

**Competency 6: Engage with Individuals, Families, Groups, Organizations, and
Communities**

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SWK 499 Integrated Seminar NA

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March 02, 2023

- ***In what ways have I accomplished this competency/practice behaviors?***

Adhering to the NASW also entails critically assessing new information related to the social work profession and staying current with it. The methods I used to develop this skill, evidence-based research—guide the therapies I use with my clients to help them reach this skill level and practice the behavior. I evaluate both the results of my client interventions and their efficacy. For example, I help my traumatic brain injury (TBI) clients succeed by teaching them how to breathe and giving them motivational interventions.

- ***How has my thinking changed over time?***

During SWK 416 Generalist Social Work Practice, I can alter my thinking. In this lesson, I learned new ways to talk to clients and how to focus my conversations on the most important relationships, as shown in their ecomap. Knowing how to interact with my clients allowed me to assist them better while forcing me to think and communicate in novel ways. As an ethical social worker, I must stay current with research on the communities I serve. As a result, I assume responsibility for my customers and strive to assist them in resolving their social issues. Understanding the client's personal experiences will help me create the best treatment plan, which will affect the client's abilities and enable me to engage them more successfully.

- ***What are the practice behaviors that indicate my competency in this area?***

The application of research evidence in my practice actions serves as a demonstration of this competency. People with TBI often change their behavior or mood because of their injury. They often need clarification and need to be able to track things. At my placement, I have to develop strategies twice a week in case the client exhibits signs of moodiness or disorientation. The example of conduct comes from SWK 314: Human Behavior. One cannot overestimate the value of comprehending social dynamics and human behavior. I understood the client ecomap

thanks to SWK 416, which helped me know what to look up to support the customer whenever they wanted it. After focusing on the crisis's root cause, I devised a plan to help the client, such as motivational therapy, chair yoga, or breathing exercises. A form of treatment centered on finding solutions.

- ***What curriculum content areas (social policy, practice, etc.) relate to successfully completing this competency?***

SWK 314 Human Behavior and SWK 416: Generalist Social Work Practice helped me complete this competency. Thanks to these courses, I now better understand how individuals behave in various situations. In this course, I completed an assignment on human behavior throughout the life cycle for SWK 314. As demonstrated in this endeavor, one's life changes as one progresses. Therefore, social workers must thoroughly understand every stage of life to effectively interact with clients and meet their needs as they go through significant physical, cognitive, and psychosocial changes. Practice evaluation is crucial to facilitate participation, assessment, intervention, and evaluation. SWK 416 helped me improve my practice evaluation abilities. I have to analyze, evaluate, plan interventions and interact with clients throughout my placement because of the practices I learned in this course. I advocate for and assist my clients in achieving successful client outcomes using these abilities.

- ***What learning experiences helped me to accomplish this competency?***

I achieved this competency through my experiences working with clients in a TBI population and helping them deal with their emotional and behavioral changes. A client of mine recently experienced a crisis that he interpreted as others talking about him, which resulted in him becoming angry. During a conversation with the client, I asked if he heard the other person's words. He replied he did not; however, the other person looked at him. Although I did not

disregard his views, I did want him to understand that he may have misinterpreted what he saw. In addition, I informed him that he needed to gather facts before drawing any conclusions. When a client suffers from a traumatic brain injury, the brain interprets things as it sees them. Journaling is one of the learning experiences I use in this course, and I encourage the clients to use it. Additionally, I taught him skills such as music therapy, drawing, painting, taking walks, and practicing breathing exercises. This specific skill set was selected according to the client's interests.

- ***What “gaps” can I identify in my learning experience? What will I do about these “gaps”?***

Because I work in the IDD field, I intend to learn more about theories and information in the field. I could gain from performing more psychosocial assessments while I'm in school. The chances to do so have been fewer during my internship. Since I work with groups more often, dealing with more individual clients would help me better understand how people behave. I will use this opportunity to fill this knowledge gap by learning more about human behaviors to better understand connections relevant to the proposed work with clients and identify the points where personal and environmental factors are intertwined.

- ***(In your Professional Growth Plan, identify goals for continued personal and professional growth and discuss how you plan to reach these goals).***

Understanding human behavior is one of the most critical components of my professional development plan. By implementing policies at the micro, meso, and macro levels necessary to change our environment, I strive to understand the dynamic and interactive process of working effectively with and on behalf of diverse individuals, families, groups, and organizations, as well as communities. Through my knowledge of human

behavior, I can achieve my goals in the TBI field and any other area of IDD. I will benefit from knowing how to facilitate client engagement in my career advancement.

- ***Identify a case situation you have worked with and describe how you facilitated engagement with that client system. How did you prepare for engagement?***

In my previous internship, I worked with young adults who have intellectual disabilities and are enrolled in college-level courses because they want to attend college. I worked with one youngster who was quite shy. I had to sit right next to her and get as close as possible to hear what she was saying. She loves art and enrolls in an art class, but the course was modern and contemporary art, which is revolutionary abstract and experimental art. She was completely floored when she entered the classroom since she didn't realize the art, she was used to wasn't what the lecturer talked about. Instead of taking notes and writing papers, she was prepared to paint and draw. She started failing the class, so I was asked to help. I began by requesting that she interpret the lesson for me. She said it was boring.

I went straight to YouTube to get footage of modern and contemporary art to show the differences and how modern art is more expressive. On the other hand, contemporary art is recognized for its social significance because it seeks to benefit society. I kept doing this with various films and abstracts for weeks. I intended to show how modern art, primarily painted on canvas but including some drawings, highlights how the theme is represented subjectively rather than objectively. She enjoyed our sessions throughout the weeks, started to enjoy the films, and began to understand that art encompasses much more than just painting and sketching.

Ultimately, she liked contemporary art because it was abstract and could use anything as an artistic medium. Though her performance in class turned around, she eagerly anticipated the

conclusion. I was able to assist this client because of SWK 314 and 416 and the material I learned in both classes.

- ***In what ways did you apply your knowledge of human behavior in the social environment and person-in-environment to assist in the engagement process?***

I used positive reinforcement to help the engagement process by applying human behavior. After engaging with the client and learning her perspective on modern and contemporary art, I used her little knowledge about art for an assessment. She admitted that she loved art but needed to know its broad scope. It transcends mere coloring and drawing. Thinking back, SWK 416 taught me how to construct an evaluation correctly. My possession of those skills aided my ability to do assessments.

I also assessed her needs and observed how she behaved when stressed. I had to find ways to involve the client without escalating her anxiety because I knew she was naturally introverted. Shy people frequently experience awkwardness in social settings, which has a negative impact on their engagement in activities. A biopsychosocial evaluation was carried out to comprehend the clients in this scenario. I can ascertain her needs by looking at her life, including her culture, education, and career history. I got to know the client and could tell from her story what she needed. I gave the client good energy in this case, so engaging with this client was easier.

- ***In what ways did you use empathy, reflection, and interpersonal skills?***

Empathy is a crucial component of what makes us human and is necessary for effective client interaction. Empathy influences all facets of treatment, and our demeanor and mannerisms affect how clients see us. My social work courses have underlined the principles of working with people. These programs have enhanced my natural empathy and the skills I have developed from my upbringing and experiences with people of different backgrounds. By honoring each person's

unique situation, strengths, and priorities, NASW upholds one of its fundamental beliefs, the dignity and worth of every human being. As social workers, one thing that sets us apart is our dedication to change. It can significantly impact a modest change in a person's behavior or a significant shift in a community or the world. We can bring about change because we work with clients to assist them in becoming more adaptable, self-aware, and confident. We know that fostering an atmosphere of compassion and understanding encourages clients to get involved and respond and prompts us to consider how we may employ empathy in every client engagement. I became familiar with the client after engaging with her. I was able to comprehend her better by applying the biopsychosocial theory. I empathized with the client since she was shy and hesitant to talk or even look someone in the eye. She got more at ease and began to speak with me more as she realized I was acting compassionately toward her. Because of the trust I developed with her, I could complete this mission. I was patient with her and assisted at her level. I established a dependable relationship with her by making time for her each week.