

Group Co-Leadership Self-Evaluation Paper

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There are many expectations of Co-leading a group. All leaders must trust each other to support the goals of the team. Along with trust, the group leaders must be transparent/honest with one another, maintain a synergistic approach to group changes or decision-making, be timely, keep their commitments, provide timely feedback, and be effective communicators. There must be cohesion of the leadership team before cohesion of the group can be created. I certainly had a great mentor/co-leader for this assignment. Dr. L. Daniel is a very clear communicator and supportive leader.

Reflection on Skills

The portion of the class that I led was the reflection section after Group B closed. This involved facilitating the feedback given by Group A members of the leaders of Group B. This also involved capturing the feedback in the chat so that the comments could be sent to each group leader. The skill I was most worried about was my attending skills. I was worried because I have much on my plate via school, home, and life. As a person with ADHD, it is hard to stay focused and present while listening. So, I was afraid I would have problems staying present. However, I was able to stay present and attentive during the group interaction which made the reflection after the group successful.

Though participating in class is through a virtual classroom, I felt I excelled at the attending skills which included making good eye contact, maintaining an appropriate body posture, speaking in a calm and caring voice, and using appropriate minimal encouragers. When considering intervention skills, I felt I was strong in employing interactive feedback and supportive reflection as the group members shared. I was capable of linking and fostering

member-to-member participation. And finally, I felt my ability to manage group focus was a strength.

The skills that I need to develop further are the use of silence and self-disclosure. I often get so excited about what the team is experiencing or communicating that I make my reflections or self-disclosure too long. I need to increase my ability to be silent and rest in it. Self-disclosure can be both destructive and beneficial to the group outcome (Rabin, 2014). While I don't agree that self-disclosure is a negative factor in any counseling forum, the use of self-reflection must be purposeful and appropriate to the discussion in the group. It must also be used to foster group progress. Any other use of self-disclosure is destructive to the group.

Reflection on Co-Leadership

I learned that having a plan of what co-leadership will look like for each group session is imperative. Since co-leadership comes with a level of authority in the group session, it is important to understand the goals and roles each leader should play before beginning group sessions (Yalcin, 2021). Dr. Laura Daniel effectively communicated which portions of the group session I was to facilitate (reflections). She also was there throughout the reflection process in case I got stuck trying to remember what was next. Due to her presence, the co-leading was cohesive and supportive of the group goal.

Reflection of Self

As a group leader, I learned that I should sit back in silence more and be comfortable with it. I also learned my leadership style in group is very similar to my leadership style in individual sessions. One of the common behaviors within my leadership style is self-reflection. When someone believes that their mountain is insurmountable and they are alone, self-reflection

from the therapist or even an individual within the group has the potential to lift that client and change their concepts from narrow-minded to open-minded and possible.

References

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