

Angelica Codner

Field Seminar

Professor Mark Jennings

Journal 1

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Last semester, there was a lot of second-guessing in believing in my capacity to apply what I've learned in the field; for this, it is normal to feel anxious throughout weekly supervision, and this gradually decreased.

During last semester's field experience, I did well-seeking supervision as I am eager to learn and passionate about mental health. As a social work intern keen to learn, sometimes or passion for something becomes overwhelming. It would be challenging to process clients who struggle to regulate their emotions, and I manage those situations well. I ordered my feelings positively, implemented self-care more than usual, and worked on time management. Last semester I didn't just use my supervisor to my advantage to learn, but I used the entire treatment team as a part of my learning experience. Through this, I developed a close-knit relationship with the treatment team. I asked more questions than usual, and my thinking has changed as it relates to asking questions because I once thought that I would come off as annoying, but how would I know the answers if I don't ask questions? This semester, I plan to manage my time wisely to meet with clients to create a balance relating to my personal, work, and school life. I want to implement more theories to help develop new coping skills with clients, reach a breaking point with clients who have severe trust issues, and establish a safe place for those who struggle to communicate and trust to be able to do those things again.

During the spring of 2023, I hope to accomplish more confidence in the field, apply more that I have learned in previous courses and current courses, plan and facilitate a more effective psycho-educational group, to widen my horizon by progressing with other clients of different demographic, age group, gender, diagnosis, and behaviors.