



The Self-Awareness Workbook for Social Workers

Juliet C. Rothman

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Social work has a long and distinguished tradition of dedication to humanitarian ideals. As advocates, reformers, and providers of direct services, social workers are always concerned with the maximization of human potential for each of their clients and for all members of society. But assisting clients in reaching their personal goals and to grow and change in ways meaningful to them requires that social workers themselves understand the important role that their life experiences have played in their understanding of the world. This book is intended to do just that, enabling readers to explore their own issues and feelings about self-identity, difference, experiences with others, and negative beliefs and stereotypes about others. This workbook provides personalized exercises that allow readers to address issues most relevant to them. Unit I explores the historical and ethical bases of the profession, particularly its commitment to poor, at-risk, disempowered populations. Unit II engages the reader in personal self-assessment, including a review of influential persons in their lives and their beliefs and feelings about others. It also helps readers to develop a definition of identity, both individually and in terms of group affiliations. The final unit introduces professional and personal values, assisting readers to explore areas where beliefs and attitude may impact negatively on professional commitment and competent practice. Social workers and therapists.

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