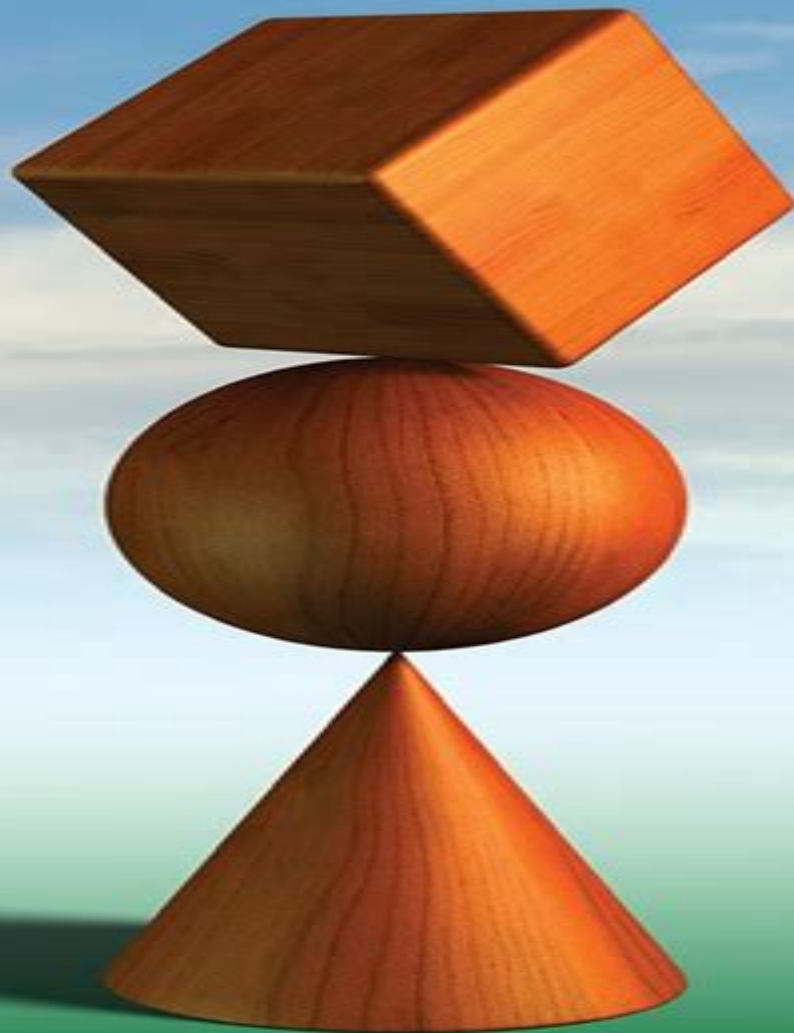


SELF-CARE IN SOCIAL WORK



**A Guide for
Practitioners,
Supervisors, and
Administrators**

**Kathleen Cox and
Sue Steiner**

Self Care In Social Work A Guide For Practitioners Supervisors And Administrators

Stephen Marson, Robert McKinney, Jr.



Self Care In Social Work A Guide For Practitioners Supervisors And Administrators:

Self-care in Social Work Kathy Cox,Sue Steiner,2013 Social workers encounter a number of unique forms of occupational stress on a daily basis The more thoroughly they understand the stressors they face the better prepared social workers will be able to manage them successfully Self Care in Social Work is a guide to promote effective self care tailored to the needs of social workers including both individual and organizational approaches On a personal level it goes beyond the typical prescriptions to exercise eat well sleep more and get a massage or meditate In fact the book is based on the premise that self care should not be an add on activity only happening in the rare instance there is some free time Instead it is conceptualized as a state of mind and considered an integral part of a social worker s training In Self Care in Social Work the reader is taught how to approach individually oriented self care through the development of self awareness self regulation and self efficacy At the organizational level readers are guided through a process of learning about areas of match and mismatch between themselves and their agency structure and culture The book is timely in that the economic downturn has put pressure on agencies to do more with less which ultimately leads to stress Burnout compassion fatigue and vicarious trauma are topics that students instructors practitioners and administrators are concerned about A practical guide to stress management and approaches to self care this book includes narratives gathered from both students and practitioners in the field It is an excellent resource for social workers counselors and mental health professionals in education Back cover

Self-care in Social Work Kathy Cox,2013 Social workers encounter a number of unique forms of occupational stress on a daily basis The more thoroughly they understand the stressors they face the better prepared social workers will be able to manage them successfully Self Care in Social Work is a guide to promote effective self care tailored to the needs of social workers including both individual and organizational approaches On a personal level it goes beyond the typical prescriptions to exercise eat well sleep more and get a massage or meditate In fact the book is based on the premise that self care should not be an add on activity only happening in the rare instance there is some free time Instead it is conceptualized as a state of mind and considered an integral part of a social worker s training In Self Care in Social Work the reader is taught how to approach individually oriented self care through the development of self awareness self regulation and self efficacy At the organizational level readers are guided through a process of learning about areas of match and mismatch between themselves and their agency structure and culture The book is timely in that the economic downturn has put pressure on agencies to do more with less which ultimately leads to stress Burnout compassion fatigue and vicarious trauma are topics that students instructors practitioners and administrators are concerned about A practical guide to stress management and approaches to self care this book includes narratives gathered from both students and practitioners in the field It is an excellent resource for social workers counselors and mental health professionals in education Back cover **The**
Routledge Handbook of Social Work Ethics and Values Stephen Marson,Robert McKinney, Jr.,2019-05-31 The

Routledge Handbook of Social Work Ethics and Values is a comprehensive exploration and assessment of current and future issues facing social work practice and education. It is the first book to codify ethical practices for social workers from across the globe and in myriad workplace settings. Each section meaningfully captures this complex subject area: ethics, large visions of diverse values, abortion, relationship and gender issues, micro and mezzo practice settings, social work education, technological issues, spirituality, globalism, economic issues, special topics. Leaving no stone unturned, this handbook comprehensively addresses the most controversial topics in an evenhanded manner. Among professional social workers, values and ethics traverse political boundaries, cultural identifications, and languages. This handbook will help to make sense of this unity within diversity. With contributions from the world's leading scholars, this book will be a valuable resource for all social work students, academics, researchers, and practitioners who seek a coherent and objective analysis in the abstract arena of ethics and values.

Social Workers' Desk Reference, 2015-04-20. People all over the world are confronted by issues such as poverty, a lack of access to quality education, unaffordable and/or inadequate housing, and a lack of needed health and mental services on a daily basis. Due to these issues, there is a need for social workers who have access to relevant and timely scholarly materials in order to meet the needs of those facing these issues. The social psychological and biological factors resulting from these issues determine the level of a person's mental health at any given point in time, and it is necessary for social workers to continue to evolve and develop to the new faces and challenges of the times in order to adequately understand the effects of these issues. In the first and second editions of the *Social Workers Desk Reference*, the changes that were occurring in social work practice, education, and research were highlighted and focused upon. This third edition continues in the same tradition and continues to respond to the changes occurring in society and how they are impacting the education, research, and practice of social work as a whole. With 159 chapters collaboratively written by luminaries in the profession, this third edition serves as a comprehensive guide to social work practice by providing the most recent conceptual knowledge and empirical evidence to aid in the understanding of the rapidly changing field of social work. Each chapter is short and contains practical information in addition to websites and updated references. Social work practitioners, educators, students, and other allied professionals can utilize the *Social Workers Desk Reference* to gain interdisciplinary and interprofessional education, practice, and research.

The Oxford Textbook of Palliative Social Work Terry Altiglio, Shirley Otis-Green, John G. Cagle, 2022. It is so important to advocate for things that may not always seem possible. Getting to work with patients' families at the end of their life is the ultimate honor. Lauren G. Markham, MSW, LCSW, AHPSW-C. In this work, one witnesses both depths of human suffering and heights of human transcendence that can inspire both awe and fear. At those times, I have found that surrendering my need to be an expert and instead allow myself to simply be a human is the wisest action. Kerry Irish, LCSW, OSW-C, FAOSW.

Cultivating Professional Resilience in Direct Practice Jason M. Newell, 2017-09-26. Overwhelming empirical evidence indicates that new social workers, particularly those going into child

welfare or other trauma related care will discover emotional challenges including the indirect or secondary effects of the trauma work itself professional burnout and compassion fatigue However the newly revised CSWE Educational Policy and Accreditation Standards EPAS does not mandate the inclusion of content related to self care in social work curriculum or field education In a textbook that bridges the gap between theoretical and pragmatic approaches to this important issue in human service work Jason M Newell provides a potential resolution by conceptualizing self care as an ongoing and holistic set of practice behaviors described as the key to professional resilience To address the effects of trauma related care on direct practitioners Newell provides a comprehensive competency based model for professional resilience examining four key constructs stress empathy resilience and self care from a range of theoretical dimensions For those who work with vulnerable populations the tendency to frame self care solely within organizational context overlooks the importance of self care in domains beyond the agency setting Alternatively he uses a framework grounded in the ecological systems perspective conceptualizing self care as a broader set of practice behaviors pertaining to the whole person including the physical interpersonal organizational familial and spiritual domains of the psychosocial self Alongside professional self care practices at the organizational level Newell makes a case for the pragmatic role of recreational activities time with family and friends physical health spirituality and mindfulness The application of a comprehensive approach to self care practice has potential to empower practitioners to remain resilient and committed to the values mission and spirit of the social work profession in the face of trauma

Academic research of SSaH 2015 group of authors, 2015-12-28 International Academic Conference on Social Sciences and Humanities in Prague 2015 NY sAC SSaH 2015 in Prague Wednesday Thursday December 30 31 2015

Healing Justice Loretta Pyles, 2018-03-15 In the context of multiple forms of global economic social and cultural oppression along with intergenerational trauma burnout and public services retrenchment this book offers a framework and set of inquiries and practices for social workers activists community organizers counselors and other helping professionals Healing justice a term that has emerged in social movements in the last decade is taught as a practice of connecting to the whole self what many are conditioned to ignore the body mind heart spirit community and natural world Drawing from the East West modalities of mindfulness yoga and Ayurveda the author introduces six capabilities mindfulness and compassion critical thinking and curiosity and effort and equanimity which can guide practitioners on a transformative and empowering journey that can ultimately make them and their colleagues more effective in their work Using case studies critical analysis and skill sharing self care is presented as an act of resistance to disconnection marginalization and internalized oppression Healing justice is a trauma informed practice that empowers social practitioners to cultivate the conditions that might allow them to feel more connected to themselves their clients colleagues and communities The book also engages critically with self care practices including investigation into the science of mindfulness cultural appropriation and the commodification of self care The message is clear that mindfulness based practices are not a panacea for personal inter personal or political

problems But they can put practitioners in a more authentic and powerful place to work from which is particularly important in a world where there is more connection to technology ideologies and people who share one s beliefs and less connection to the natural world people who are different and the parts of oneself that one tends to reject The book also offers suggestions for how to share self care practices with community members who have less access to wellness **Clinical Supervision**

Activities for Increasing Competence and Self-Awareness Roy A. Bean,Sean D. Davis,Maureen P. Davey,2014-03-18

Cultivate self awareness empathy and clinical competence in the mental health professionals you supervise Providing tested guidance for clinical supervisors of mental health professionals editors Roy A Bean Sean D Davis and Maureen P Davey draw from their own backgrounds in training private practice and academe as well as from an international panel of experts representing various mental health fields to provide activities and best practices that allow therapists to better serve an increasingly diverse set of clients and issues While clinical skills are easily observed the more subtle areas of self awareness or exploring unexamined judgments are more difficult to spot and to provide supervision and guidance for The numerous experiential activities included will help supervisors and the mental health professional they supervise develop their skills and techniques around Intuition Empathy Self awareness Mindfulness Multicultural awareness Perspective taking The book covers both clinical as well as diversity focused competence and awareness and suggests various forms of activities including research exercises reflection journaling and more Each activity includes measurement metrics as well as additional resources that help clinicians identify the best activity for a given situation Appropriate for clinicians at every level and from a multitude of backgrounds these tried and tested best practices can be used in clinical supervision as a class assignment or to facilitate professional growth *Spirituality Matters in Social Work* James Dudley,2016-03-02

Offering a focus that is lacking or not clearly evident in most spirituality books Dudley addresses specific ways of incorporating spirituality into practice and integrates many of the contributions of other writers into an overall eclectic practice approach His approach revolves around many of the core competencies of the EPAS accreditation CSWE 2008 Most of the core competencies are addressed with an emphasis on professional identity ethical practice critical thinking diversity practice contexts and a major practice framework of the book the practice stages of engagement assessment intervention and evaluation

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