

Getting to Know the Clients: A Chapter of Special Relevance to Helping and Service Professionals

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1. The strengths that will be useful for the work I will be doing are, organization skills, creativity, compassion, community focus, positivity, being a team player, and being self-sufficient.
2. When I think of the word empowerment and ponder, "*The most you can do as a helping professional creates a context for someone to empower himself or herself*". I implicate as a helping profession, all I can do is provide the resources and services to help my client solve or reach the goal that has been a concern for them. When clients are empowered, they have the authority and power to control their lives and assert their rights. It is not my duty to make decisions for them. All I can do is assist and encourage them along in their journey. By me encouraging client(s) and assisting them using my expertise and knowledge, he/she will feel confident making their own decisions in the decision-making process, overpower their personal challenges, and have input in their treatment plan.