

# ROGERIAN GROUP COUNSELLING

## ACTIVITIES FOR EXPERIMENTAL GROUP



### Activity No 1. Orientation.

#### Objectives:-

- 1) To introduce Researcher and Counsellor to all Participants in a group.
- 2) To introduce all participants to each other.

#### Operation (Procedure):-

- 1) Reseacher and Counsellor introduced themselves to the group members.
- 2) Reseacher and Counsellor explained the purpose of the joining this group.
- 3) All group members introduced themselves to each other.



### Activity No 2. Building Supportive Relationship.

#### Objectives:-

- 1) To establish rapport with group members.
- 2) To develop good relations among group members.

#### Operation (Procedure):-

The Researcher read aloud the quote from Carl Rogers.

*The way of being with another person which is termed empathetic....means temporarily living in their life, moving about it delicately, without making judgments.....To be with another in this way means that for the time being you lay aside the views and values you hold for yourself in order to enter the other's world without prejudice.....a complex, demanding, strong yet subtle and gentle way of being.*

*Carl Rogers*

- 1) The Counsellor conveyed unconditional acceptance of the group member by his verbal and non-verbal behaviour.
- 2) Group members were participated in a “Group Game” i.e. wire pulling.

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### **Activity No 3. Self-disclosure: Expression of feeling.**

#### **Objective:-**

- 1) To identify the issues/problems of the participants.

#### **Operation (Procedure):-**


Each participant expressed his/her feelings and experienced catharsis: the expression of tears, anger, fear or laughter.

The counselor listened and accepted the expressed feelings/emotions. He did not offer advice rather helped the participants to focus on feelings. He remained supportive and quiet. The participants were working through a natural process.

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### **Activity No 4. Group Discussion with Empathic**

#### ***Understanding.***

**Topics**  *Social Skills, Effective Communication, Self-awareness, Self-esteem, Problem solving techniques.*

#### **Objective:-**

- 1) To facilitate interpersonal learning and to improve social skills among group members.

#### **Operation (Procedure):-**

Group members were encouraged to share information regarding skills of effective communication, issues or problems they face through discussion. They got feedback and reflection from important others. Counselling group provided as opportunity for members to improve their ability to relate to others and live far more satisfying lives because of it.

The counselor and members of the group were involved in active listening to what a group member was saying, not only through words, but also through all

forms of non-verbal and bodily communication. Emphasis was on person's perceptions, reactions and feelings.

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### **Activity No 5. Group Discussion with Empathic**

***Understanding acceptance of the group members.***

#### **Objectives:-**

- 1) To develop trust and openness among group members.
- 2) To replace feelings of isolation and separateness among group members with a sense of belonging.

#### **Operation (Procedure):-**

Group members discussed their issues/problems among themselves in the presence of a counsellor. He offered consistently accepting, non-judgmental and valuing attitude toward the group members. Unconditional Positive Regard (UPR) produced a high level of safety which helped to unfreeze blocked areas of experience and to allow painful emotions in a climate of holding self-acceptance, self-empathy and self-love were fostered.

When these were empathically received, the group members were able to re-configure their self-concept, reducing the incongruence at the root of their distress.

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## **Activity No 6. Giving and sharing in formation with Congruence.**

### **Objectives:-**

- 1) To increase Group member's knowledge and understanding of a common problem.
- 2) To establish and maintain a working focus in the group.

### **Operation (Procedure):-**

Group members received advice and guidance not just from the counselor but also from other group members to establish and maintain working focus in the group i.e. a particular concern, problem or issue that was shared by all group member.

Listening to others, each group member discovered that he or she had the same problems, fears and concerns. Enormous relief from worries often accompanied the recognition that they self-esteem and feeling of self-worth. The counselor was honest and genuine (Congruent) throughout the activity.

To sumup, Rogerina Group Counselling was really an effective form of learning experience as members could share their experiences, learned from others and also came to know that everyone had similar problems and they weren't the only one struggling with an issue.

The roles of empathy, unconditional positive regard and congruence were entirely interlinked in counseling, each supporting the others to invoke the

climate of safety and understanding that was pivotal to reduce group member incongruence.

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