

# Tuning in to Self:

## Applying the Skill to Casework Practice

- Have you already found yourself tuning in to your own feelings and thoughts about families?
- What have you thought about?
- What do you think is most beneficial in your own growth as a professional to focus on?
- Do you sometimes tune into yourself by discussing these issues with others?
- What might you now do on the job to tune in to yourself?
- Is “Tuning in to Self” supported by your agency?