

1. promozione in ambito sociale
2. modello unitario del servizio sociale in contrapposizione al case, group, community work
3. Personal distress can look like a lot of things, such as relationship problems at home, feelings of no longer being effective at work, depression, or more noticeable things like nightmares or hypervigilance. Researchers make the case that there is a strong connection between the helping professions and what they call Secondary Traumatic Stress (STS). There is a lot of literature out there that talks about the high incidence of suicide rates in social workers, high turnover rates in employment, high rates of burnout, and disruptive symptoms to personal lives resulting from traumatic stress (Figley, 2002; McCann & Pearlman, 1990; Meyers & Cornille, 2002; Pryce, Shackelford, & Pryce, 2007; Valent, 2002). We often are willing to write it all off as fatigue, or tell ourselves (or others) to “buck up,” or “learn to deal,” or even worse—to get out of the profession, as my supervisor had done with me. Can you imagine what would happen if every young social worker took such advice? There’d be no one left to help our clients. It took me less than six months to learn about the strains of the job, but it would be nearly a decade before I would find out that reactions like mine are common, and more importantly—normal.

Exposure to stressors is not necessarily a guarantee that there will be development of clinically significant symptoms. Job satisfaction and personal gratification protect us (this is that notion that we love what we do, even if it’s very rough some days). We know that these things are true for our clients. What makes us think that our training makes us something other than human?

4. A cosa serve la posta elettronica?
A navigare in Internet
A inviare e ricevere dei messaggi
A nulla, come Tik Tok
5. Quale strumento si usa per raccogliere i file?
Una cartella
Un raccoglitore
Un sacchetto