



# ALABAMA ASSOCIATION FOR SPECIALISTS IN GROUP WORK NEWSLETTER

Volume 1, Issue 2

Spring 2016

## President's Message

Greetings ALASGW Members,



I believe the 2015-2016 term was very productive, therefore, I would like to share with you some of the highlights of the year. Our Executive Board and other members met at AUM to prepare for the Annual Counseling Conference in Montgomery, Alabama at the Renaissance Hotel. You will see them executing the plans at the ALASGW table and during the ALASGW division meeting. You will also see some of the members honored at the meeting and others presenting during a content session, "Working with Bullies and Victims in a Group Setting."

As you continue to peruse the newsletter, you will see the team in action at our ALASGW Spring Workshop held on April 23, 2016 which was reportedly very informative and enjoyable for the participants. Also at various meetings held at AUM we selected graduate students to highlight in hope to inspire more of them to join ALCA; we selected 4 to spotlight this year. We are happy to share all of this and more for you to read.

I am very proud of our team's efforts demonstrated during the 2015-2016 term along with our accomplishments. I believe that we all worked well together throughout the year to advance the Alabama Specialist in Group Work division's mission and purpose. I would like to stop here and encourage you to please join me in celebrating everyone who helped us to achieve our goals. Thank you Executive Board, Committee Chairs and all of you active ALASGW Members.

I appreciate you all for allowing me to serve as your president during the 2015-2016 term, I was honored! Moreover, I was appointed to serve again as president for the 2016-2017 term and I accepted. Once again, I am grateful for another opportunity. And, I am certain the awesome team that was voted on for this term will carry on with what we started during the last term and build upon it. I will end with asking you to join us every chance you get. We would love to see all of you actively involved!

Warmest Regards,  
Denise Whittle-Smith



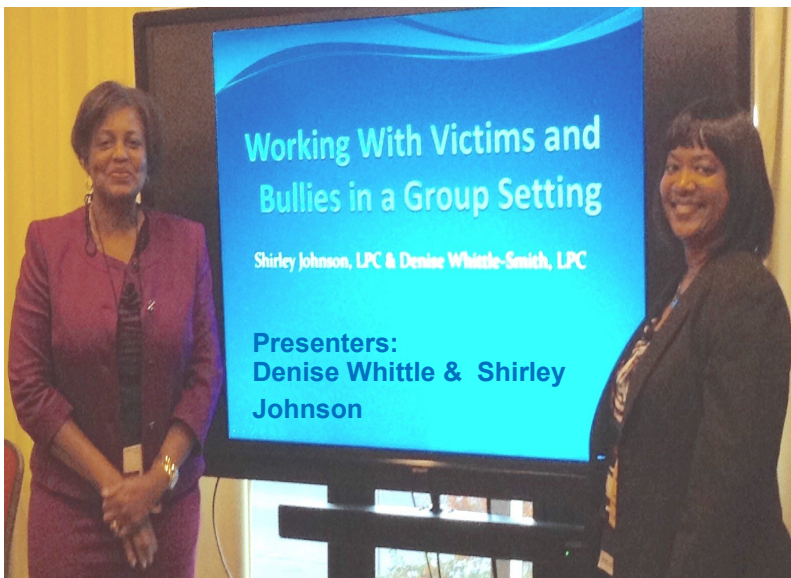
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# ALASGW Annual Division Meeting



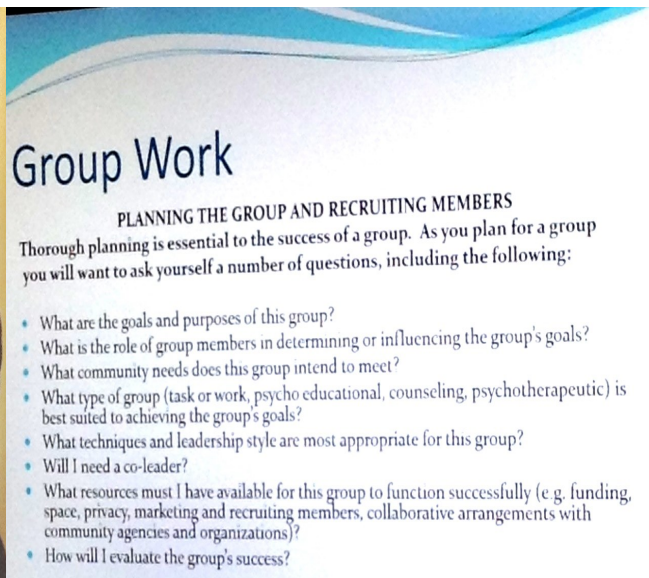
# ALASGW Highlights from 2015 ALCA Conference



**Working With Victims and Bullies in a Group Setting**

Shirley Johnson, LPC & Denise Whittle-Smith, LPC

**Presenters:  
Denise Whittle & Shirley Johnson**



## Group Work

**PLANNING THE GROUP AND RECRUITING MEMBERS**

Thorough planning is essential to the success of a group. As you plan for a group you will want to ask yourself a number of questions, including the following:

- What are the goals and purposes of this group?
- What is the role of group members in determining or influencing the group's goals?
- What community needs does this group intend to meet?
- What type of group (task or work, psycho educational, counseling, psychotherapeutic) is best suited to achieving the group's goals?
- What techniques and leadership style are most appropriate for this group?
- Will I need a co-leader?
- What resources must I have available for this group to function successfully (e.g. funding, space, privacy, marketing and recruiting members, collaborative arrangements with community agencies and organizations)?
- How will I evaluate the group's success?

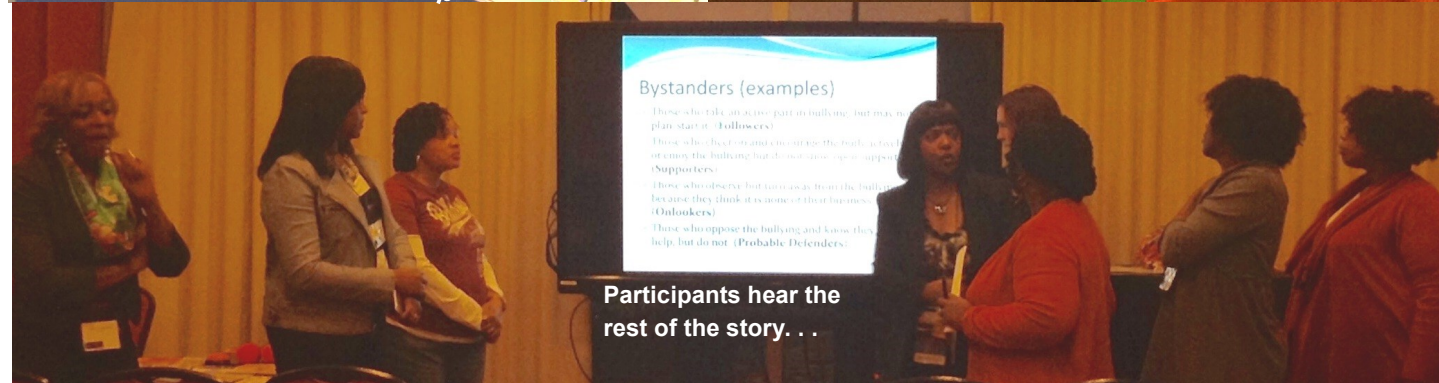


Resources about bullying and group



Is this behavior related to a victim or bystander?

- have a disability
- Displays Power
- Threatening
- Self-Esteem
- Violent
- Uses Blame



**Bystanders (examples)**

Those who take an active part in bullying, but may not plan status (Followers)

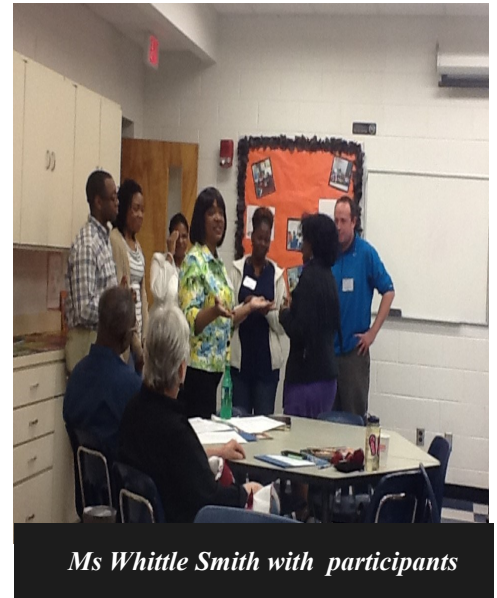
Those who cheer on and encourage the bully, act to or enjoy the bullying but do not give explicit support (Supporters)

Those who observe but turn away from the bully because they think it is none of their business (Onlookers)

Those who oppose the bullying and know they should help, but do not (Probable Defenders)

Participants hear the rest of the story. . .

# ALASGW 2016 Spring Workshop In Action



## ALASGW Workshop:

### “Ethical Issues and Working with Bullies and Victims in a Group Setting”

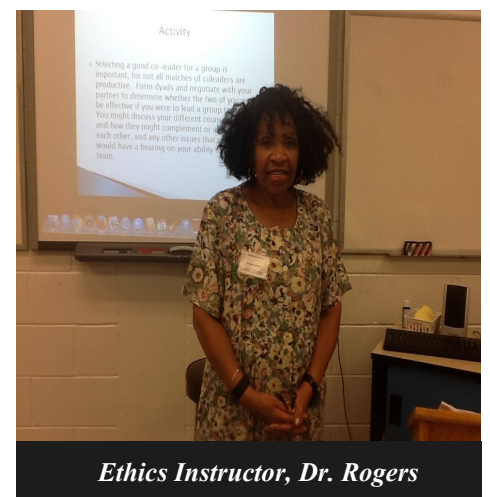
The ALASGW Division conducted a workshop on ethical issues and dealing with bullying, on April 23, in Montgomery, AL. This workshop was fitting because too many people are victims of bullying every day. If counselors are to be effective, they need to understand the dynamics of bullying and the ethical issues associated with dealing with the victim AND the aggressor.

#### Essence of the Workshop

**The Issues and Ethics in Group Counseling session covered the ethical dilemmas and professional challenges counselors face when leading a group.** This session provided attendees with the necessary tools to ensure compliance with the ethical standards required in group counseling. The *Working with Bullies and Victims in a Group Setting* session allowed attendees to build on the previous knowledge and cultivate increased awareness of and skills in dealing with bullying. Participants learned what the word bullying means, strategies for dealing with bullying, plus how to build confidence and communication skills for the victims and the aggressors in a group setting. Presenters included Mrs. Shirley Johnson (LPC), Ms. Denise Whittle-Smith (LPC), and Mrs. Carrie Hemmings (ABD).

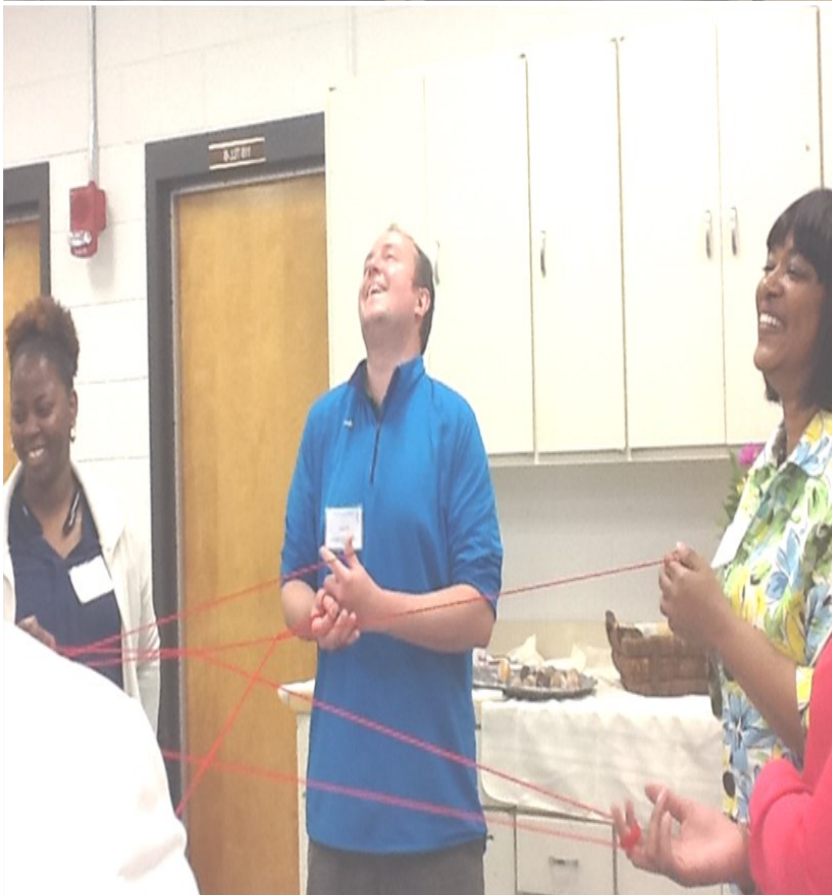
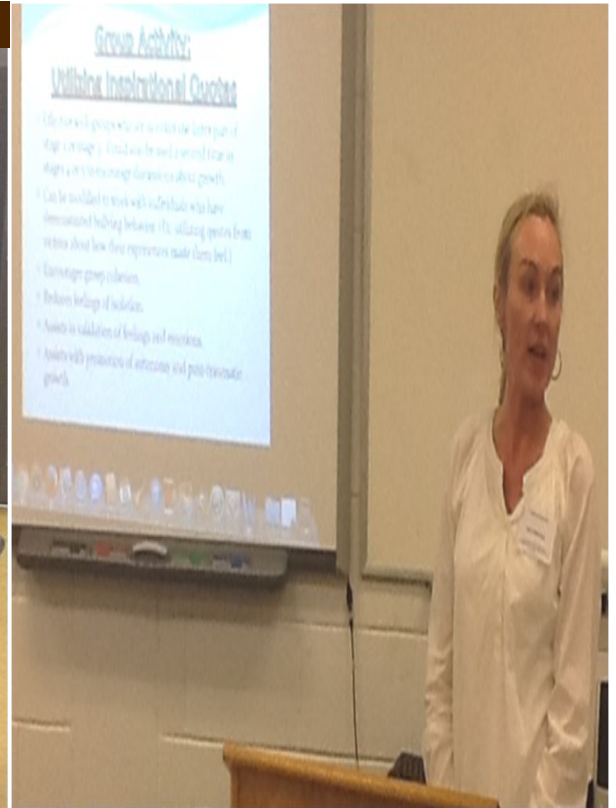
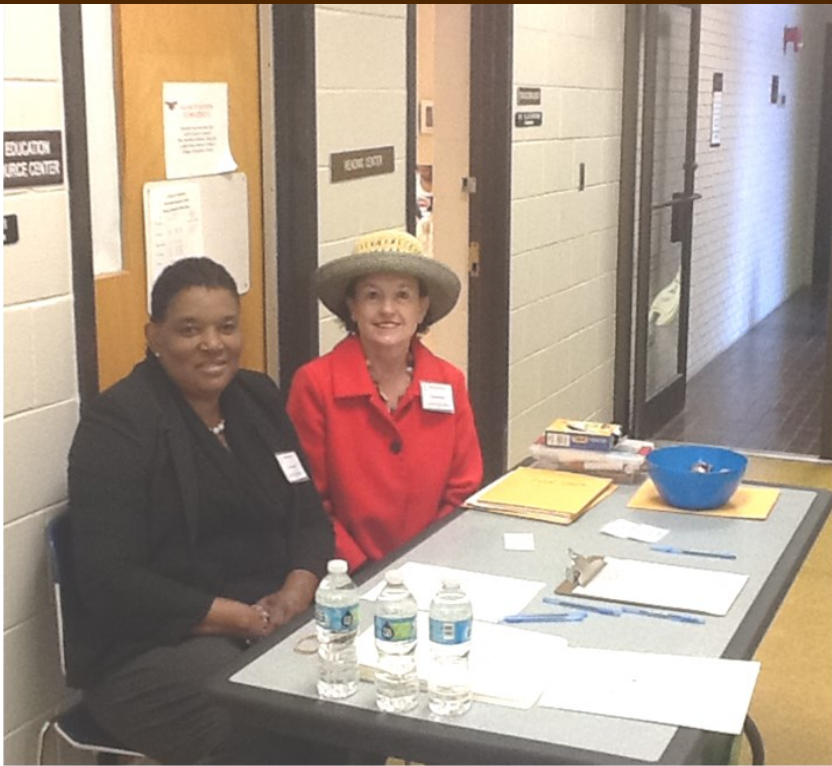
#### Ethics Doctor on Call

Special thanks to Dr. Maria D. Rogers for supporting ALASGW's efforts to provide suitable content to its members. The workshop's participants benefited from her pearls of wisdom on the topic of ethical issues in group work. Dr. Rogers is an adjunct professor with Troy State University, and her areas of expertise include, ethical issues, substance abuse, marriage and family counseling, and several others.



# ALASGW 2016 Spring Workshop In Action

Gwendolyn Spence & Virginia Majors register attendees



Attendees participate in group activities

# Spotlight on Graduate Students

## Madalyn Caldwell



Madalyn, is a graduate student at Troy University Montgomery studying General Counseling. She hopes to continue her education to pursue a doctorate in

Counseling Psychology. Madalyn has a passion for working with and helping adolescents. She has years of experience working in the mental health field as well as with adolescents. During her years of experience she acquired various helping relationship skills. Madalyn's desire is to continuously strive for excellence. She enjoys a good challenge, stating, "If you never challenge yourself, you'll never know how great you can be."

## Statisha Perry



Statisha (Sta) is a graduate student at Troy University, Montgomery and is studying Substance and Drug Abuse. She received her Bachelor's in Psychology from the University of Alabama at Birmingham. Statisha completed her internship at he Chemical Addictions Program in Montgomery, Alabama. Her

professional goals are to work with children at an addictions treatment facility or with the Veterans at the Veterans Health Administration Center. In her practice Statisha would like to incorporate creative arts as a way to help clients explore their thoughts and feelings. She also wants to provide guidance and support to motivate and encourage those who need help. Her desire to help others lead her into the counseling field.

*"They focused on their goals and have been consistent in their efforts." The world's greatest achievers have been those who have always stayed focused on their goals and have been consistent in their efforts"*

*Author: Roopleen*

## Group Work Articles, Activities, and Resources

### Article

#### **Closing the Achievement Gap: A Structured Approach to Group Counseling**

Chari A. Campbell & Greg Brigman (2005), The Journal for Specialists in Group Work, Vol 30, Issue 1

#### **Abstract**

This study evaluated the impact of a group counseling intervention on student academic and social performance. Twenty-five school counselors were trained to use a structured approach to small-group counseling with students scoring in the mid-to-low range in math and reading. Results indicated gains in reading and math achievement scores and in teacher-rated behavior related to student success skills with elementary and middle school students.

### Website

Resources for Therapists, Healers and Caregivers: <http://body-psyche.com/group-therapy-ideas-themes-activities-and-resources/>

1. *The Mandria Healing Nurturing Program* supports caregivers and others in discovering self-care.
2. Group Therapy Programs: Group therapy activities for anxiety and mood disorders

## Join Today!

Membership in the Alabama Counseling Association is required before becoming a member of ALASGW.

Visit the ALCA website's membership page and complete the form:

<http://alabamacounseling.org/meminfo.htm1>