

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:

Pause and reflect:

- 1) 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.