

## The Rutgers DSW Program

**Module Title:** Social Work at Midcareer: Reevaluation and Reflection

**Instructor:**

**Residency:** August 2018

**Date:**

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### **Module Description:**

The U.S. Council on Social Work Education's Educational Policy and Accreditation Standards (2008; 2015) emphasize the importance of ongoing personal reflection and self-correction to assure continual professional development. Throughout their careers, social workers must maintain sufficient self-awareness in order to establish and maintain effective working relationships with their clients. Self-reflection is especially important during midcareer. The call to examine one's career at midpoint is in concert with the assertions of developmental (Hall & Suddarth, 2015; Levin, 1986; Wang, Olsen, & Shultz, 2012) and depth psychologists (Corbett, 2011; Hollis, 2006, Jung, 1963) who describe midlife as an important developmental phase when people are called to reevaluate their lives; to pause, reflect and re examine their priorities as they free themselves from prior family and societal expectations. During this module, DSW students will be guided to contemplate the personal and professional issues that affect their careers at this important juncture and consciously plan the next phase of their working lives so they are able to maximize their clinical relationships and effectiveness with their clients.

### **Module Objectives:**

As a result of this module, participants will:

1. Develop a plan to modify career directions so that they are in keeping with their life purpose.
2. Develop a better understanding of their professional selves which will result in clearer and more meaningful work with their clients.
3. As a result of meeting objectives 1 and 2, participants will be better able to assess and assist clients with midlife concerns clients.

### **Module Readings:**

Hollis, J. (2006). *Finding meaning in the second half of life: How to finally, really grow up*. New York: Gotham Books. (Chapter 7: Career Versus Vocation)

Motulsky, S. L. (2010). Relational processes in career transition: Extending theory, research, and practice. *Counseling Psychologist, 38*, 1078-1114.

## References and Bibliography

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- Corbett, L. (2011). *The sacred cauldron: Psychotherapy as a spiritual practice*. Wilmette, Illinois: Chiron Publications.
- Council on Social Work Education (2008). *Education policies and education standards*. Council of Social Work Education: Washington DC.
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- Hall, M. E., & Suddarth, B. H. (2015). Facilitating midcareer transitions. In Hartung, P. J., Savickas, M. L., & Walsh, W. B., (Eds), *APA handbook of career intervention, Volume 2: Applications. APA handbooks in psychology, (pp. 495-505)*. Washington, DC, US: American Psychological Association,
- Hollis, J. (2006). *Finding meaning in the second half of life: How to finally, really grow up*. New York: Gotham Books.
- Jung, C. (1963). *Memories, dreams, reflections*. New York: Vintage Books.
- Levin, D. J. (1986). *Seasons of a man's life*. New York: Random House
- Markin, R. (2014). Stuck in the middle: Transitioning from early-career to mid-career psychologist. *Psychotherapy Bulletin 49*(4), 28-31. Retrieved April 28, 2015, <http://societyforpsychotherapy.org/transitioning-from-early-career-to-mid-career-psychologist/>
- Motulsky, S. L. (2010). Relational processes in career transition: Extending theory, research, and practice. *Counseling Psychologist, 38*, 1078-1114.
- Savickas, M. L. (2011). *Career counseling*. Washington, DC: American Psychological Association.
- Sternberg, R. J., & Kaufman, J. C. (2012). When your race is almost run, but you feel you're not yet done: Application of the Propulsion Theory of Creative Contributions to late-career challenges. *Journal of Creative Behavior, 46*, 66-76.

Wang, M., Olson, D. A., & Shultz, K. S. (2012). *Mid and late career issues: An integrative perspective*. NY: Routledge.