

Human service manager exercise paper ???reinforce, refer, release??™

[Profession](#), [Manager](#)



My Beliefs and Values Paper
Communication Skills for the Humans Services
ProfessionalBSHS 322My Beliefs and Values Paper
Individuals working in the Human Services field must be knowledgeable, passionate, and confident in what they do. Human service workers play a major factor in many people's lives. A human service worker should possess a high-level of integrity, be fair, and have a strong sense of what his or her personal beliefs and values are.

Knowing personal beliefs and values is important for a human service worker because the worker will have to deal with different types of individuals from different backgrounds. Staying firm in beliefs and values helps the human service provider to provide unbiased care for each client. Human Service workers will face many challenging situations and someone, who is fully aware of him or herself, will be able to control verbal and nonverbal communication so neither the client nor the service worker is in an uncomfortable situation. According to the National Organization for Human Services, the human service worker must have ??? Consistent behavior in selecting interventions which are congruent with the values of ones self, clients, the employing organization and the Human Service profession.??? (NOHS, 2009) Moreover, the human service provider must be aware of his or her personal beliefs, values, and assumptions, to help those in need effectively. In my cultural and family background many people frown upon seeking mental help. Many people in my background believe that only ??? lunatics??? receive mental health.

I used to have the same assumptions until I begin to gain more knowledge of the human services field. As I reflect on text exercises 1. 4 and 4. 3, I become more aware of the values and assumptions of which I was previously unaware. I realized that spirituality plays a major role on how I view the world. I expect people to have the same morals and ethical standards that I have. I realize that I can be a bit judgmental at times. I live a faith-based life.

Therefore, I have difficulty understanding why an individual has a defeated attitude as if his or her life is over because of a minor setback. Through this experience of self discovery in my text exercises, I have learned that situations will test my personal beliefs, values, and assumptions. However, I know how to subdue them positively so they will not interfere with my ability to help a client.

According to Patterson, ??? The therapist??™s methods are not simply objective techniques but are part of the therapist as a person. The therapist shows empathic understanding, respect, and genuineness in as positive relationship, the client also becomes more empathic, respecting others, and genuine.??? (Patterson, 1970) Although I do not want my personal beliefs and values to interfere with my ability to help my client, keeping my beliefs separate is an almost impossible feat. Sharing a mutual respect between the client and the clinician is most important in a successful relationship. Text Exercise 4. 3 introduced me to many difficult clients and situations I may encounter.

This exercise highlighted that I may not be as open-minded as I thought. I found that I have a difficult time accepting a man who abuses women. I realized in this situation I have a personal stigma attached to domestic violence because I have been close to domestic violence situations.

I learned that acknowledging my difficulty accepting clients with a history of domestic violence positively affected my ability to understand clients with a history of domestic violence. I learned to see past the facts of the situation and to look deeper to determine the underlying issue or pattern. According to Murphy and Dillon, exploring attitudes and values is beneficial and necessary in learning to be accepting of one's clients even if we have difficulty understanding a certain behavior. Albeit important to develop tolerance and true acceptance of others, those characteristics are more importantly, the ethical responsibility of a human service worker. (Dillon & Murphy, 2003) As a result of my assigned readings, text exercises, and peer interaction I have a better understanding of my personal beliefs, value, and assumptions about clinical helping. Because I am more aware of personal values and judgments, I have, I can focus more on refraining my judgment and views from interfering with the quality of my help. Although I will have many types of clients, some may be difficult; I am better equipped to deal with difficult clients and situations. These exercises helped me in all aspects of my life.

I plan on applying the skills I have learned to my everyday life become a better person. Differences in values and beliefs will vary; however if both

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