

Analysis Paper

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After having reviewed myself in the video, I believe that I did a good job of listening to the clients' needs and concerns. I demonstrated this by my posture, not crossing my arms, and constantly nodding and clarifying what I was hearing from the client. I also feel like I was listening very carefully since I was formulating questions according to what my client was saying.

I believe that I was accepting, genuine, and empathic during the whole interview. I accepted the clients concern and addressed it accordingly. I kept asking questions to dig deeper within the clients' concern. I also was genuine and empathic by saying that, "I can only imagine what it is like to go through something at her age..." I found it hard to keep my ideas and suggestions to myself, I kept finding myself trying to give advice and that is one thing I should not be doing. I have to learn to try to keep digging deeper to help the client find their own solutions.

I also do believe that I was consistent to finding the needs and addressing the concerns of the client. However, there were times where I felt like it was a bit repetitive but I still managed to pull through and address the concerns. I asked the client what is that she wanted to accomplish and what was concerning her. I also kept digging deeper concerning the clients' relationship with her family and friends around her. I believe this helped aid the path to the goal she was trying to see clearly and achieve.

The only other area that the client is facing from the session is domestic violence from the ex-boyfriend. The client stated that this has never happened before, except when she told him about the baby and he did not believe her. Questions were asked regarding him and if he showed this type of behavior before and if she felt like she was in danger around him. I would suggest exploring this area with her boyfriend and to do a bio-psycho-social on him to see if there is a

reason behind this kind of behavior. I would also explore the clients' family and how the environment is at home at the moment. Besides that, there is no other area that I would explore at this moment

One of ethical standards that I showed was self-determination for the client. I asked the client what she wanted to accomplish and what was her main goal from these sessions. I also asked the client what she needed help with during the session. I also demonstrated the value of dignity and worth of a person by respecting her boundaries. I demonstrated empathy by saying, "I can only imagine what it must be like to..." I also demonstrated the value of service. I demonstrated this by addressing the clients' social problems in her life. I was able to handle and have knowledge of the situation and her values that helped me help her be easier.

The way that I was able to show diversity within the session was towards the client because she was facing pregnancy at a young age in her teen years, which related to a specific group. I believe that I had to relate to her and it is diverse in its own way. I was able to relate and not react to her words, but focus with her and address the issue and find the solution to the problem and her concern. The only other aspect was that the client is Hispanic which also is another diverse aspect. Luckily, I am Hispanic, however, I did not just assume that she grew up the way I did because there are different kinds of Hispanics.

A personal bias that I was taught growing up was that if someone were to get pregnant at that age, keeping the baby was the only option. I was taught that if someone was to commit the act that they should face the consequences. Although that is how I grew up, I had to push that aside and let the client speak and let her tell me what she wanted to do out of this whole situation. Working in this area with teen pregnancy and the boyfriend not being supportive was a similar situation to my friends, so I know what to say and do from a friends' perspective. I have

to learn how to manage this from a social workers perspective, because I cannot give advice. I have to help the client help themselves. From my assessment, I learned that my client had been through abuse and pregnancy. This being said, it gave me a visualization of what my client had gone through and what I needed to say in order to help them out. Through this situation I remained calm and did not show any bias or emotions towards the trauma just empathy towards the client. Although my initial reaction was for her to keep the baby because that was my personal bias and how I was taught, I had to take a step back think and let the client tell me what she wanted to do with the situation.

I recognized that I was quite repetitive in the area of the practice wheel that I choose. I originally choose planning/intervention. Planning was the main objective of the session. There had been a session before, but the client had never mentioned the ex and all these other components that were talked about in the session. In the first session, the client had come to me for help about the situation and was trying to talk to someone about it and vent to. She felt like talking would help her situation and decided that more sessions would help her make a decision. My weaknesses were that it was repetitive and it felt like it was going in circles at a point. My strengths in this part of the practice wheel were that I had different areas that I could help and ask. I was also capable of showing empathy specifically in this section of the practice wheel. I was able to successfully explore her support systems and get to know a little more about how she thought so I would be able to understand her way of thinking.

The feedback that I received from my classmate was a learning experience. My peer said that I demonstrated good eye contact and I was able to ask questions that my client could answer and think about. My peer also stated that the questions that I asked were well thought out and I knew when to ask those questions. The part of the whole interview that my peer said I could

work on was on not being so repetitive and using an ecomap. My peer stated that it felt a little repetitive and that I could have addressed other areas that I was not able to address. I also felt like the closing was a little rushed, most of the reason being, that my timer disappeared and I had no idea what time was left. Next time I will make sure that doesn't happen. I thought that the feedback given to me was very helpful and I agree with everything my peer stated. My peer also said that it felt like the first session, but this was mostly because we had not addressed all these issues in the first session. The first session was mostly the client discussing that she was pregnant and she wanted to talk to someone to begin expressing how she felt. As I was evaluating myself I saw certain things I wanted to change, especially with the technology issue. I saw the good and bad. The feedback I received was definitely a benefit to my knowledge. It addressed what I need to work on to become better and successful in future experiences. It helped me understand the weak points I have and made me also realize things I possibly could not see myself. There is nothing that I disagree on with the peer feedback, it all made perfect sense to me.

If I were to be asked on a scale from 1-10 on how comfortable I was with using these specific skills for this video assignment, I would say about a 7. The reason I rate it at 7, is because I learned these skills in this class and in Interviewing Skills, simultaneously. I am keeping up, but it is hard sometimes to do certain assignments that I should already know the skills to, but since I am in the other class at the same time I just have to keep up. I definitely have gotten slightly more comfortable as the week passed by, but I would say that I still have to grow and improve through and with these skills. I also rate it towards the higher end because I feel like using these skills become smoother and I feel like I do not have to refer back to a paper to make sure I did not forget anything. Although I am starting to feel more confident with these skills there is always room for improvement. I will improve my skills by practicing all the time. I have

devoted an amount of time for at least once a week to practice my skills in interviewing. Whether it is with a peer or in front of a mirror I have made the time. I also have asked my friends mom that is a social worker to give me tips on interviewing and hoping to learn from her. I also need to focus on focusing on the clients' strengths by practicing on how to formulate those responses and questions.