SWK 4800 Social Work Practice III Reflection

Single System Design Project

 This paper was personal for me. The professor for this class was Ms. Anderson and this was her first semester teaching at UNCP. After learning about MI (motivational interviewing), we were asked to choose a topic that related to something that we would like to change or improve about ourselves. We interviewed our peers and we videoed those interviews. I thought that it was interesting that we were able to go back and listen to our interviews. Not only did this help with our interviewing skills that we learned in Social Work Practice I, but it also gave us the motivation to want to change. Our SSD paper focused on two interventions that could be used to help us change.

 Until taking this class I didn’t have a clear understanding about what motivational interviewing was. We watched some YouTube videos about the correct and incorrect way to do motivational interviewing. I can see how it can be helpful when working with clients who want to make a change in their lives but don’t exactly know how or where to begin.

 Since writing the paper, I am still working on not only making the change that my paper was about, but also some other personal issues that I realize could be better. I think that MI will be helpful in the future for me as a social worker.