Group Scenario-Naela

Naela is a 35 year old African American woman who is in intensive outpatient treatment (IOP). She has been in IOP group for about a month. Naela has relapsed several times while in treatment and shares that this is because the pain of her daughters living with their father is too much to bear sometimes. She states that her dream from childhood was to be a mother and she has failed at it. Naela has a habit of coming to the rescue of group members anytime they are confronted by the group. She will jump in and tell a funny story if someone starts to cry. When confronted with her seeming inability to allow others to feel uncomfortable or experience their own pain she states she is only trying to cheer them up. “Isn’t that what we are supposed to do?” “If we don’t support one another then we will end up relapsing.” Some of the group members enjoy Naela’s rescuing such as Jake but others are off put by it.

1. Discuss how you would therapeutically respond to one of the clients difficulties experienced in the group setting.
2. What theory from week one would you feel is appropriate for this intervention and explain why?
3. What do you think are the core issues around Naela’s behavior?
4. What issue(s) if any would you add to a treatment plan as a result of Naela’s difficulties in group?
5. What feedback would you give Naela the next time she stops someone from experiencing their pain?