

Field Instruction Journal of Competency Development

Kathiana Bellanton

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1. Review of Competencies Practiced

The learning activity that was practiced this week was observing and reflecting practice skills that assist individuals to enhance their well-being. This fulfills competency 8 Intervene with individuals, families, groups, organizations and communities. This week I witnessed a crisis and “all available” were called in for support. When the child in crisis was being destructive the staff surrounded and followed her around. I think that was more triggering than supporting what she needed at the time. The culture of this unit is different from other units, and the social environment on 2west is more regulating and self-soothing.

2. Reflect on Performances of Competencies

Strengths- There was one moment before the crisis that one staff member said, “you're better than that, you don't have to do that”. I think there should have been more words like that. Also allowing for the child to be to themselves. The staff did a good job ensuring the safety of the child and other clearing things that she can take and use and talking her down.

Limitations- Considering this was my first all available I was not in the forefront on de-escalating the crisis and that in itself is a limitation because I could not engage with the client and use person-environment and theories to apply, but I can relay that information to other staff.

I felt like the mob-like crowd was not effective in de-escalating the client, it just amped her up even more. I think the child should be able to go through the emotions so that they are able to use whatever tools and techniques learned in therapy to self soothe. If there is a crowd following her around that environment does not allow her to use those tools. It was almost feeding her energy.

3. Connecting Competencies to Knowledge

Along with incorporating coping and self-soothing techniques, the strengths-based perspective should be applied as well. Just like how someone's weakness can be used against them, their strength should be used to aid in that process. Social learning theory can be used to understand the process to which behavior is displayed. From seeing the response of the staff tends to crisis, the client knows that by acting in a rambunctious way that all available will be called and she will get the attention that she's alluding to.

4. Plan for Progress

I learned that each child reacts differently to conflict, during the crisis the client did not get physical with other staff, she just wanted attention, whereas other clients may engage in physical contact. I think there should be levels to “all available” because this one was not a “dangerous” case.