individual – in this case, me! Throughout my course work I have come to appreciate the importance of knowing more about group processes, especially as my career will involve working in groups, and making use of group work as an intervention for others who have serious issues in their lives (e.g. gambling, domestic violence). I see the relevance and practicality in contributing to the effectiveness of a group, by way of enhancing inter-group functioning.

**Overall Evaluation**

It was necessary that the group have an intergroup evaluation to establish the effectiveness of the group. We took into consideration the responsibilities taken on by each group member, their contribution to discussions, presence at meetings, listening ability and communication style, to name a few. Intergroup evaluation is an important part of group work, as it can provide support for why a group was effective or not. In the workforce, particularly in 21st century industries, it is not unusual for a group to be multidisciplinary (Branscombe, Spears, Sillers, & Dooje, 2012). As such, it is not unusual for intergroup relations to be conflicted at times, due to different viewpoints. However, knowledge of group processes can help members understand what is going on when conflict arises, and optimal ways of handling that conflict.

In conclusion, I think that our group eventually worked well together. We had become a cohesive and focused force, and were sharing information and intimacies with each other. For many of us there was a deep sense of trust. As such, I value the experience of being part of this group, and look forward to putting into practice the inter-group skills I have learnt through this assignment.