

Reflecting on Emotions in Social Work

“Understanding emotion arises from the combined consciousness of how we perceive emotions and use our intellect to make sense of them” (Rogers et al., 2020, p. 47).

For the social worker, emotional intelligence is invaluable. After all, they must develop and maintain awareness of both their own and their client’s feelings and use such insights to select appropriate interventions and communication strategies without becoming overwhelmed.

The following questions encourage the social worker to stop and consider their feelings after an initial client visit.

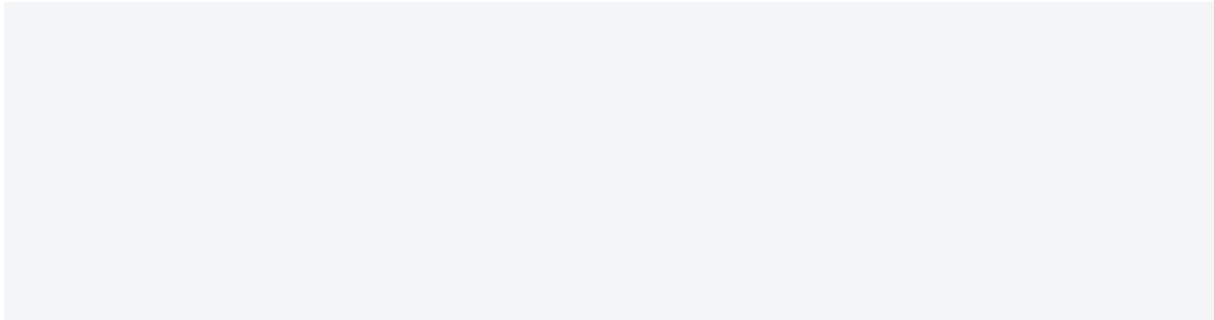
Find some quiet time and space to reflect on your initial visit to a client. Then, ask yourself:

How do I feel about my initial visit?

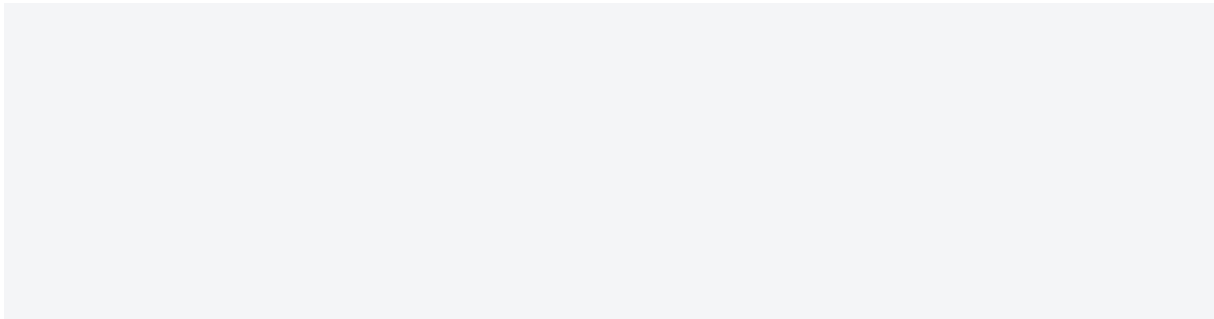
What are my thoughts regarding the purpose of the visit?

How do I think I can proceed with developing a relationship with the client?

How do I think the client feels about my visit?



If you have discussed your thoughts and feelings with your manager or supervisor, what was the outcome?



Being self-aware is a crucial aspect of the social worker's role and will inform the ongoing relationship with the client.

References

- Rogers, M., Whitaker, D., Edmondson, D., & Peach, D. (2020). *Developing skills & knowledge for social work practice*. Los Angeles: SAGE.

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