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## Understanding Emotions in Social Work: Theory, Practice and Reflection (Paperback)

By Richard Ingram

OPEN UNIVERSITY PRESS, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. As a social work student or practitioner it is essential to be able to understand, recognize and critically reflect on your own emotions and those of others. Consciously or unconsciously, emotions play an integral role in day-to-day decision making, assessments and relationship building, and a lack of emotional awareness and understanding can result in poor practice and a failure to think critically. Practical and engaging, this book encourages you to consider the role of emotions in the light of your own experiences and practice contexts. Key topics include: Understanding what emotions are and how they apply to social work practice Recognizing and reflecting upon the emotional content of practice Incorporating emotions in reflective journals, reports, case notes, critical incident analysis and academic writing Understanding the conscious and unconscious emotions at play in your practice and how these can impact upon the development of positive relationships Enhancing understanding of self and the importance of resilience Understanding the role of emotions in supervision, support and reflection In addition, each chapter includes case studies, to make the link between theory and practice, reflective exercises to encourage the reader to...



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