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The effects of experiential group on individuals and their families: Family interaction in facing the terminal stage of cancer

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Although the free-floating discussion format is widely used in group therapy, the application of this format in the context of experiential group has yet to be clarified. The purpose of this paper was to explore the effects of the free-floating discussion of the experiential group on individuals. A nurse who was involved in facilitating and learning the free-floating discussion format in an experiential group shared her experience of participating in the experiential group and understood the changes in situation between family members when facing one family member who had the terminal stage of cancer. The way of free-floating discussion was utilized to assess if group could provide the energy of the experience and guidance. The results indicated that experiential group discussion had the effects on individuals which would induce self-reflection and extend the praxis on their own families. Moreover, self-discovery from group dialogue could promote individuals' life review and have ability to hold a family meeting for facing the dying event. Therefore, group dialogue can invisibly influence individuals and their families, which is a kind of transforming the life energy from individual to family.

Biography

Chia-Hui Liao is currently a PhD student of Nursing at National Yang-Ming University and full-time RN at Taipei Veterans General Hospital and has a working experience of 15 years.

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