

## **Compassion and Power: Safety Awareness Training for Social Workers**

6 hours

As social workers, we are often focused on the safety of others, but how do we keep ourselves safe as well? We frequently deal with people who are angry, frightened or desperate. We are less effective if we are also frightened. This workshop is designed to increase a social worker's competence when in a possibly dangerous setting, and thereby increase confidence and comfort, which will enhance the working relationship.

Objectives: Participants will be able to:

Identify risk factors and techniques to minimize them.

Demonstrate ways to break out of a hold.

Describe how an enhanced sense of safety contributes to a positive working relationship.

Outline a safety plan for several situations in which social workers might find themselves.

This is a participatory workshop. Please wear comfortable, loose fitting clothes and no jewelry. This is a scent free program. Efforts will be made to accommodate all individual's level of fitness and ability.

This program has been approved to meet the Kansas state requirements for safety awareness training for social work licensure.

- I. Neurobiology and the therapeutic alliance
- II. Ethics
- III. Evaluating and responding to potentially dangerous situations
- IV. Self defense techniques
- V. Management and policy issues
- VI. Environmental awareness for safety
- VII. Self care

## **Suggested readings**

Louis Cozolino, **The Neuroscience of Psychotherapy**

New understanding of the brain and development

Janet Nelson, **Everyday Self Defense for Social Workers**

Daniel Seigel, **The Developing Mind**

Comprehensive study of neurobiology, attachment theory, narrative and more

Daniel Seigel and Mary Hartzell, **Parenting From The Inside Out**

Easy to read overview of neurobiology as it applies to relationships

Rafe Sagarin, **Learning From the Octopus: How Secrets from Nature Can Help Us Fight Terrorist Attacks, Natural Disasters, and Disease**

Amanda Ripley, **The Unthinkable: Who Survives When Disaster Strikes - And Why**

Well written accounts of survivors of mass disasters

Susan Weinger, **Security Risk: Preventing Client Violence Against Social Workers**