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After reviewing my video I think I listened to the client very well. I repeated what the client said and how he was feeling and I demonstrated empathy towards the client. When the client was explaining that his wife left him and kept his child I paraphrased the sentence and repeated it to him to clarify if I understood what he was saying. I did this several times. Another example is toward the end when I summarized everything we discussed during the session, this confirmed that I listened to him during the session and understood his concerns. I also tried my best to empower the client by pointing out some of his strengths. I used the skills of clarification, paraphrasing, summarizing, empathy, empowerment and active listening. I used these skills throughout my time with the client in order to understand his needs and better serve him.

My peer mentioned that I did great with the skills of clarification, paraphrasing, and reflection. She mentioned I had good body language, posture, and eye contact. She also mentioned that she liked how I asked the client if he had transportation in order to facilitate our next meeting. However, my peer mentioned that I do need to have some small talk with my client before I get into the session in order to make my client more comfortable. She also mentioned that I should be cautious of the words I use with my clients because he or she may take it the wrong way. My peer also mentioned that after discussing the programs we offered I jumped straight to my conclusion and the client might have had some questions that I may not have answered or addressed about the programs we offered.

For the most part I agree with my peer's review of my performance. I feel I did better than I was evaluated in some areas. One area was when she suggested I should have not jumped straight to my ending of the session instead I should have asked the client if he had more questions about the programs I mentioned. However, I did this purposely because I informed the

client that next time we met I would have a list of resources that would be of great help for his specific needs. I could not inform him of a program he may not qualify for. This is why I did not ask if he had questions about the programs because I simply mentioned the programs we offered and that I thought would be of help to him, I would give him more information next time we met, once I reviewed his assessment and did some research on what might benefit him the most. Also, I feel that I did not do as much small talk due to the time restriction we had. It was hard for me to have some small talk and still gather all the information I needed. In a real life situation I may have more time with the client, which would help me to engage in small talk.

I currently feel like performance deserves and eight out of ten. I cannot give myself a ten because I am not highly secure in my skill level. I still have a lot to learn and to practice. For example, I need to work on how to properly reply to clients without saying, “I’m sorry” or “I understand.” However, I believe the skills I did demonstrate were well done. I am secure, but I could use some more practice with my skills set. When I began this particular assignment, I felt comfortable with my skills set, but it made me realize that I do not know what the client is going to respond and that I should be prepared for any response I receive.

My plan of professional growth to improve my skills is to be aware of the skills I should improve on and practice them on real people. By real people I mean classmates or friends who come to me for advice. I should be intentional with them. I am more of a hands-on learner, so I could spend the whole day reading, but it will not stick unless I actually do it. Once I apply these skills to real life I will gain a better understanding of how and when to use them. I still plan to learn in the classroom, but I plan to practice these skills as well. I currently find myself doing this. I try not to give advice anymore and I try to point out strengths in the people who seek my help. I also plan on being aware in the skills I am proficient in, so as to make sure I continue to

do what I am doing. There is a saying, “practice makes perfect,” unfortunately, as social workers we know that is not true because all of our clients will be different so it is impossible to have a perfect interview with a client. Nonetheless, I will continue to strive to enhance my knowledge and skill set in order to help clients as much as possible.