

Elizabeth Dookie
SWK357
Gail Roberts
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Journal 5

Please read chapter 7 and answer the following question for your reflective journal:

1. As you think about yourself in relation to the work, which of your strengths will be useful to the work that you will be doing?

I feel that my strengths include my willingness to learn, having good mannerism, and my desire to connect with others. These strengths motivate me to further pursue social work as my career and the more I have been engaging with social work, the more interest I have developed for learning about how the mind works and why people behave/react the way that they do. I feel that I can use my strengths to help build my curiosity and work on communication skills to better connect with clients. Asking questions, being respectful and sincere toward people, and passion for helping those who need it will be useful in my work as an intern and as a future licensed social worker.

2. Take this time to think about the word "empowerment." Now consider this statement: You cannot empower anyone; only a person can empower him or her self. The most you can do as a helping professional is create a context for someone to empower himself or herself. What are the implications of this statement for your approach to the work you are doing?

I agree with this statement completely. One cannot simply empower another person, however a person can empower themselves. Advice and help can always be offered but a person's empowerment is a "self" trait. As a social worker, we can't empower our clients but we can give

them the advice and tools they need to help themselves feel more empowered. However, they have to be willing to work on themselves as well in order to truly experience empowerment. We can 'so to say' prescribe the medicine but it's up to the patient to actually digest it themselves.