

Week 6 Reflection Paper 2

Purpose

These past weeks we have surveyed the field of Human Services. This paper asks you to apply concepts you have learned to practice.

Tasks

There has been a lot of attention raised in the news and other sources about mental health and trauma. Please answer the following questions.

1. Why is it important for human service professionals to have an understanding of mental health trauma? Your discussion should include examples of current situations in our communities e.g., schools, policing.
2. What kinds of self-care practices do you see yourself engaging in as a human service professional?
3. How do you think that these will help you address the impact of vicarious trauma?

Criteria for Success

Please see the Reflection Paper Rubric. Please pay attention to the rubric for how points are allocated. If you need help with spelling, punctuation, sentence structure, etc., the Tutoring Center and Writing Center are good resources: <https://www.linnbenton.edu/writing-center>

Please back up your thoughts with reference to our readings/videos/discussions.

Your reflection paper should be 2-3 pages and should include a cover page and reference page.

Reflection Papers are to be in APA format, typed, double spaced, and edited.