

Topic 1 DQ 1:

Assessment Description

Define the term "group" used in the behavioral health field and provide an example of a group in your life. Explain what makes this group align with your definition.

Groups in my opinion are a real lifesaver. They could either be a blessing or a curse. Groups, to me, are having people that you can count on and knowing that everything shared is within the group. In behavioral therapy, groups are defined in behavioral health as "two or more individuals who are connected by and within social relationships" (Forsyth, 2019) To me, this means people who have a common interest and are wanting to share and feel safe with one another.

Forsyth, D. R. (2019). Group dynamics (7th ed.). Boston, MA: Cengage. ISBN-13: 97813374088

Topic 1 DQ 2:

Assessment Description

Provide examples of what attitudes and beliefs could shape group involvement in the behavioral health field.

When it comes to attitudes impact a group either in a positive or negative way. I have personally dealt with a group; it was called a coping group. Our beliefs and attitude were an open conversation, and we were trustworthy with one another. If it was a negative space, we wouldn't have the bond that we have outside of group.

We still till this day have a good group because of our behavior and attitude.