



CNL-520: Peer Review/Self-Review and Reflection

Part 1: Self-Reflection

Directions: After the group session has been conducted, reflect on the group experience, and answer the questions listed below. Provide short answers of **75-150 words each** for the following questions/statements. Do not exceed 200 words for your response.

1. What specific contributions did you make in the group session?

Mercy, I wasn't expecting things to get so dark so quick. I was the facilitator today, so my contribution was trying to navigate out of some very strong emotions. The responsibility of activating their emotions was heavy on my heart. I just didn't think things would go so deep so fast. However, I am glad it did. I just hope I gave them enough validation and encouragement by the time the session was over. I asked questions and tried to get everyone to respond but Tyreesha and Meghan hardly said anything.

2. What stage of development do you believe this group to be in currently? Explain.

Everyone was still very polite, but today La'Kiesha disagreed a little, Meghan and Tyreesha froze – ish, and Paris and Sadie shared some very hard experiences that are still fresh and tender. I think we are storming a little. Today everyone was out of their comfort zone. Everyone except La'Kiesha. Sadie cried and Paris shared about how she was left at a venue by herself because her husband had a panic attack. Meghan and Tyreesha stayed quiet most of the time.

3. What observations did you experience as it applies to the process of the group? How will these observations enhance your future role as a counselor?

I will take Sadie’s advice and make my intentions clear at the beginning of the group about how I want them to know they are in a safe place and are accepted just as they and want everyone to feel comfortable talking openly. I don’t want ‘safe and accepted’ to mean we all have to agree and not express our opinions. I also thought I should sit and pray for the session and my clients before each session. I was wondering to myself why I didn’t pray before I sent the zoom link. I would do another ice breaker activity, add an REBT activity for more coping skills for anxiety, and another calming exercise like the heartmath I did today. I didn’t know how to get Meghan and Tyreesha to talk without putting them on the spot.

4. How did your participant role affect the group dynamics?

I think the group does a nice job of letting each of the assigned leaders lead. We haven’t challenged the leaders yet. So I don’t know that my role changed the dynamic much.

Part 2: Peer Review: Group Leader Feedback

Directions: This is a feedback form where students may give peers feedback about their performance while facilitating a practice group in class. It is urged that all students treat their peers with great respect during this process or review.

Fill out the box located on page one with your name, the group leader’s name, the group date, and the group topic. For questions 1 through 4, rate the group leader by selecting the checkbox below the appropriate rating/number. For questions 5 and 6, indicate the group leader's specific strengths and areas for improvement.

1. The group leader brought relevant material to the group. (Select one)

Absolutely Agree (1)	Agree (2)	Neither Agree or Disagree (3)	Disagree (4)	Absolutely Disagree (5)
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. The group leader was able to engage the group fully. (Select one)

Absolutely Agree (1)	Agree (2)	Neither Agree or Disagree (3)	Disagree (4)	Absolutely Disagree (5)
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. The group leader kept the group on track with the assigned subject. (Select one)

Absolutely Agree (1)	Agree (2)	Neither Agree or Disagree (3)	Disagree (4)	Absolutely Disagree (5)
<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. My overall rating for the group leader is: (Select one)

Fair

5. The following are skills the group leader did very well (Refer to the skills listed on the Class Resource “Overview of Group Leadership Skills”). Be sure to provide short answers of 75-150 words.

I was engaged and actively listened. I summarized some of the things they said to make sure I understood. I was able to read the mood of the group and make some adjustments to lighten the atmosphere. In the first two sessions we had a lot more conversation and the group’s topics were open to different perspectives (client’s, counselor’s perspective). Today’s session was very specific and although I wanted that, I wasn’t experienced or prepared enough for it.

6. The following are areas of skill improvement for the group leader (Refer to the skills listed on the Class Resource “Overview of Group Leadership Skills”). Be sure to provide short answers of 75-150 words.

I think I should have organized the group’s time better by progressing slowly into deeper topics about anxiety with activities to cope and manage to keep the group from getting too stressful. That would have helped Tyreesha and Meghan participate more and Paris and Sadie to not feel like they made themselves vulnerable for no reason. I made a couple of jokes at La’Kiesha, implying that I know she isn’t uncomfortable, but it might keep her from wanting to participate if she was a real client, so I have to be careful not to do that again.