

MCSW AGM & EDUCATION EVENT 2019

KEYNOTE PRESENTATION

SELF-AWARENESS OF THE SOCIAL WORKER: RACE, ETHNICITY & CULTURE

Summary

“Far too often we falsely convince ourselves that because we have a certain educational background, hold a certain professional title or have our own share of challenges in life, that we are immune to holding harmful beliefs about others.”

This workshop focuses on self-awareness as it relates to stereotypes, biases and prejudices that we hold as humans, and as professionals. By examining how human brain schemas are formed, participants will explore how their familial cultural experiences, the media and the larger culture work to create specific generalized ideas about others. Participants will learn strategies to combat those beliefs and enable them to enhance their professional relationships with clients and others. The aim of this workshop is to create a safe and inviting space to be vulnerable within ourselves to examine what beliefs we hold and how they translate into our work with clients.

“Vulnerability is uncomfortable and discomfort is a prerequisite to growth.”

Biography



Heather O'Neale, MSW, RSW, has worked in the social services field in Manitoba for over 16 years in the areas of crisis intervention, adult and adolescent psychiatry, non-profit community counseling and community development. She obtained a Bachelor of Arts degree with a double major in Psychology and Sociology from the University of Winnipeg and completed a Master of Social Work degree from the University of Manitoba. Her unique style incorporates humour, empathy and true curiosity. Heather is multiracial, multiethnic and multicultural, which provides her with a unique experiencing of culture, race and ethnicity. Heather is a daughter in a complex family system, a partner and mom in a blended, multiracial family.