

**a. Include a brief description of the session and a link to the video in your initial discussion post.**

This is an initial group therapy session with college students who have similar problems- i.e., stress. In this session, the therapist introduces herself to the group and communicates boundaries. Students share their stressor and how they are managing their stress currently.

**b. Analyze the interactions between the group members. Identify the phase of group formation the group appears to be in. Include your rationale and evidence for your treatment phase selection.**

Since this is the initial session, participants do not seem to engage with each other. They did seem to communicate non-verbally by listening carefully when other participants are talking and nodding their head when they relate to other participants. Participants are in the forming phase of group formation. In this session, participants adapt to being in the group, boundaries were set, and limited information was shared. According to Vaida et al. (2021), the first session includes acquainting group members to each other, discussing goals and guidelines.

**c. Describe the therapeutic approach and techniques the therapist is using**

The therapist is using a process-oriented approach. The therapist is a leader of the group, and she focused on group experience rather than teaching them about a topic. She used an imparting information technique by asking 3 questions to everyone and allowing each participant to share their thoughts and experience with other group members.

**Discuss other therapy approaches that might be used by a therapist conducting the group.**

As an alternative, the therapist could use a psychodynamic technique. In this technique, the therapist is focused on the client's problem and teaching them coping skills rather than group interactions. The therapist helps each client identify their unconscious motivation and needs and bring about positive changes.

References: