

Self-Reflection Paper  
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As an almost qualified social worker, I need to hold the belief that people can change, especially when working in the social work field with people on the daily basis. As a student who has received professional social work training over the past few months, I have been educated on the beginnings of professional practice and how to tackle each role and difficulty that is presented. I have demonstrated the ten competencies through determination and much research. Through my progress as an intern I have grown more confident in my readiness for practice as a social worker as well as my eagerness for what the future holds in my professional and personal life.

The many roles a social worker can obtain include a broker, an advocate, counselor/clinical, teacher, case manager, professional, social change agent, supervisor, and administrator. As I have learned in the last few months in my internship, social workers wear many hats and take on many roles. Social workers advocate for their clients' biopsychosocial needs as well as medical needs. The social worker's take on counselor roles through means of bereavement therapy. Social workers are the supervisors at Halcyon due to training around values, confidentiality, boundaries and inclusiveness. The social work supervisors also take on a teaching role by implementing monthly social work educational workshops to improve skills and review case scenarios. The social workers take on a broker role by identifying the clients' needs and assessing the resources that would be viable for them and their families. Halcyon social workers are case managers because they review the resources available and continually check in with clients to follow-up and coordinate services. Additionally, the social workers become administrators by implementing policies and coordinating agency development in interdisciplinary team meetings and through agency wide emails. These are just of a few of the roles that Halcyon social workers take on. (Sheafor & Horejsi, 2015).

I have practiced the ten competencies while in my internship at Halcyon Hospice and Palliative Care. These competencies include 1. Identify as a professional social worker and conduct oneself accordingly 2. Apply social work ethical principles to guide professional practice 3. Apply critical thinking to inform and communicate professional judgments 4. Engage diversity and difference into practice 5. Advance human rights and social and economic justice 6. Engage in research- informed practice and practice-informed research 7. Apply knowledge of human behavior and the social environment 8. Engage in policy practice to advance social and economic well-being and to deliver effective social work services 9. Respond to contexts that shape practice 10. Engage, assess intervene, and evaluate with individuals, families, groups, organizations, and communities.

I have practiced the first of the competencies by scheduling time with clients to ensure adequate access and opportunity to hospice services and resources. Also by having set boundaries between professional and personal life. As well as acting professionally in my role as an intern to seek out learning opportunities. This includes helping when needed in new unknown areas, and seeking means for educational growth.

I have practiced the second of the competencies by working diligently to implement personal values in congruence with Halcyon's core values of Authenticity, Servant Leadership, Fluid Chaos, Lateral Identity, Trust, Empowerment, Untraditional, Vivovators (vision, creative, innovative), Community, Vulnerable, and Spiritual. Also by using the NASW code of ethics as a guide to follow when making decisions on patients. As well as evaluating NASW code of ethics and adjust accordingly to each situation.

I have practiced the third of the competencies by consistently asking for reproof and correction alongside seeking out new research-based information to better care for patients. Also by assessing need and baseline care, distinguish prevention techniques, seek intervention with care

team to implement care plan, and evaluate progress or decline of patient. As well as actively communicating with individuals, families, groups, communities and colleagues through means of email, face-to-face conversation, and phone calls to best assess each situation.

I have practiced the fourth of the competencies by actively learning to assess situations in agency to stomp out micro-aggressions. Also, actively becoming aware of personal biases and encourage learning experiences which influence minimization of biases. As well as encouraging understanding that “every person is different” and therefore, “everyone’s care is different”.

I have practiced the fifth of the competencies by understanding cultural sensitivity how to act accordingly to forms of oppression and discrimination and to advocate for clients in a proper way. Also, to participate when needed in the progress of increased human rights for all, including advocating for individuals who want to partake in MAID that they have the right to do what they want. As well as engaging in further learning that is proper social work practice to advance social and economic justice.

I have practiced the sixth of the competencies by continuing to log the field experience to research behaviors and tasks that improve level of care for patients or care givers. As well as doing research to better improve care for patients and caregivers.

I have practiced the seventh of the competencies by learning how to apply theory to practice as a hospice social worker, by assessing the needs of patient and caregiver. Also, to intervene and advocate for clients and caregivers needs and research resources to best care for them. Finally, to evaluate the process in which was taken. As well as to apply knowledge of person and behavior in the environment to grasp the rhyme and reason for interventions.

I have practiced the eighth of the competencies by assessing the impact of agency, local, state, and nationwide policies such as Medicare and Medicaid along with Medical Aid in Dying. Also, to partake in interdisciplinary team to collaborate with colleagues on how to implement policy changes in a fluid manor.

I have practiced the ninth of the competencies by recognizing and assessing accordingly to social, cultural, economic and technological changes to keep progress movement throughout agency to better aid in care for clients. Also by taking on a social work role while maintaining student status to bring in new ideas and work diligently to improve services.

I have practiced the tenth pf the competencies by relay of information retained in classes as well as from colleagues to best understand working with individuals, families, groups, organizations and communities. By empathizing and being compassionate to clients and caregivers along with colleagues. Also, by developing an idea of desired and unknown outcomes. By using research and analysis from previous interventions to understand micro, mezzo and macro levels of planning. I have assessed client strengths and limitations emotionally, physical and mentally. As well as walked through possible interventions and goals with client, caregiver and colleagues. In addition, I have meet with clients on a monthly or on as-needed basis to ensure problems are resolved to best of team's ability. Also, to partake in care conferences to negotiate, mediate and advocate for clients' needs along with interdisciplinary team. I have helped ensure transitions of actively dying or transition to palliative care is smooth while keeping up with facility and professional relationships. Finally, I have analyzed, monitored and evaluated interventions to better help clients in the future.

In my time at my internship I have actively moved through all four student learner stages; including Anticipation, Exploration, Competence, and Culmination. The past few months at

Halcyon Hospice and Palliative Care has been nothing short of eventful and fulfilling. I have learned more in my internship than all four years in school. I was given the opportunity to have hands on learning with patients and coworkers alike. Although I feel prepared to enter the world as a professional social worker, I am scared to be on my own. I understand that my support systems and self-care strategies will aid in my continued comfort however nerves often get the best of me.

As I continue to grow into my role as a social worker I plan to progress towards a Master's Degree in Social Work. It is my goal to be working as a Clinical social worker at a hospice or a hospital. I look forward to the day that I can wake up and have my own clients that I can assess and evaluate on my own. In the meantime, I am going to take one day at a time.