

Start Date: 03/31/2024

End Date: 04/06/2024

Hours accrued this week: 16

Competencies Addressed (a minimum of 4 required each week):

1: Demonstrate Ethical and Professional Behavior, 2: Advance Human Rights and Social, Racial, Economic, and Environmental Justice, 6: Engage with Individuals, Families, Groups, Organizations, and Communities, 9: Evaluate Practice with Individuals, Families, Groups, Organizations, and Communities

Practice Behaviors:

1.2 Implement supervisory and self-care strategies that integrate professional strengths, limitations, and challenges, 2.2 Implement culturally-informed strategies with diverse populations, 6.2 Engage with systems utilizing evidence-based practice strategies, 9.2 Evaluate the efficiency and effectiveness of practice outcomes across systems

Describe the way each practice behavior was performed:

In addition to the description, describe how you are applying classroom theory/knowledge into field experiences to demonstrate competency.

**1.2 Implement multi- dimensional personal and professional self-care strategies that promote balance:**

As a practice, I have established a set weekly appointment with my supervisor in order to assess how I performed in given intake encounters, learn what I could have improved, what is standard, and how to view certain scenarios. These sessions help me to understand that there is a general approach that can be taken with certain situations as one comes to understand what is normally needed to work with certain patients, though remembering that each patient is an individual and may stray from the standard methods of providing treatment options.