

Date: September 16, 2014

CCR: COUN 4080-003

Class: Essentials of Helping Relationships

Instructor: Robin DuFresne

Jennifer Jansen from Adult Therapy Department came as a guest lecturer.

- Always wanted to work with people- in kindergarten would seek out kids that were having meltdowns and would ask them to tell her about it
- Both mother and grandmother were nurses
- Original major: psychiatry
- How to get from social work to counseling?
  - Apply to graduate school that offers degree in social work or counseling
  - Complete two or three year program that includes a clinical (unpaid) internship
  - Then get state licensure
  - Have back up of all of your syllabi for master's program
- Need for social work and case management services in hospitals
- Always openings for case management
- What kind of clients do you serve
  - Interdisciplinary approach: medical department (nursing and psychiatrists) therapy department (therapists)
  - Spmi: severe and mental ill people
- How do you get a person in that mental state to want to get help?
  - Not one answer. Person can pick and choose what they do: will see psychiatrist, but won't take medications
  - Can force a person to go to the hospital and take medication if they are going to hurt themselves or others
- Can courts just make a person go get treatment?
  - Yes, if person has mental issues that are not addressed and may mandate treatment instead of punishment.
- Immediate issues for adults or children like life or death and need to see someone right away
  - Can call rescue crisis
- Difference between social work and counseling degree?
  - Social work program geared toward typical understanding, treatment planning, and connecting them with resources. Can do transition of care from nursing home to hospital or etc.
  - Counseling program geared more towards therapy and more one-on-one.
- How she is at where she is?

- o Talk to her uncle's friend who referred her to a counseling colleague to intern at the place that she works now.
  - o When interning you must have a supervisor who has the same degree as you.
- PhD and SiD difference
  - o PhD is more for teaching
- What is the most challenging part of your job?
  - o Balancing time and prioritizing
  - o See clients, meetings, bring in students, clinical supervision, get many phone calls, many questions from co-workers
- Independent License
  - o Get bump in pay
  - o Can work in private practice
  - o Can own your own business
- Private Practice vs. community mental health
  - o Full time Community Mental Health: set salary, entitled to health care and insurance, offered benefit package, paid holidays
  - o Private Practice: hourly rate is higher, but if client does not come you are not paid. No health insurance, no paid holidays, no retirement package.
- Compassion fatigue
  - o Get tired after listening to everyone's problems all day every day
  - o Make sure you are taking care of yourself and have a professional support system
- Only have bachelor degree
  - o Can be case manager or mental health tech

#### Take home messages

- Helping professions are not hugely lucrative
- Take off your blinders