

# Social Work in Action

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# About Me

- \* Graduated BSW 12/05
- \* Graduated MSW 5/07
- \* LCSW obtained 2012

# My Background in public mental health

- Variety of issues seen in realm of mental health
  - Depression
  - Anxiety
    - Panic Disorder (with or without agoraphobia)
    - OCD
  - Bipolar Disorder
  - Post Traumatic Stress Disorder
  - Schizophrenia / Psychotic Disorders
  - Personality Disorders
    - Borderline Personality Disorder
    - Antisocial Personality Disorder
    - Schizoid Personality Disorder

# Population

- Men and Women, ages 18+
- Various ethnicities, cultures and religions
- Chemical Dependency (co-morbidity is about 60%)
- Legal involvement (Probation, Parole, CPS)
- Largely unemployed, financially unstable
- Physically limited (PCP frequent referral source)
- Outpatient – able to maintain selves in community with various levels of support

# Private Practice

- My motivation for private practice was fueled by:
  - Desire for greater flexibility with work
  - Desire to provide higher quality care to clients
  - Desire to provide higher quality of life for myself and my family by decreasing stress and increasing income potential

3380 Monroe Avenue Suite 208



I opened my private practice May 2012.

I share space with 3 colleagues which helps with rent and collaboration on cases, although we all run separate practices.

# My Ideal Client

I enjoy working with adolescent girls, and focusing on self-esteem, communication and anxiety. About half my caseload is this population.

I specialize in CBT-I (Cognitive Behavioral Therapy for Insomnia), EMDR (Eye Movement Desensitization and Reprocessing) and CBT for adolescents and adults.

# Theories/Therapies used

- **EMDR**
- **CBT-I**
- **Family Systems Theory**
- **Biopsychosocial Theory**
- **Rational Emotive Therapy**
- **Erikson's Theory of Psychological Development**
- **Maslow's Hierarchy of Needs**
- **Stages of Change**
- **Social Learning Theory**
- **Cognitive Behavioral**
- **Dialectical Behavioral**

## Responsibilities of a Practitioner

- Far less paperwork than in an institution!
- On an as needed basis, I provide documentation for insurance reimbursement, Social Security Disability and other records.

Provide notes, collaboration and reports as requested by other agencies.

# Common Issues Addressed in therapy

- Management of symptoms (decrease/elimination of maladaptive behaviors/symptoms through therapy and medications)
- Previous Trauma – sexual, physical, emotional
- Suicidal ideation / self-injurious behaviors
- Alcohol/drug dependency issues
- Interpersonal Effectiveness
  - Time management
  - Communication
  - Positive problem solving

COPING SKILLS FOR ALL OF THE ABOVE!

# Important Skills on Your End

## Engagement

- Meeting the client where they are

## Empathy

- Helping them to feel ‘normal’

## Time Management

## Active Listening

## Active/accessible knowledge of theories

# Issues addressed through

- Mood management and self awareness discussions
- Medication management
- Increase coping skills to manage issues
- Psychoeducation utilizing therapeutic methods and tools
- Positive Problem solving –common sense

# Common barriers to success in the private sector

- Poor lifestyle choices
- Co-dependent and otherwise dysfunctional family systems
- Limited positive social support
- Continuing drug/alcohol use
- Stigma of being “mentally ill”
- Disbelief in utilization of supports

# Long Term goals of therapy

- Mood stability
- Increase knowledge and use of positive and healthy coping skills
- Increase communication
- Increase self-awareness
- Decrease barriers to accessing help/awareness of community resources

# Successful Discontinuation of Services

- Client feels strong without social support of therapist
- Circumstances have changed or resolved (new job, better sleep, new housing, established successful boundaries)
- Resume “normal” activities (back to school, back to work after injury)

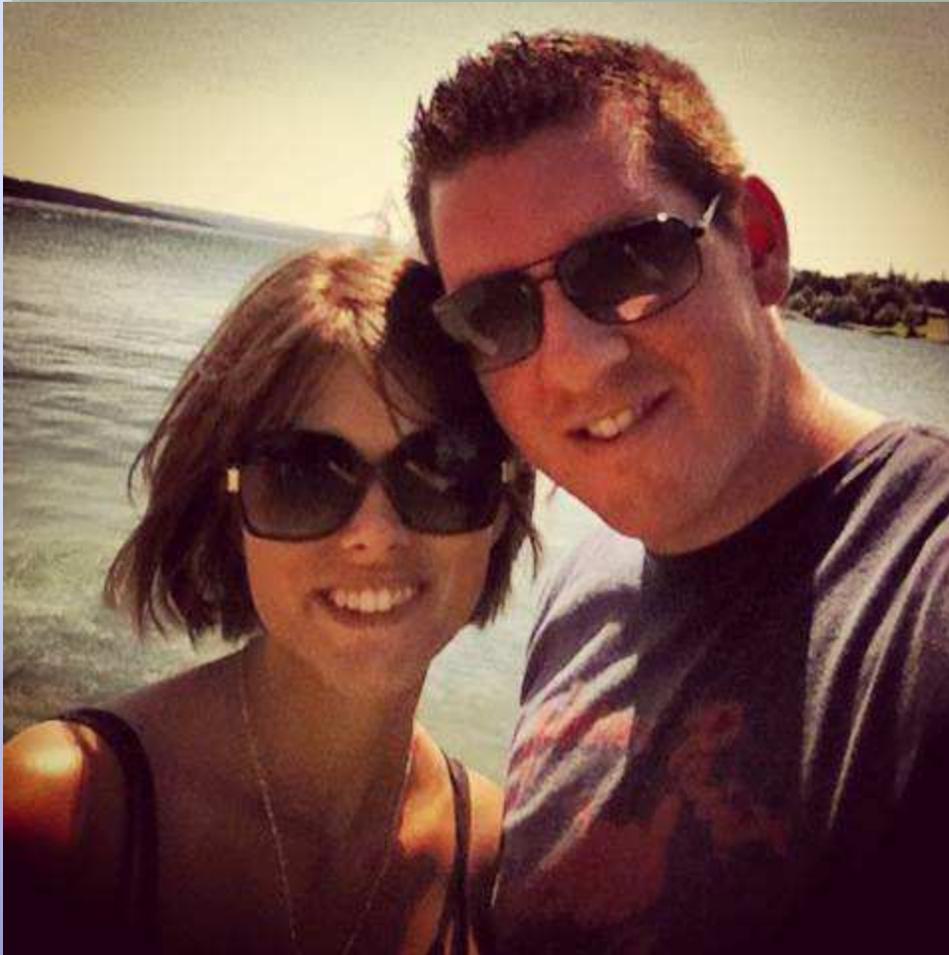


# How I know this is where I belong

- **Watching people grow and being a part of facilitating such growth**
- **Helping people achieve their personal goals**
- **Being “that person” in lives that inspire a better way of life**
- **Having the ability to access resources in the community for clients**

**Being a Temporary Assistant to the Holy Spirit.**

# What helps me stay sane



God and daily prayer – recognizing I cannot do this job on my own

Healthy boundaries – leaving work at work

Sense of humor

Taking time for myself – family, friends, by myself, hobbies

Doing nothing when at all possible!

# My encouragement for you...

“Follow the Lord with all your heart, and lean not on your own understanding. In all your ways, acknowledge Him, and He shall direct your paths.” Proverbs 3:5-6

Work hard, know yourself, and be faithful  
and you will be fruitful!