

# **The Visible Helper: Navigating Our Public and Private Selves**

## **Program Description**

The concept of purposeful use of self suggests that clinicians are the vehicles by which relationships with clients are created and change occurs. Yet helping professionals are not blank slates. We carry with us our life experiences, personal characteristics, preferences and biases, families and community ties. How can we become aware of and channel these qualities so that they enhance practice rather than derail it? How can we tell when certain experiences or traits are ill-suited for a particular setting or clientele? How can professionals live fully and visibly in their communities and their families while managing intrusions from their professional lives?

This workshop will draw from a variety of areas to offer answers to these questions and foster discussion about the complexities in successfully reconciling our personal our professional selves.

## **Learning Objectives**

In this lively and thought-provoking workshop, participants will:

1. Understand the elements of professional use of self, including self-awareness, countertransference, professional development and self-regulation;
2. Be aware of the situations in which personal and professional worlds can overlap and identify instances when this is congruent or constructive and instances when it may be problematic;
3. Be familiar with the ethical concepts such as boundaries, conflicts of interest, self-disclosure, authenticity, and the differential application of these concepts in particular scenarios;
4. Be able to apply these concepts to dilemmas that may arise in rural service delivery, practice in the age of social networking, and in reconciling personal experiences and identities with professional roles;
5. Assist one another in problem solving to effectively resolve ethical dilemmas that arise at the intersection of personal and professional identities.

## **Target Audience**

Clinicians, case managers, social workers, counselors, psychiatrists, psychologists, educators, advocates, health and human service practitioners.

## **Contact Hours**

2-6 hours. Longer sessions allow for greater depth and discussion.

**(Check with presenter on participant limit)**

## **Program Agenda**

Available upon request.

## **Faculty**

Dr. Kim Strom is the Smith P. Theimann, Jr. Distinguished Professor of Ethics and Professional Practice at the UNC-Chapel Hill School of Social Work. Dr. Strom teaches in the areas of direct practice, education, and human resource management. Her scholarly interests involve ethics,

moral courage, and social work education. She is the former chair of the National Association of Social Workers' National Committee on Inquiry and is active in training, consultation and research on ethics and social work practice. She has written over 60 articles, monographs and chapters on ethics and practice. She is the author of *Straight Talk about Professional Ethics* and *The Ethics of Practice with Minors: High Stakes and Hard Choices* and the forthcoming text *Cultivating Courage*. Dr. Strom-Gottfried is also the co-author of the texts *Best of Boards*, *Direct Social Work Practice* and *Teaching Social Work Values and Ethics: A Curriculum Resource*. Dr. Strom also held an appointment as the UNC Institute for the Arts and Humanities Associate Director for the Academic Leadership Program, which helps prepare and support the next generation of academic leaders. Currently, she serves as Principal Investigator of the UNC School of Social Work behavioral healthcare contract, and has been recently appointed by the chancellor to serve as Director of the UNC - Chapel Hill Office of Ethics Education and Policy Management.