

Topic 7 DQ 1

Assessment Description

You are conducting a group on depression, and a group member starts to become agitated and starts yelling at another group member. What would you do in this situation and why?

Everyone experiences feelings of uneasiness or restlessness at times; however, some individuals can develop a severe form of uneasiness that is referred to as agitation. It can be accompanied by pacing, hand wringing, and an inability to sit still or focus (Depression and Bipolar Support Alliance, 2014). Individuals with mood disorders can be at an increased risk of experiencing agitation.

The best way to avoid an agitation crisis like the one that is described in this discussion question is by noticing the warning signs early on. Again, these can include pacing, an inability to sit still or focus, hand wringing, and also picking at hair, skin, or clothing, shuffling of feet, and clenched fists. However, in this case, the client has passed this stage and has escalated to the agitation crisis which is marked by outbursts, hostility, and poor impulse control. In order to bring this particular group member back from their agitated state I would perform verbal de-escalation. First, I would ensure that the group member they were yelling at was safe and okay. Then, I would speak calmly and slowly to the agitated group member offering them a secluded space to go and calm down with water, food, or any medication they may take. This process gradually restores control to the individual without provoking them further or making the situation worse. In order to do this, a strong relationship must be present between myself and the client which is why the forming stage of group development is so important.

Reference:

<https://www.dbsalliance.org/wp-content/uploads/2019/02/agitation.pdf>

Topic 7 DQ 2

Assessment Description

Conflict can be used as a growth point in a group. Do you agree with this statement? Why or why not? Please explain.

I do agree that conflict can be used as a point of growth for a group. This is because as team members are forced to work through their disagreements, they are able to make sufficient progress towards their overall group's goals. However, this cannot occur without constructive management of the conflict. Problems are naturally going to arise when people work together as they are going to have differing opinions, goals, and personalities. Without acknowledging and being receptive to these differences as well as implementing open communication, problems will not be overcome. Teams and groups that recognize conflict is a natural part of the development process and actually learn to embrace it can grow together without fear of the next issue. Overall, conflict provides teams with greater trust and helps them surpass team inaction (Mockler, n.d.).