

Chapter 1 : An Introduction to Use of Self in Field Placement - www.nxgvision.com

Therapeutic use of self or conscious use of self is often recognized as an important therapeutic tool or by some as a core skill of occupational therapy. Two events have recently renewed my interest in therapeutic use of self.

Walters As the child welfare field coordinator at Lewis Clark State College, I have the honor of attending an annual child welfare conference where many of my students present their research on issues that affect child welfare in the State of Idaho. As I introduced one of my students this year, I praised the student regarding her unique ability to use her personality and sense of humor to set families at ease and to build relationships and rapport with clients. Due to the fact that this student came from a lower socioeconomic background where she had to face many obstacles in her own life before returning to college and getting her BSW, she was able to draw from her own feelings and experiences to develop empathy and understanding for clients and the situations they found themselves in. Social workers believe they know what it means when they hear the term, but they have a hard time defining and describing the term when pressed. It is the use of self that enables social workers to strive for authenticity and genuineness with the clients we serve, while at the same time honoring the values and ethics we so highly value in social work practice. In an effort to explain the use of self to my child welfare interns and other students, I will often use their micro skills coursework as an example of how use of self looks in professional practice. When I teach interviewing skills, each student is exposed to the same basic skill set. What I have found in the classroom, as well as when I am supervising field placements, is that successful students have not only mastered the skill set taught in social work practice courses, but have also mastered the integration of their social work skills with their authentic selves. To integrate the authentic self into the skills required for your social work field placement, it may be helpful to view the use of self from five different perspectives: Through analyzing each of the constructs and their application to your daily practice, you will begin to discover the unique attributes that will enable you to relate to clients in a more authentic manner and contribute to the field of social work in a way that is uniquely reflective of you.

Personality One of the most important aspects you bring to social work practice is your personality. If you accidentally run into your client while shopping for groceries or at the park on the weekend, the client should be able to engage with the same person he or she met during your last home visit. In other words, social workers need to take time to fully understand who they are as individuals, as well as their identities as professional social workers, in order to holistically integrate these two roles. The first step toward this authentic integration is taking time for personal discovery. Making a list of your most prominent personality traits and identifying how these traits can help you relate to clients, as well as limit your efficacy, is a helpful exercise. A second exercise that may prompt personal discovery is identifying what first attracted you to the field of social work and analyzing your motivation for choosing social work as a career. What need did becoming a social worker meet in your life? Was it a healthy need, and how does this need affect your work with clients and families? In addition, individual and group therapy can also be effective tools for understanding your personality traits and how these traits affect your relationships with others.

Belief System A second aspect of self that has an impact on social work practice is your belief system. Belief systems do not necessarily have to be religious or spiritual in nature. Instead, belief systems can be a method for understanding, organizing, and making sense of the world around us. What do I believe about the nature of humankind? How do I explain pain and suffering? What is the meaning of life? By exploring our personal values and beliefs through these kinds of questions, we are able to understand our individual perspectives of life and the world around us. Through defining our worldview, we are better able to understand the congruence between our personal philosophies and the values and ethics of the social work profession, as well as those of our clients. A disconcerting error that many social workers make when beginning social work practice is to impose their own values upon the client and failing to honor self-determination. Once a social worker has clarified his or her worldview and personal values, it is imperative to assess how these values contribute to the development of relationships with clients and how their beliefs may negatively affect direct services.

Relational Dynamics A third aspect of use of self is relational dynamics. Carl Rogers developed the

necessary and sufficient conditions that form the foundation of all helping relationships, including congruence, unconditional positive regard, and empathy. The integration of the necessary and sufficient conditions into your personal and therapeutic relationships is imperative when delivering effective service to clients. Upon completion of a client interview, it is imperative for social work students to review how they reflected these elements during the interview process and how they could improve future interviews. An important tool that can help you evaluate your use of relational dynamics is listening to a tape recording or viewing a video of your interview with clients. If tape recording and video recording is not appropriate for your agency, then you can develop a process recording by typing up the dialogue that you engaged in with the client, as if it were a screen play. Make sure to leave enough room in the margins to make comments on your integration of congruence, unconditional positive regard, and empathy.

Anxiety The fourth aspect of use of self is recognizing your own anxiety when engaging in a therapeutic relationship. It is normal to feel anxious and nervous during the initial stages of your field placement. It is also normal to experience some anxiety when serving clients. What is important is not to become paralyzed by fear or to deny your experience of anxiety, but instead to embrace your anxiety.

Dewane, When you first experience anxiety, you need to realize that your sense of self is speaking to you as a social worker. At the first sign of anxiety, you must ask important questions, such as: What thoughts are contributing this anxiety, and how does this anxiety affect my relationship with my client? How does my anxiety manifest itself in my emotions, thoughts, and behaviors when working with the client? What makes me anxious about working with this particular client?

Self Disclosure A final aspect of use of self is self disclosure. What is my goal in self disclosing my experiences? How do I predict sharing this with the client will benefit the client? As a final precaution, always review what you would like to self disclose with a supervisor or colleague to get feedback on the risks and benefits prior to self disclosing to a client.

Conclusion Although the use of self is a powerful therapeutic tool that enables the social worker to integrate aspects of personality, belief system, relational skills, and personal experience into the helping relationship, the social worker should keep in mind ethical boundaries of the social worker-client relationship. The use of self in social work practice places the client and social worker at greater risk for transference and countertransference negatively affecting the helping relationship. As you seek to integrate aspects of your authentic self in daily practice, it is imperative to review ethical concerns and potential boundary violations with an agency supervisor or field instructor. In conclusion, your field placement provides an excellent opportunity to explore the blending of the values, skills, and knowledge you gained in your social work education with the personal and professional use of self. Through the use of self as a therapeutic tool, you will be able to effectively establish rapport, improve outcomes of interventions, and contribute something to the field of social work no one else can contribute—your unique personality, worldview, relationship skills, and life experience.

The use of self in therapy 2nd Edition. *Clinical Social Work Journal*, 34 04 ,
Developing effectiveness in the therapeutic use of self. *Clinical Social Work Journal*, 26 01 ,
National Association of Social Workers
Microskills and theoretical foundations for professional helpers. The necessary and sufficient conditions of therapeutic personality change. *Journal of Consulting Psychology*, 21, He is a licensed independent clinical social worker in Washington and a licensed clinical social worker in Idaho. His direct practice experience includes mental health, individual and family counseling, aging, and disabilities.

Chapter 2 : Therapeutic Use of Self and YOU! by Brandy Brown on Prezi

therapeutic use of self the ability to use theory, experiential knowledge, and self-awareness, and to explore one's impact on others. therapeutic use of self thoughtful and deliberate use of one's personality, opinions, and judgments as a component of the therapeutic process.

Empathy is not measurable. So they resist it. Mostly i think they fear that this approach may challenge them, most people have never learned how to make challenges opportunities. They refuse to expose themselves to risk but then they never get the reward. Angela February 20, at 7: I am searching for OT articles about this as i find it really fascinating and agree that this is the most important thing. The therapeutic relationship is the vehicle through which we work and so influences the result hugely. Barbara Allatt October 28, at 1: I am a second year OT student Emotional intelligence and the occupational therapist. Mckenna J, Mellson J. Occupational Therapy and Use of Self. I hope to incorporate many of the activities into my courses here at Saginaw Valley State U. You may find it to be useful for your endeavor as well. Being an OT for over 30 years, I still find it very tough to explain it or even teach it, so any ideas are welcome. Tim Blasius The publisher for the book is F. Davis and is available at <http://www.fdarlington.com>. I always mean to add to this posting as interestingly enough it is the post that most people look at so my blog statistics say "€". Jackie November 5, at Does anyone have any idea of where to look? I was at a presentation today and the person was talking about emotional intelligence and you could see the links between the concept of emotional intelligence and therapeutic use of self. I always think that I need to follow up my supervision research "€" perhaps one day. Jackie November 27, at 4: As many of us know through life we encounter many people who are in a profession that cares but dont do so themselves. Thankyou for sharing some of yourself with me it has been so very useful. Future OTR January 20, at 3: As a student, I highly recommend the book. I found the early chapters which cover the various types of responding to be very helpful. I am always looking for more literature applicable to OT, and any references would be greatly appreciated. Jackie October 28, at 1: I found the information you have put here are very useful. My supervisor always suggest me in order to build a therapeutic relationship with patients, I have to ask question in regards to the therapeutic use of self. Could you suggest me any questions or topics that you would ask or talk to a patient to develop therapeutic relationship? Rachel Kidd April 6, at I think the use of self in a forensic setting can be very challenging for therapists yet is so vital for patients in forensic settings, perhaps even more so than in other settings"€\what are your thoughts on this? Rachel Aubrey October 3, at 3: Through my education I have learned about therapeutic use of self and its benefits on the relationship between patient and therapist. Included in those courses were topics such as religion and faith, culture and empathy. I think all three are vital to using therapeutic use of self effectively. Mark Rowan October 3, at 9: My question would be: August 11, at 7: I am just discovering this site and your remarks. They do strike a chord. I am open and listening with a keen awareness that the person in front of me is doing the best that they can, and while that is true, they can do better because they are, after all back in the hospital. The same is true for me at any given moment. I am doing the best that I can, but I can always do better. Does that make any sense to you? Sally in Houston Texas.

Chapter 3 : Therapeutic use of self "€" Lifelong Learning with OT

In health-care professions, "therapeutic use of self" describes the ability of a caregiver to use his or her personality "consciously and in full awareness in an attempt to establish relatedness and to structure nursing interventions," according to www.nxgvision.com

Chapter 4 : Therapeutic Use of Self | Occupational Therapy Otago

How can therapeutic use of self be used to improve practice skills? A Possible Scenario for Use of Therapeutic Use of Self A resident comes up to the nurses station and begins to explore the papers on the desk.

Chapter 5 : Therapeutic Use of Self in Psychiatric Nursing - Nursing Term Papers

This concept of using one's own actions to effect positive change for a resident is known as the "therapeutic use of self," and has long been described in occupational therapy literature.

Chapter 6 : The Therapeutic Use of Self: Counselling Practice, Research and Supervision by Val Wosket

The most widely cited contemporary definition of therapeutic use of self describes it as a therapist's "planned use of his or her personality, insights, perceptions, and judgments as part of the therapeutic process" (Punwar & Peloquin, , p. as cited by Taylor et al.).