

COUC512 GROUP COUNSELING

By: Jeremy Gillentine adapted from Dr. Denise Daniel's Presentation

TRANSITION STAGE OF GROUP “STORMING”



The image is a composite of several sky scenes. The top left shows a blue sky with wispy white clouds. The bottom half shows a more dramatic sky with large, billowing white and yellowish clouds, suggesting a storm or sunset. A dark grey rectangular box is overlaid on the top right, containing white text. The text is centered and reads: "WHAT HAPPENS IN THE TRANSITION STAGE OF 'STORMING'?"

**WHAT HAPPENS IN THE
TRANSITION STAGE OF
“STORMING”?**



Transition Stage Overview

- **Occurs second to fourth group meeting**
- **Lasts for 2 to 3 meetings**
- **Works much like everyday relationships**

Transition Stage Characteristics

- Less willingness to participate
- Talking in generalities
- Not providing direct answers
- Changing the subject
- Using humor
- Focusing on helping others
- Increased anger
- Lashing out at group and/or leader



Transition Stage Characteristics

(continued)

Storming is a time of conflict and anxiety, when the group moves from **primary tension** (awkwardness about being in a strange situation) to **secondary tension** (intragroup conflict) (Bormann, 1975).

(Gladding, 2020, p. 107)



Transition Stage Characteristics

(continued)

It is important that “the group and its members express and explore differences between and among members” if the group is to be productive (Donigian & Malnati, 1997, p. 64).

Members need to work through past nonproductive ways of relating, create new repertoires, and establish their place in the group.

(Gladding, 2020, p. 107)



Transition Stage Dynamics

- Assertion of more authenticity
- Desire for more authenticity but weighed against risk
- Increased anxiety in group
- Change is wanted but coupled with fear



Leader Responsibilities in the Transition Stage

- Manage your own anxiety
- Do not react
- Remain non-defensive
- Model unconditional positive regard
- Invite members to take risks
- Asking for specific details
- Enter the conflict
- Use process statements



Considerations in the Transition Stage

- Consider myself
- Consider a group member(s)
- Consider unspoken/unresolved conflict



CHALLENGING
SITUATIONS IN GROUP
WORK

Conflict in Group Work

- Open the group with rules and guidelines
- Some rules will be unspoken
- Conflict is necessary
- Conflict is unavoidable
- Conflict leads to growth



Steps in Addressing Conflict

- Pay attention & illuminate early signs
- Validate feelings and views
- Invite dialogue between members in conflict
- Invite the group to provide validation
- Invite self-reflection
- Reframe and rebuild trust
- Invite the group to comment and process



Monopolizing in Group

- Use summary statement and shift the focus
- Use indirect message to shift to group
- Direct question to a particular member



Crying & Advice Giving in Group

- Intervene before the advice giver
- Teach the group how to respond to uncomfortable feelings in group



Silence in Group

- Silence is a therapeutic part of group
- Regulate your own anxiety
- Make a process statement if the silence is prolonged



The Silent Member in Group

- Allow silent members to participate less often
- Do provide space at each meeting



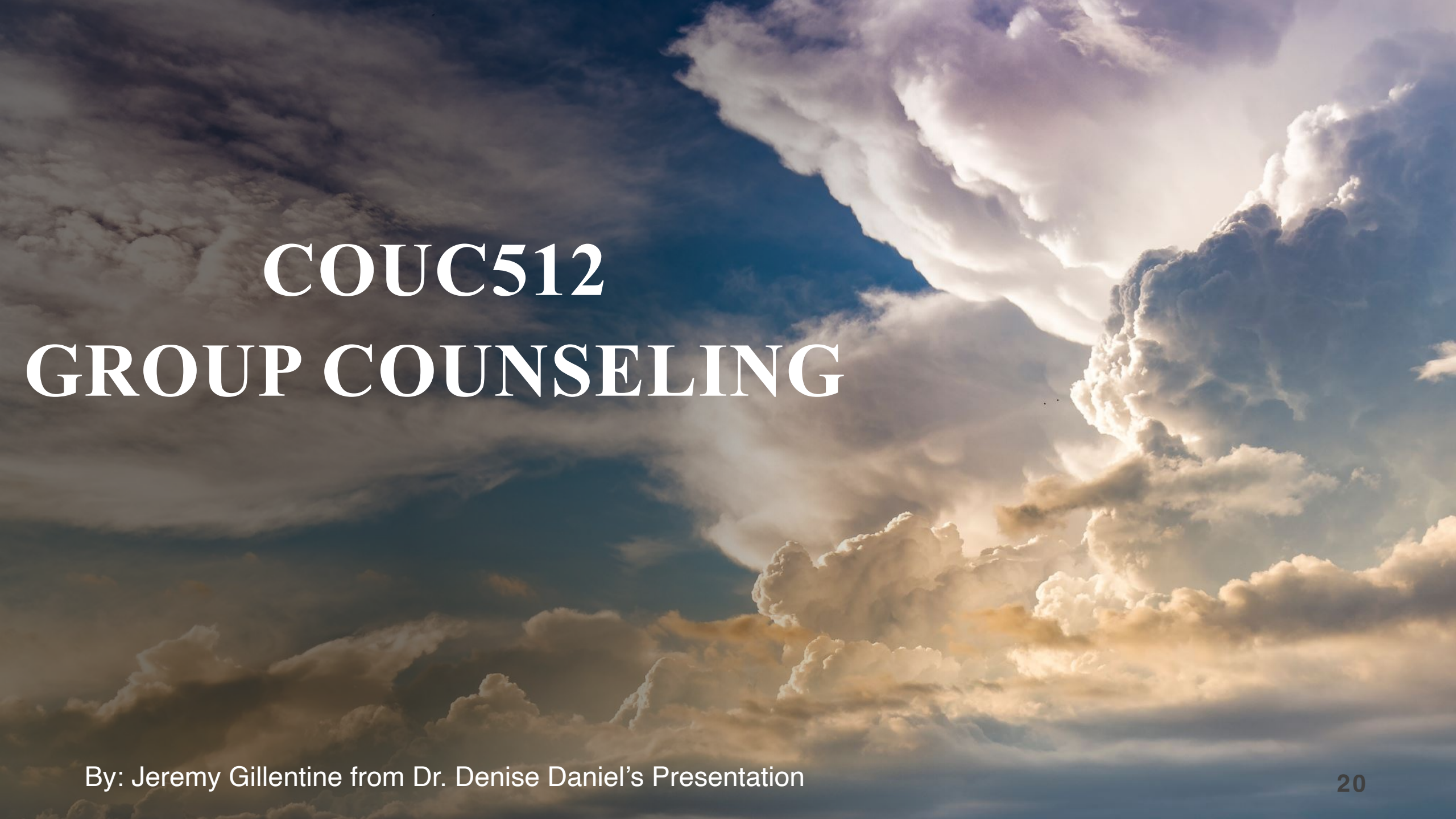
Watch minutes 13:55-25:55 from the following video at 1.5 speed

Kambak, R. (1997). Promise of group therapy. part 1, the beginning phases. Berkeley Group Therapy Education Foundation.

Consider another perspective

I (IY) clearly remember Rod, who was so shy, isolated, and socially phobic that in his adult life he had never shared a meal with another person. When I introduced him into a rather fast-paced group, I was concerned that he would be in over his head. And, in a sense, he was. For months he sat and listened in silent amazement as the other members interacted intensively with one another. That was a period of high learning for Rod: simply to be exposed to the possibilities of intimate interaction enriched his life. But then things changed! The group began to demand more reciprocity and placed great pressure on him to participate more personally in the meetings. Rod grew more uncomfortable and ultimately, with my encouragement, decided to leave the group. Since he and I worked at the same university, our paths crossed several times in the ensuing years, and he never failed to inform me how important and useful the group had been. It had shown him what was possible and how individuals could engage one another, and it offered him an internal reference point to which he could turn for reassurance as he gradually reached out to others in his life.

(Yalom & Leszcz, 2020, p. 128)



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References

Gladding, S. (2020) . Groups: A Counseling Specialty.(8th ed.). Pearson. ISBN: 9780135166895

Yalom, I. D., & Leszcz, M. (2020). The Theory and Practice of Group Psychotherapy, (6th ed.). Basic Books. ISBN: 9781541617575