

Transfer of Learning Activities Module 2

Mandatory Assignments for completion of Module #2 and Preparation for Module #3:

Before an observation of interaction with a client at your agency, complete the following steps by practicing the skill of Tuning in to Self.

Tuning in to Self:

Definition of "Tuning in to Self:" - the worker's efforts to get in touch with actual and potential feelings/concerns/beliefs/values that the worker him/herself brings to the helping encounter. **NOTE:** This skill can be used *in preparation* of an encounter with a client (e.g., with a supervisor), and used "live" while interacting with the client during any phase of the relationship.

Steps

- 1) Pause and reflect. Ask yourself, *"What are my emotional, physical, and cognitive reactions to this situation or family?"*
- 2) Ask yourself, *"How will this reaction likely affect my actions?"*
- 3) Ask yourself, *"What is the primary outcome that I want right now in working with this client?"*
- 4) Ask yourself, *"What do I need to do with my reaction?"*
- 5) Implement your answer to question 4 without any verbal discussion about your feelings or verbalize an "I-Feel" message as needed.

What did you learn about yourself?

What casework activities are the hardest for you to complete?

Other activities as identified by the trainee, and/or Supervisor:

Supervisor's Signature: _____
Caseworkers Signature: _____