration.

Furthermore, the members have a role in ensuring the success of the group counseling. For instance, since they have agreed to be part of the Group, they will need to share the challenges of developing an interaction. Berg et al. (2017) emphasized that every participant will assist in creating and maintaining a psychological climate favorable to sharing experiences and problem-solving through the development of relationships.

The Stages of Group Counseling

The four stages of group counseling are initial, transition, working and final. The initial stage comprises screening, direction and defining the structure of the Group (Dumont, 2018). The primary roles of the group leader are to create foundation rules and norms for the members, assisting participants in expressing their fears and prospects as well as helping participants realize their actual goals and share prospects and hopes for the meeting. On the other hand, members in this stage are working to gain trust, be involved in creating group values, develop personal goals and learn the subtleties of group procedures.

The next stage is transition. Dumont (2018) claimed that participants recruit a revelation of more personal past experiences in the transition stage. The counselor in this stage is vital in inspiring participants to present their anxiety, willingly dealing with conflicts that happen in the Group and assisting them to become independent. Participants are working to be accepted in the Group.

The action stage is where the primary responsibility is needed because it comprises substantial work. The participants feel free to discover their thinking and feelings as they work in handling their problems. The counselor is working by inspiring participants to interpret understanding into action and helping them to make the required changes to attain their goals. Also, the members will present the personal problems that need to be solved, offer and obtain responses, put into practice ¹ what they have learned in the Group to their daily lives, and provide support and inspiration to other members.

Finally is the termination stage. Dumont (2018) stated that the termination stage is categorized with the group breakdown's stock-taking, anxiety, and sadness. The participants can start reducing the intensity of contribution to preparing for breakdown. On the other hand, the counselor will be helping participants in working towards breakdown, offer chances for them to

obtain further guidance if necessary and assisting them to gain a valuable understanding of what they have learned.

Intervention and Assessment skills

Children of divorced parents can face substantial challenges, and therefore, proper intervention strategies will be applied to enhance their self-esteem and adapt to the situation. Behavioral intervention strategies are essential in helping patients adopt, varying, or upholding behaviors confirmed to affect health results and status (Berg et al., 2017). therefore, since the group members have altered behavior because of the challenges they experience due to parents' separation, behavioral intervention will help them adjust to unhealthy behaviors. For example, the group counselor will help the children learn positive approaches to eradicate disruptive behaviors in the classroom. The assessment skills needed comprise inquiry, capability to confront and courage to evaluate the members in every stage of group counseling.

Ethical Consideration

When counseling children, there is a significant ethical consideration that needs to be addressed critically. Reamer (2017) emphasized that many legal and ethical issues need to be addressed when handling minors. In group counseling, privacy and confidentiality are among the vital ethical considerations. In children with divorced parents, it is essential to ensure their information is private and only they or their parents can decide who will have access to their information. Moreover, all the counseling procedure is controlled by the confidentiality of the patient information. There is an ethical dilemma on the amount of information for children to share with parents. However, different laws limit the confidentiality of patients. I will handle this

dilemma by giving the parents information because they have a legal right to know their minor children.

Termination

During the termination of the Group, the leader needs to help the children in working towards termination. Also, the leader will have to offer chances for them to get more counseling when needed and acquire a proper understanding of what they have learned. The children will then assess how they experienced the Group while preparing for group breakdown.

Evaluation

Berg et al. (2017) stated that identifying group counseling is through evaluation of group members. Therefore, in this Group, children will be assessed based on their skills development and behavior change. Also, the evaluation will be assessed from the children's behavior before counseling and after counseling. This will indicate their satisfaction and goal attainment.

In summation, group counseling is essential for children of divorced parents. This population faces stress and behaviors that might disrupt their lives. This makes them face high levels of aggression, learning challenges, depression and conduct disorders. Group counseling is vital in helping this population, and it will be closed groups. The children are from Frost Elementary School in Maryland between 8-10 years. The Group will have seven students, with eight sessions in 8 weeks, meeting once every week for forty minutes. After the group counseling, the children will be assessed on coping skills and adjusting their behaviors.

References

- Berg, R. C., Landreth, G. L., & Fall, K. A. (2017). *Group counselling: Concepts and procedures*. Routledge.
- Chen, M. W., & Rybak, C. (2017). *Group leadership skills: Interpersonal process in group counselling and therapy*. SAGE Publications.
- Dumont, K. M. (2018). The Stages of Change and the Stages of Group Counseling.
- Fineran, K. R., Nitza, A., & Patterson, K. W. (2016). Planning for groups. In *Handbook of child and adolescent group therapy* (pp. 31-41). Routledge.
- Reamer, F. G. (2017). Social workers as expert witnesses: Ethical considerations. *J. Am. Acad. Matrimonial Law.*, *30*, 437.
- Rostami, M., Rasouli, M., & Kasaei, A. (2019). Comparison of the effect of group counseling based on spirituality-based therapy and acceptance and commitment therapy (ACT) on improving the quality of life the elderly. *Journal of Applied Counseling*, *9*(1), 87-110.

ORIGINALITY REPORT

0%

SIMILARITY INDEX

0%

INTERNET SOURCES

0%

PUBLICATIONS

%

STUDENT PAPERS

PRIMARY SOURCES

1

opus.uleth.ca

Internet Source

<1%

Exclude quotes On

Exclude matches Off

Exclude bibliography On