

SWK 557 FIELD EXPERIENCE  
COMPETENCY JOURNAL  
JOURNAL #5

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This past week, the activity which seemed challenging was in the process of assessment. At this particular activity, the goal was to run a series of very detailed comprehensive lengthy questionnaires as a form of assessment. The idea was to highlight the strengths which could be useful as the detainee prepares to go back to the community. The subject client having been detained at Rikers for a year, is to complete his time in two weeks. I guess the challenge was on 1) how to keep client engage and complete the assessment 2) how my own personal values, thoughts and feelings be regulated and keep distinctively separated from my professional values. I keep notes on my own behavior and thoughts during (and after) client meeting. I reflected on how my personal assumptions which impacted my professional conduct and interactions with the client. The practice behavior involved here is in **1.2 “Use reflection and self-regulation to manage personal values and maintain professionalism in practice situations”**. I’ve learned **that** hearing what client has to say organically allows a feeling of liberation. I also thought that maybe this could be tied up to understanding the profession’s history, its mission, and my role and responsibilities to this client as a social worker. Liberation as was understood – was always to bring those in bondage and captives free. But not only the client, but also the social worker.

To demonstrate what went well during this particular session, I believe it is understated to say that the client was fully engaged during the whole session. There was no indication that the client was bored, being dragged or unhappy of the interaction. The lengthy detailed questionnaires were done without interruptions. Therefore, **Practice Behavior 1.2** proved as a form of strength in social work practice. Becoming competent in this area is a boon for a social

worker. I believe to demonstrate ethical and professional behavior is must. Regulating my own personal values and distinctively separate what is personal with professional values had made the interactions with this particular client successfully. I believe this practice behavior makes my client feels heard, supported and valued.

My personal feeling with assessment is that it is a positive tool to process and connects us with the client. Gathering information is only one way of looking at this activity. However, in my opinion, I feel receiving information from the client find its way to form a strong connection with them. In other words, I'm not only hearing what client is saying with my ears, but information also travels to my own heart. The practice behavior 2.1 is crucial at this point for social worker to maintain clarity and to demonstrate Ethical and Professional Behavior at all times.

I believe, self-regulation and to manage my personal values and maintain professionalism in practice setting is tied up with respecting the inherent worth of people, the basic knowledge to develop this competency. The need for open and honest communication with my client, knowing that everyone is different. Hearing what my client is saying as an active listener. Ready to clarify statements that I do not understand is a form of connecting my 2.1 competency with my skills in communications. As I increase my knowledge in cultural competency, I believe this will lessen the gap of practice area and will continue to become inclusive with many other cultures and practices.

I learned that there is a need to expand on my cultural competency skills and knowledge of cultural humility. For my personal growth in this area, the plan is to apply theories of human development policy and research and connect with culture. This will include spirituality practices which are part of many other cultures. As I involved with other cultures, self-regulation to

manage my personal values is crucial and to maintain my professionalism with my involvement with other cultures at all times. Self-knowledge is important so that I can freely practice professionally at any given socio-economic arena, and or spiritual beliefs. I plan to continue to quest for personal growth incorporating my learned competency in self-regulation.