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“More recently, there has been renewed interest in the practices of professional behavior” (Kim, Stoddard, etc., 2006, pg. 50). As social workers, we work closely with multiple people, coworkers, clients, and supervisors. The types of interaction styles vary for each of these groups of people. Understanding your role in each of these relationships is essential in gaining a reputation of behaving professionally. This reputation ultimately leads to more opportunities throughout your career in the field.

“Establishing boundaries is a beginning step for decreasing a worker’s vulnerability to conditions such as Vicarious Traumatization” (Lotmore, A., 2014). While reputation is an asset for a social worker to have; it is not everything. Creating professional boundaries inside each of these groups of people is also an essential aspect of professional behavior. Boundaries inside relationships, are essential in maintaining the relationship. While it would be ideal for us to be able to have the same boundaries with each person we interact with; the fact of the matter is all humans are different. These differences make the boundaries you set with each individual unique. “Relationship boundaries are placed on a continuum, that of being ‘Entangled’ on the one extreme, and ‘Rigid’ on the other” (Lotmore, A., 2014).

“A more balanced workplace environment can lead to more balanced boundaries” (Lotmore, A., 2014). Starting my internship, my first initial step in creating these boundaries is using electronic communication. Demonstrating proper and professional communication inside these forums of interaction can set the tone for how colleagues perceive me, as well as my work capacity. Professional electronic communication also promotes the same level of communication when interacting face to face. With restrictions in place, because of the recent pandemic, face to face interaction may be less prevalent in terms of physically being at the worksite. However,

with modern technology we can interact face to face virtually. Interacting on this platform, requires both styles of communication. Incorporating them into an overall professional manner.

References:

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