

My Practice Framework

The Leek



The What?

To construct my practice framework I needed an understanding of my own learning style, values, beliefs, assumptions, skills and knowledge, I need to become self-aware. Aware of my own class, gender, sexuality, age, cultural and ethnic background, and conscious of my own culturally shaped values beliefs, perceptions and biases and how these aspects of myself impact upon my practice, how I relate to others and how they relate to me. The leek is a symbol of this self awareness, being of welsh nationality with the leek being one of the national emblems of Wales, worn along with the daffodil on St. David's Day 1st March. Secondly choosing the leek vegetable as opposed to the daffodil flower also is a representation of one of my own personal beliefs of being a vegetarian

Foundational Knowledge



The Soil

Supports and nourishes the leek
Symbol of my support base,
Represents my foundational knowledge
gained through:

- Previous experiences and learning
- Study
- Practical experiences
- My origins, family and culture
- Knowledge I have yet to know

Values



Roots

The roots of the leek are a symbol of my own values and the values of social work.

This is where the practice framework began its journey of construction.

The purpose of roots for a plant are to act as an anchor to stabilise the plant, to assist the plant in absorbing nutrients and minerals from the soil.

Values guide my behaviours and decisions and are the motivation behind my actions.

Values

- Respect
- Accountability
- Integrity
- Social justice
- Honesty
- Professionalism

Skill Base



Base/ Bulb of the Leek

The white fleshy base of the leek symbolises my skills, as this is the strongest part of the leek both in structure and taste.

- Communication skills
- Cultural Sensitivity
- Critical reflection
- Team work
- Empathy
- Resilience
- Self awareness
- Advocacy
- Conflict resolution

Theoretical Influences



Green Shaft/ Stem

Like onions and Ogres the shaft of the leek is constructed of many layers, all connected to produce the shape, structure and body of the vegetable.

I visualise these layers as a representation of the theoretical perspectives that influence my practice.

Theories

- Anti – oppressive theory, empowering clients to overcome both structural and personal disadvantage (Healy 2005), responding to peoples needs regardless of their social status (Dominelli 2002).
- Strengths Theory; the fundamental belief that all people have strengths and are motivated towards well being and optimal functioning (Connolly & Harms 2012). The worker recognises the clients positive actions and assists them is perceiving themselves as capable and worthy.

Theories

- Cognitive Behaviour approaches; negative and irrational thought patterns can generate problems and cause irrational thoughts and behaviours, this approach challenges the negative thought.
- Systems Theory; looking at the micro, macro and meso systems (Moore 2009) which all impact upon the clients life to visualise the full picture of their environment and needs.

Theories

- Task centered theory, working with clients to construct small significant and achievable tasks for them to complete assists them in developing problem solving skills as well as increasing their self worth and empowering them which in turn can give them small milestones to reflect upon when doubting their own capabilities, (Healy,2005).
- The Cultural Competence Perspective the understanding and support of cultural diversity, taking into account the beliefs, values, behaviours, and customs of distinctive population groups (Rengasamy n.d)

Theories

These theoretical approaches are relevant to my developing practice because they each aim to maximise the development of human potential and the fulfilment of human needs, which is an underpinning philosophy of the commitment and aims of social work.

Hierarchal Structure



Leafy Umbrella

The top of the leek, or the leafy umbrella represents in my framework the systems of governance that my practice is underpinned by.

- Australian Association of Social Workers Practice Standards and Code of Ethics. (2003/2010),
- Organisational policy's and procedures,
- Statutory regulations and legislation.

Practice Fields



Maturity

As the leek grows it produces a seed pod that on maturity opens, when the wind catches the seeds they are distributed far and wide, and establish themselves in various areas hoping to begin the cycle of growth and development again.

The represents that my framework as it develops will be able to be incorporated into many different areas of human service work and will encompass all individuals, with the aim to assist in promoting change to reach their full human potential.

Self –Care



Like all vegetables my developing framework needs care, this is symbolised by the watering can, to remind my self to take time out for myself, to relax/ socialise with family and friends, to continue to learn and develop, to reflect upon my practice and also on my perceptions and feelings, to be aware of me.