

## **Journal 1**

**Jenna Lee**

On January 17, 2023, I began my internship at Korean Community Center of Metropolitan New York's mental health clinic.

There has been an influx of new patients at the clinic. A clinic office manager assigned me five new clients. While I was overwhelmed, I was excited to help Korean American patients with various mental health and behavioral issues.

With five classes this semester, it would be difficult for me to maintain a balance between schoolwork, internships, and my personal life. There is a great deal of rigorous and demanding work in the MSW program. Nevertheless, it was my dedication that allowed me to learn and grow as a clinical social worker.

During this semester, I would like to improve my clinical skills by taking cognitive behavior therapy webinars. Additionally, I am interested in learning dialectical behavior therapy and acceptance and commitment therapy.

I observed some relational conflicts between clinical staff and administrative staff while working as a team. As I watched the relational dynamics in the clinic, I felt uncomfortable. In spite of my experience as a manager for a Korean beauty company, maintaining positive relationships amid interpersonal tensions is always challenging.

During my internship, I was careful not to get involved in relational conflicts. Two office managers dislike the clinic director. They were gossiping behind the director. In order to maintain a professional boundary, I have avoided taking sides with anyone. However, the two office managers believed that I had sided with the clinic's director, my internship supervisor. It was uncomfortable and stressful for me. My professional boundaries will remain intact as I continue managing these relationship issues.