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SWK557: Field Instructions and Seminar II: NOS

January 29th, 2023

Journal #1

Interning at Safe Horizon Brooklyn Family Court from the fall 2019 to the spring 2020 semesters was a wonderful experience for me. I picked up a lot of knowledge and gained a lot of new perspectives throughout that time. My responsibility was to do intake assessment for children and families and supervise non-custodial parents' visits with their children on a weekly basis. However, I had little to no experience with the intake and assessment process before beginning my internship, nor had I ever supervised visitations. The most difficult part for me at the time was supervising and observing the children's visits and seeing firsthand the traumatic impact that parent conflicts had on the children. Through the difficulty, I was able to observe and learn how to ask open-ended and closed-ended questions, which improved my abilities of becoming effective during intake.

I am now interning in a Brooklyn public school; this semester marks my first semester back since the spring 2020 semester. I find the school's trauma-informed approach to be interesting, and I'm eager to observe, and practice trauma-informed care as I journey along. I can, however, put the skill sets I learned from my last internship to work when doing intake and assessments. This semester, I want to learn everything this experience will teach me while also strengthening my skill set and learning new solutions that take a trauma-informed approach. Evidence-based practice is another approach I'm interested in during my internship this semester because it will enable me to choose the most efficient course of action while assessing clients. In comparison to my two internships, even though I do not work in the courts, I am still helping children and families cope with trauma. Therefore, I'm hoping that at the conclusion of this semester, I'll have learned a lot more about how to understand the depths of trauma-informed and evidence-based practice, and begin to utilize it in different way related to the social work field.