

Reflexive Practice Paper

***This paper should be formatted in APA style

In the following order:

1. Provide a brief background of your client
 - Include client's age, gender, ethnic/racial background, etc. and the period of time that you have been meeting.
 - Describe his/her current life situation.
 - Discuss factors in his/her background or current circumstances that you think may be pertinent to understanding the interpersonal obstacle between you and your client.
- Discuss and evaluate what your client(s) and you have agreed to work on. Discuss the degree of mutuality about the focus of your work together.
- Identify the strain in your encounter, or the "interpersonal obstacle. Describe what obstacle looks like (in behavioral terms) and how both the client and worker contribute to the obstacle. Identify all of the sources that may have contributed to the obstacle, using the categories discussed in Gitterman and Germain, *Interpersonalsal Obstacles Between Client and Worker*, Chapter 11.
- How and when did the obstacle come to your attention?
- Write a brief introduction "setting the stage: and then write your transactions
 - Choose a total of 6 transactions, in sequence, but you can use transactions from two sessions (e.g.: *It could be divided into 2 sets of 3 transactions*). Provide a brief introductory statement which identifies the particular context for each practice excerpt.
- For each of the 6 client-worker transactions, do the following:

- Provide the actual transaction in order of the client statement and your response. **Start with a client's verbal or non-verbal client statement/contribution.** Where silence is the response identify this as an action. Please follow this format carefully.
- Place yourself in your client's "shoes" and, in the first person using the word "I," describe what s/he may be thinking, feeling and trying to communicate with you.
- Then, place yourself in your client's "shoes" and describe, from the client's perspective, how the client may have experienced your intervention.
- Indicate the extent to which your intervention is connected or disconnected from what your client is trying to communicate and why. Evaluate your degree of disconnection "from your client's shoes," not from your intentions.
- Based upon what you know now, how would you intervene or respond differently? Be very specific; indicate the actual words you might say.
- Identify your new skill and describe your rationale for your choice.
- Discuss where things stand now in relation to the interpersonal obstacle.
- Based on your discussion in questions #4, 5 and 6, specify your next helping steps (hypothetically if you no longer work with the client(s)).
- In this section, cite and discuss the literature that helped inform your self reflexive exercise. Indicate the title of the reading and the name of the author. For example, how did each reading help you understand yourself, your client better? Or, how did readings provide information that helped you to understand the interpersonal obstacle between you and your client.

Remember to discuss the reading in the context of your new thinking about your practice.

You must select at least **three** different sources, including at least one source which has not been assigned as a required reading (in this, or any other course) but may be on your suggested reading list in the bibliography or from any other library source. You should also use Chapter 11 from Gitterman/Germain.

- What did you learn from doing this assignment?

- Include a list of references using APA style. **Please proofread your paper carefully and leave 1-inch margins on each side for comments.**