

The SELF-
AWARENESS
WORKBOOK
for
Social Workers

JULIET C. ROTHMAN

Self Awareness Workbook For Social Workers

Terry C. Jones



Self Awareness Workbook For Social Workers:

The Self-awareness Workbook for Social Workers Juliet Cassuto Rothman,1999 This workbook can be used in social work practice courses and is particularly well suited for use in courses that deal with ethnic sensitive practice or practice with vulnerable and oppressed groups The workbook enables students to explore their own issues and feelings around self identity difference experiences with others and negative beliefs and stereotypes about others The workbook format provides personalized exercises and assignments that allow students to address the issues most relevant to them The tear out pages allow students to keep their workbook pages for private self examination Three Unit Assignments address principal goals and are intended to be submitted as class assignments Unit I explores the value base of the profession and asks the student to reflect upon his her values and their relationship to the reasons that he she is seeking professional social work education affirming areas of congruence between personal and professional values and commitments Unit II engages the student in personal self assessment including a review of influential persons in the student s life beliefs and feelings about others and helps the student to develop a definition of identity both individually and in terms of group affiliations Unit III asks students to consider the work of Unit I and II together and to explore areas where personal beliefs attitudes and values may impact negatively on professional obligations and competent professional practice The workbook is written in a friendly and casual style to encourage students to feel comfortable in exploring difficult material

Direct Practice Skills for Evidence-Based Social Work Elizabeth C. Pomeroy,Renée Bradford Garcia,2017-12-28 Featuring an evidence and strengths based approach to practice methods this new text teaches students how to apply social work skills in a variety of settings Designed to enhance self awareness professionalism ethical reasoning cultural sensitivity and an appreciation for social justice issues this text introduces readers to social work s core values and practice methods to help them assimilate the skills needed for working in the field Cases and skills based exercises demonstrate how to make accurate assessments and design effective intervention plans After laying the groundwork in theory values and ethics the authors review methods for working with individuals children and families from an individual and environmental strengths based perspective Client engagement assessment intervention evaluation and termination and documentation are then reviewed Readers are introduced to the foundational concepts of social work practice and through application learn to successfully work with clients Key Features Integrates the Council on Social Work Education s EPAS standards and core competencies throughout including engagement assessment intervention evaluation social justice ethics critical thinking professional conduct and decision making and cultural competency and diversity Case scenarios in client interview format that closely resemble actual interactions followed by questions test readers understanding of the practice skills needed to work in the field Skill building exercises including individual and group activities role plays simulations and discussion questions that provide an opportunity to apply one s knowledge and skill sets Personal reflections that encourage students to examine their own beliefs

to help them assimilate social work ethics and values into their professional demeanor Icons throughout the text that draw attention to useful tips for developing direct practice skills A strengths based approach that heightens understanding and results in a higher level of proficiency in the change process Introduces challenging situations often encountered in practice to help readers acquire the more advanced practice skills necessary for assessment and intervention Resources including PowerPoints test questions sample syllabi and suggested answers to text exercises and discussion questions **Social Work Practice Across Disability** Juliet Rothman,2018-03-13 This book will help prepare the reader to work across disabilities by providing knowledge and training grounded within the ecological framework in four principal areas The four principal areas reader will be trained in are the societal environment and disability disability and the individual experience essential skills for social work micro mezzo and macro practice with people with disabilities and the resource and support network for persons with disabilities The book is organized around four units each of which addresses one of the areas noted It is not the purpose of this book to enable the reader to gain expertise in any one disabling condition or impairment Rather the goal is to provide a broad base of knowledge and skills which will enable the reader to work effectively across a variety of disabling conditions Special educators social workers parents *Ethics and Values in Social Work* Allan E.

Barsky,2009-10-14 In a unique and student friendly package Ethics and Values in Social Work offers a series of learning modules that will ensure graduates receive a comprehensive ethics and values education Designed to be easily incorporated into any curriculum each module helps students integrate the knowledge skills self awareness and critical thinking abilities required for dealing with ethical issues From applying basic ethical standards of practice to managing complex ethical dilemmas this textbook equips readers with a range of tools and strategies for responding to ethical questions and concerns Traditional ethics textbooks provide students with a model for ethical decision making This breakthrough textbook goes beyond ethical decision making by providing students with a strategic framework for managing ethical issues that includes guidelines for engaging others in ethical discussions and using conflict resolution theory to promote collaborative solutions Some textbooks introduce students to ethical theories such as deontology teleology and virtue ethics This textbook goes beyond describing these theories by providing students with opportunities to apply compare and contrast these approaches as they relate to various contexts of social work practice A wealth of case scenarios discussion questions and role play exercises make this an engaging thought provoking teaching and learning tool At a basic level this textbook teaches students the essential principles and standards that define ethical practice At a more profound level Ethics and Values in Social Work inspires students to reach for the highest values of profession service dignity and worth of the person human relationships integrity competence social justice human rights and scientific inquiry Social Work Research Skills Workbook Jacqueline Corcoran,Mary Secret,2012-09-06 With an abundance of examples and exercises this practically oriented workbook presents a step by step approach to help social work students develop and implement their research projects in human services

organizations **Introduction to Social Work Practice** Herschel Knapp, 2008-12-31 A practical workbook for Social Work students that presumes no prior clinical experience and uses no technical psychological jargon **The Routledge**

International Handbook of Social Work and Disaster Practice Carole Adamson, Margaret Alston, Bindi Bennett, Jennifer Boddy, Heather Boetto, Louise Harms, Raewyn Tudor, 2024-12-24 This handbook addresses the diversity and complexity of social work practice in the context of disasters Drawing on international perspectives with the inclusion of case studies this handbook provides a resource for students practitioners educators and researchers seeking to prepare the social work profession for contemporary challenges associated with disasters Divided into five parts it explores the following subject areas 1 Conceptual aspects concerning social work s relationship with disasters 2 Social work s role in preventing and preparing for disasters and response and recovery 3 Social work practice with specific populations 4 Social work education and training in disasters 5 Implications for social work organisations and policy Leading ideas debates and approaches from international authors will provide Global North and South perspectives A critical examination of research and theories for practice including concepts of human vulnerability and community resilience will provide the foundation for detailing the practical contributions that social workers can make at the micro meso and macro levels of practice Social work s underpinning value base of social justice and human rights will also be explored in the context of the complex and dynamic nature of socio cultural political and economic dimensions pertaining to disasters It will therefore be of interest to all social work students academics and professionals as well as those working in allied disciplines policy and emergency management roles *Spirituality and Healing* Wynne DuBray, 2001-11-07 In today s time spiritual healing has become important This book provides an overview of spiritual healing from a multicultural perspective offering useful information for social workers and other human services practitioners for working with clients of color Developing Practice Competencies D. Mark Ragg, 2011-04-18 Designed for the generalist practice course this book uses students own experiences rather than abstract discussion to build competency and professional identity Full of rich case examples and exercises the book lets students visualize and carry out skills in an applied experimental way It breaks down each practice skill into subcomponents allowing students to consciously build up their capabilities as part of a lifelong learning process Social work students will benefit from this presentation of the core knowledge techniques and values essential to the effective practice of social work

Techniques and Guidelines for Social Work Practice Bradford W. Sheafor, Charles R. Horejsi, 2006 0205446175 Sheafor Techniques and Guidelines for Social Work Practice 7e The latest edition of this classic book continues to provide students and practitioners of social work with a one of a kind resource designed to emphasize the different techniques needed for successful practice Carefully updated to provide social workers with easy access to the most current information on professional techniques and guidelines and organized to support a generalist practice perspective Techniques and Guidelines for Social Work Practice illustrates multiple ways in which both direct and indirect intervention activities are a part of the

social worker's repertoire. Touching upon everything from cultural competence to macro practice, the content of this text is so widely applicable it is an invaluable aid in making the transition to a professional career in social work and a staple of professional social work libraries. In a classroom, it is ideal for use in advanced practice capstone and field work courses. Parts I and II summarize the essential foundation elements of social work practice, while Parts III through V set out 157 clearly described techniques and guidelines that can be used by students and new practitioners. The latest edition includes many changes that make it just as essential as previous editions. Techniques deleted from prior editions due to space restrictions are now available at www.ablongman.com/sheafor7e. New techniques include guidelines for assessing small group functioning, family group conferencing, and building mentoring relationships, as well as addressing client concerns related to spirituality and religion and serving the client or community experiencing an emergency or disaster. Following the lessons of 9/11, new content is included to prepare social workers to deal with a client or community emergency. Information is included on family group conferencing, a new approach based on the principles of restorative justice about which social workers should be knowledgeable. New guidelines for using mentoring relationships in which senior practitioners without direct administrative responsibilities support and nurture developing social workers are included in this edition, along with new guidelines for assessing small group functioning as a means of strengthening subsequent intervention activities with groups. Chapter 14 now includes a straightforward description of techniques for conducting empirical direct practice evaluation with current illustrations based on students' applications of the most commonly used evaluation tools.

A Handbook of Leadership Styles Ozgur Demirtas, 2020-02-03. This book serves to provide a detailed exploration of the various leadership styles exhibited today. In order to better comprehend the organic link between styles of leadership, this book deals with almost all models of leadership and demonstrates how dynamic these forms of leadership actually are. It is an essential and extensive reference point for both academics and practitioners.

Social and Communication Disorders Following Traumatic Brain Injury Skye McDonald, Leanne Togher, Chris Code, 2013-12-04. Traumatic brain injury (TBI) can seriously disrupt the social and communication skills that are basic requirements for everyday life. It is the loss of these interpersonal skills that can be the most devastating for people with TBI and their families. Although there are many books that focus upon TBI, none focus on communication and communication skills specifically. This book fills this important gap in the literature and provides information ranging from a broad overview of the nature of pathology following TBI and its effects on cognition and behaviour through to the latest evidence about ways to assess and treat social and communication disorders. Much has changed in the field of communication disorders and TBI since the first edition of this book was published in 1999. There have been advances in neuroimaging providing more accurate understanding of how the brain is damaged in TBI and also insights into its repair. There has been a burgeoning interest in social cognition and advances in how communication is conceptualized with a particular focus on the role of how context facilitates or impedes communicative ability. Most importantly, much has

changed in the arena of rehabilitation There is now a growing evidence base of treatments aimed at improving communication problems following TBI new resources for accessing this information and renewed interest in different kinds of methods for demonstrating treatment effects Bringing together a range of expert international researchers interested in understanding the nature and treatment of TBI this book covers topics from understanding how the brain damage occurs how it affects social and communication skills and how these problems might be treated As such it will be of great interest to clinicians postgraduate and undergraduate students and researchers in neuropsychology speech and language pathology

American Education ,1975 **The Social Work Skills Workbook** Barry Cournoyer,1996 Using this experiential workbook your students can practice all the steps important to social work practice The author includes case examples and situations that clearly illustrate the essential skills of generalist social work practice dozens of summaries and skill building exercises and much more As your students work their way through the book they ll get actual hands on practice in developing skills **Awareness in Action** Phyllis J. Philipson, Juneau Mahan Gary, 2015-07-30 Awareness in Action is a user friendly text workbook designed for undergraduate and graduate students pursuing mental health degrees e g counseling psychology and social work and other human relations professions e g medicine nursing public administration and business It has been used successfully by trainers for professional development seminars in human relations Awareness in Action uses group based experiential exercises to enhance self awareness in professional and personal relationships in order to improve the quality of both types of relationships It is grounded in the research of cognitive behavior therapy CBT solution focused therapy SFT group work theory and wellness theory widely used and accepted by mental health clinicians **Cognitive Rehabilitation for Pediatric Neurological Disorders** Gianna Locascio, Beth S. Slomine, 2018-08-02 A professional guide to evidence based pediatric cognitive rehabilitation in neurological disorders with practical intervention guidance Principles of Social Work Practice Molly R Hancock, 2012-12-06 Principles of Social Work Practice is the first textbook to deal exclusively and thoroughly with the significant principles of social work practice and methods that integrate these principles into the common base of practice You will learn from case examples how to apply crucial ethical personal and methodological principles to different practice areas As you increase your understanding of the nature of professional social work and the essence of its value base and Code of Ethics you also learn to develop approaches to social work practice that are sensitive to a multicultural clientele You will leave this book with useful skills and a flexibility that allow you to work not only with individuals but also with families couples groups organizations and communities As you read Principles of Social Work Practice you will heighten your sensitivity to the professional worker client relationship and its role as a primary instrument of positive change Using this book as a guide you can develop your own strategies for facilitating change and growth that will result in the satisfaction of long term personal and social goals Simultaneously you will build a framework for social work practice that has at its foundation a strong sense of individual worth and dignity A unique combination of theory and practice

readers gain insight into confidentiality the nonjudgmental attitude controlled emotional involvement self determination respect for the individual empowerment Principles of Social Work Practice illustrates for advanced undergraduates and graduate students how to effectively intervene in the conflicts that evolve between clients needs for well being and development and the demands or restrictions of public attitudes or social policy You will sharpen your skills and construct indispensable methods for helping individuals establish vital links with their communities Understanding Child Maltreatment Maria Scannapieco, Kelli Connell-Carrick, 2005-02-10 Child maltreatment professionals from all disciplines struggle to find better ways of understanding and treating the families and children affected by maltreatment Since the mid 1960s the battered child syndrome and recent high profile abuse cases a plethora of research and literature on child maltreatment has emerged yet this is the first volume to offer a comprehensive integrated analysis for understanding assessing and treating child maltreatment within the ecological framework in a developmental context This framework systematically organizes and integrates the complex empirical literature in child maltreatment and development including the often overlooked period of adolescence Viewing child maltreatment from an ecological perspective this volume identifies the risk and protective factors correlated with abuse and neglect The authors present a comprehensive assessment framework addressing the multiple developmental and environmental factors unique to each case This framework fully considers risk and protective factors and their relationship to individuals families and environmental elements presenting a much needed perspective for today s child protective services workers Understanding Child Maltreatment is the first of its kind While most books broadly address the developmental consequences of maltreatment this volume goes further by proposing assessment and intervention strategies based on a deep understanding of each stage of a child s development Interventions center on the caregiver and the family with particular attention to parenting skills and the challenges the child may experience within his or her developmental stage Each chapter emphasizes empirically based interventions and includes a case illustration that guides readers in applying these concepts to their own practice Providing a comprehensive nuanced perspective on maltreatment this book will be invaluable to students researchers and professionals **Ecosocial Work in Community Practice** Komalsingh Rambaree, Meredith C. F. Powers, Richard J. Smith, 2022-12-26 This book focuses on ecosocial work within the context of community practice It aims to provide insights on understanding key issues concepts and debates surrounding the mainstreaming of ecosocial work for sustainable community development Divided into three parts the first part of the book focuses on ecosocial work and ecosocial change around water the ecology of coastal communities experiencing climate change and environmental degradation The second part includes chapters on ecosocial change and community practice in other kinds of bioregions Finally the third part primarily focuses on pedagogical approaches for teaching ecosocial work This book was originally published as a special issue of the Journal of Community Practice **The School Counseling and School Social Work Treatment Planner, with DSM-5 Updates, 2nd Edition**

Sarah Edison Knapp, David J. Berghuis, Catherine L. Dimmitt, 2017-03-22 This timesaving resource features Treatment plan components for 33 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most accrediting bodies insurance companies and third party payors Includes Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The School Counseling and School Social Work Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions including coverage of disruptive classroom behaviors reinforcing student success bullying peer conflict and school violence Organized around 33 behaviorally based presenting problems in treating students who experience social and emotional difficulties including social maladjustment learning difficulties depression substance abuse family instability and others Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission TJC COA and the NCQA Additional resources in the PracticePlanners series Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice Homework Planners feature behaviorally based ready to use assignments to speed treatment and keep clients engaged between sessions For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners

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