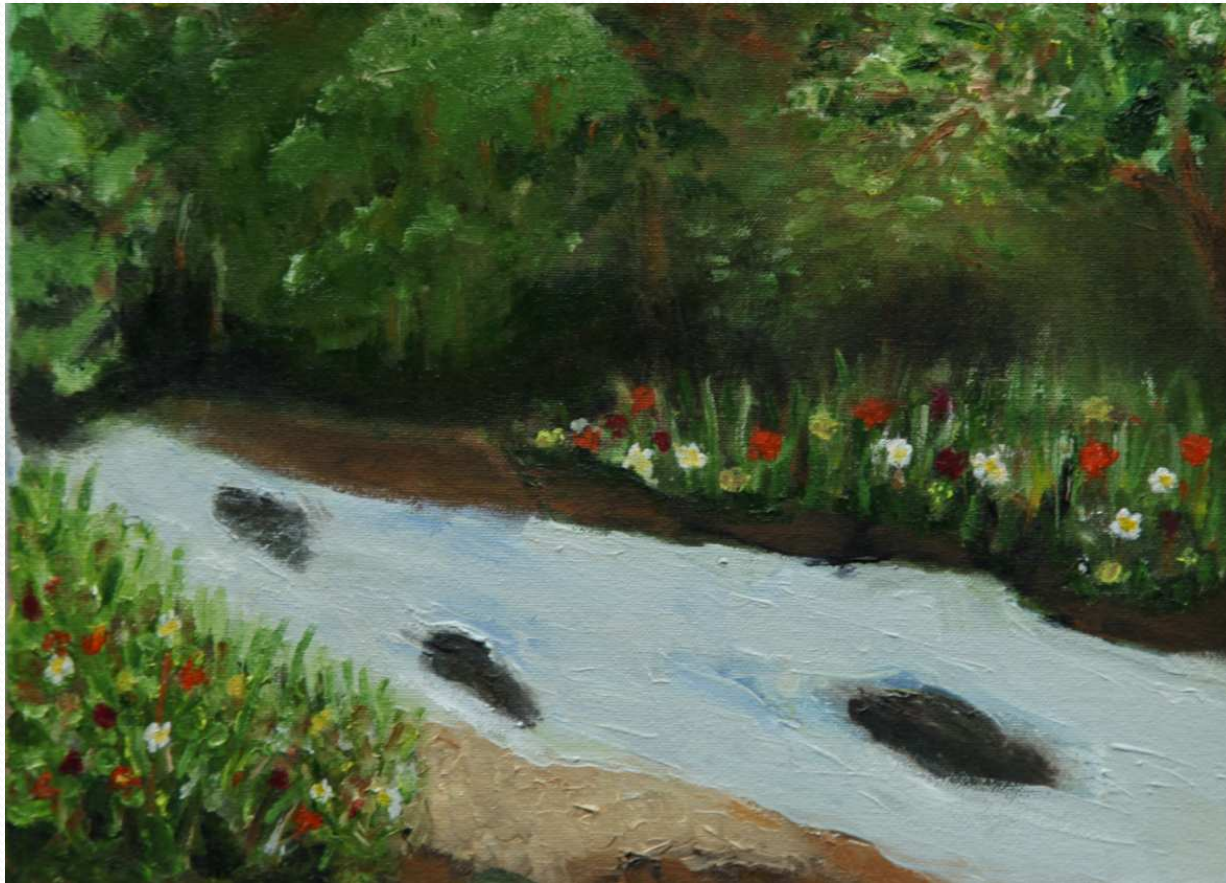


Capstone Project University of Waterloo



“Life is a journey, not a destination”. Ralph Waldo Emerson

Presenter: Ashley Dunn, MSW, RSW, BSW (Honours)



INTRODUCTION

- PRESENTING MY MASTER OF SOCIAL WORK JOURNEY.
- MY CREATION AND HOW IT DEPICTS THIS JOURNEY.
- LINKING BOTH MY PROFESSIONAL LEARNING & PERSONAL GROWTH TRANSFORMATION.

"The starting point of all achievement is desire." Napoleon Hill



PROFESSIONAL LEARNING & CORE SOCIAL WORK VALUES

- **THIS OIL PAINTING DEMONSTRATES MY PROFESSIONAL LEARNING , AND IT CORRELATES WITH MY JOURNEY IN THE SOCIAL WORK PROFESSION.**
- **FOR EXAMPLE: LEADERSHIP ROLE, CASE MANAGEMENT, FIELD PRACTICUM , SOCIAL DETERMINANTS OF HEALTH AND COUNSELLING.**
- **MY AHA MOMENT (GOING TO UNIVERSITY & COMPLETING MY MSW). REWARDING & FINALLY FEELING LIKE MYSELF ONCE AGAIN**
- **PERSONAL & PROFESSIONAL GROWTH**
- **ACCOMPLISHMENTS & FUTURE GOALS**

“Your inner strength is your outer foundation” - Allan Rufus



THE JOURNEY OF MY LIFE FROM DARKNESS TO LIGHT



"Believe that life IS worth living and your belief will help create the fact (James T. Adams)".



Theoretical Approaches & Practices

Anti-oppressive Practice

(Bob Mullaly, 2002)

- Marginalized and Oppressed (Counselling Clients, CBT and Narrative therapy)
- Empowerment & Strength Based
- Transformation (Adaptability). It has so much diversity, meaning from abused oppressed woman becoming a self sufficient and confident woman
- LGBT, Gay man being forced to isolation, shame, transgender

Holistic Practice

- Aboriginal Circle of Healing
- Faith Base – Person's Religion
- Cultural Values & Beliefs
- PTSD & Trauma
- Mindfulness, Yoga, Meditation
- Physical & Mental Health
- Coping & Shaping
- Complexity & Advocacy
- Ageism, Racism and Sexism

"You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty (Mohandas Ghandi)".



Master of Social Work Internship/Field Practicum

- Newcomers, Immigrants & Refugees
- Experiencing Anxiety &
 - Depression Individual Counseling
- Domestic Violence Women
- Victims Weekly Group Sessions
- Partner Abuse Response (PAR) Program
- Abusive Behaviour & Probation Order
- Transformational Leadership
- Diversity (Bob Mullaly 2002)

"What seems to us as bitter trials are often blessings in disguise." Oscar Wilde



Professional Growth

- **ACCOMPLISHMENT – SUCCESSFULLY COMPLETED MASTER OF SOCIAL WORK DEGREE**
- **BACHELOR OF SOCIAL WORK (HONORS DEGREE)**
- **FAMILY LAW MEDIATION CERTIFICATION**
- **SOCIAL SERVICE WORKER, DIPLOMA**
- **EMPOWERMENT & JOURNEY WITH CLIENTS**
- **MULTI & INTER DISCIPLINARY TEAM EFFORTS**

"Health is a State of Body - Wellness is a state of be being (J. Stanford)".



What Have I Learned

- **Social Determinant of Health (Dennis Raphael 2002)**
- **Addictions & Mental Health (Clients not wanting to see a psychiatrist, psychologist or Clinician, because of the Stigma Associated with Mental Health)**
- **Maintain Core Values and Beliefs**
- **Self Care, Mindfulness Yoga, Meditation, Exercise etc.**
- **Transformational Leadership (enthusiastic, positive changes and a brighter future)**
- **Knowledge Mobilization & The Role Of An Expert**
- **(Supreme Court of Canada Judgment**

"Great minds discuss ideas; average minds discuss events; small minds discuss people."
Eleanor Roosevelt

KNOWLEDGE MOBILIZATION & The Role of An Expert

Supreme Court of Canada Decision



- Dying with Dignity
- Medical Professional Experts
- Doctors, Lawyers
- Clinical Social Workers
- Illnesses, Disease
- Disability
- Palliative Care
- Human

"As soon as healing takes place, go out and heal somebody else (Maya Angelou)".



GOALS

- **Private Clinical Practice & Flexible Hours**
- **Spending Quality Time with Family & Friends**
- **Accomplishing Goals – Working Hard & Dedication**
- **Mindfulness – Yoga, Meditation, Live for the moment**
- **Giving back to the Community**
- **Volunteering (C.A.S. & OTMH)**
- **Respectful of client(s) & Client Centered**
- **Empowerment (Narrative Therapy & Strength Based)**

"All our dreams can come true if we have the courage to pursue them." Walt Disney



“Our wounds are often the openings into the best and most beautiful part of us”. David Richo



CONCLUSION

- A JOURNEY CAN BE A LONG-WINDED ONE, FILLED WITH ROSE BUSHES AND THORNES. BUT I FEEL AS THOUGH MY JOURNEY IS SOMEWHAT COMPLETE.
- I AM GRATEFUL TO BE WHERE I AM TODAY AND I URGE EVERYONE TO LIVE A JOURNEY THAT MAKES THEM PROUD AND EMPOWERED.

"All our dreams can come true if we have the courage to pursue them." Walt Disney