

The expertise of a professional social worker

Throughout our life, we all go through some difficult times. Be it following a breakup, professional burnout, being informed of a new diagnosis, loss of autonomy, loss of a loved one, or changes related to the different life cycles, we may need to meet with a professional for guidance and help.

It is at this moment that you can turn to the expertise of a social worker who will accompany you in your effort to face the challenging situation and overcome your difficulties in order to make some changes and begin to feel better about yourself and your choices.

Indeed, a social worker is trained to work with and accompany varied clientele struggling with various problems. A social worker is concerned with your overall well-being in your family environment, your social network and your professional network or other systems with which you are in constant interaction.

The social worker first works to develop a relationship of trust and in subsequent meetings uses tools such as psychosocial assessment and the intervention plan, which is established in collaboration with you, and takes into account your strengths and your desired outcome. Other tools and strategies relevant to your situation can also be proposed.

Although social workers are often identified with their work in the public Health and Social Services network, many of them work in private practice and are recognized by several collective or private insurance programs.

In closing, make sure to work with a professionally trained social worker that is a member of his or her professional order (Quebec Order of Social Workers and Marriage and Family Therapists).

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