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SELF- CARE AND WELL-BEING FOR PROFESSIONAL SOCIAL WORKERS

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Self-care is an essential survival skill for social workers who are constantly involved in addressing individual, group and community issues. In this process of working with people who experience suffering and trauma, professional are affected either positively or negatively by their experiences. In order to be effective and successful in honouring professional and personal commitments, practitioners must regularly engage on a regular basis to reduce stress and enhance health and well-being as part of their self-care. There is a greater need to address the aspects of self-care among professional social workers who are constantly exposed to situations of working with vulnerable and traumatic individuals / communities which determine both the quality of their services provided based on the professional quality of life. “Social workers frequently neglect to counsel themselves about self-care or heed the signs and symptoms of hazards associated with their professional practices” (Kate Jackson, 2014) This session aims at two objectives viz, (1) to make Professional Social Workers, understand the importance of self-care (2 to give practical exposure to explore Self- care strategies for professional Social Workers. “Unfortunately, self – care does not just happen. It requires intentionality and accountability” (Grise-Owens, Miller, & Eaves, 2016).