

SOCIAL WORK & COUNSELING CONNECTION

newsletter

March 2019

Clinician Conversation



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Child and Family Therapist
Linkages to Learning, Family Services, Inc.
Part of the Sheppard Pratt Health System

Why did you become a clinician?

I have a theater background that taught me the power of getting in touch with my emotions. So, when I decided to change my career to social work I felt strongly about wanting to help young people get in touch with their feelings. I also wanted to help them understand their feelings. Many families and society don't teach us these very important and simple skills. I also felt a need to help young people identify their obstacles as a way to move through them and eventually feel more empowered.

How long have you worked at FSI?

I have worked at FSI/LTL for over two years as a child and family therapist.

What are your current job tasks?

My main tasks are to provide individual therapy to middle school adolescents and family therapy to their families.

What do you like most about your job?

I like building relationships with my clients and their families. I also enjoy the process of watching them grow and become more self-accepting and empowered.

What is your treatment philosophy?

It is a simple one: meet the client where they are. I have a relational-cultural approach to my work that prioritizes authenticity, validation, and respect.

Thank you, Veronica, for all that you do!

Thank You, Social Workers!

March is NASW National Professional Social Work Month!



Don't forget to check your email!

Recognition!

Ellicott City staff would like to recognize social worker **Jennifer Sowers, LMSW**, of the Adult Unit. Relatively new to SPHS, Jennifer is doing a wonderful job managing her complex caseload. A fellow social worker states, "Given that she has been here only a few months...I think she really stepped up. She is doing a great job." Congratulations, Jennifer, on a job well done!

Professional Development in Social Work

Continue to develop your practice with these resources:

- [Clinical Social Work Association](#)
- [Council on Social Work Education](#)
- [International Federation of Social Workers](#)
- [Maryland Board of Social Work Examiners](#)
- [National Association of Social Workers \(NASW\)](#)
- [Network for Social Work Management](#)
- [Social Work Helper](#)
- [Society for Social Work Leaders in Healthcare \(SSWLHC\)](#)