

# The Assignment:

Name: Gayatri S.

(First Name and Last Initial)

Advisory #: 1

You will be observing your host throughout the day. There are 3 parts to this assignment:

**Part 1- The Interview:** Observe your host at work, at some point interview your host and record/make notes of the results

**Part 2 - Reflection:** After the day is finished, reflect upon your experience and answer the reflection questions **Part 3 – Post Your Assignment to Your Blog:** Once you have completed **Part 1** and **Part 2** post it on your blog. Make sure you take pictures and/or videos to document your day, you can place them in your blog.

Name of your host: Ganimat Sood Relationship to you: My Mom

**The Interview:** (ask your host these questions)

1. What is your job title?

Child and Family Therapist

2. What is your job description?

My mom offers counselling support for children, youth, and family who have experienced trauma like, sexual abuse, domestic violence, divorce/separation, children in foster care, grief/loss, bullying, etc. She provides educational and emotional support to parents and foster parents.

3.What are the duties and/or tasks you perform at your job?

She works collaboratively with social worker and other professionals as needed. She also offers direct therapy for families, providing education and therapeutic interventions for clients using various techniques, theoretical foundations. She must always maintain confidentiality, keep client notes and files, produce written reports. Collaborating with other staff can also be very helpful to get support.

4. What qualifications do you have for this job in the following areas:

a) training- ongoing with workshops.

-Trauma TF-CBT (trauma focused cognitive behavioral therapy)

- Developmental trauma and informed systems

- expressive and art and play therapy

- attachment focused family therapy

- trauma informed collaborative practice

b) education

The education my mom has is a Master of Arts in phycology from Punjab University and a Master of Arts in counselling phycology from Yorkville University.

c) experience

She has over 15 years of experience supporting children, youth, and families in her community. After completing her second degree from Yorkville University she started working at Act 2 child and family services.

d) skills and attributes (personal qualities)?

- helpful

- supportive

-empathetic

- good listener

- reflective

5. What are some of the things you like about the job?

Helping people. Offering hope. Being able to make a difference. Providing support. Working with children and youth. Working in a team setting. Working in the community.

1. What are some of the things you dislike about this job?

My mom expressed that she does not dislike anything about her job but finds some things challenging at times like keeping up with reports., high intensity case load, hearing about traumatic experiences

1. How do you anticipate this job changing in the next 5 years or so?

The job of counsellors increasing with the high demands and stresses increasing

Requirement of more trained counselling professionals

Other question (s):

What is act 2 child and family services?

Act 2 child and family services is non-profit organization that works for the benefit of the community. It is contracted by the MCFD (ministry of child and family development)

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# Student Reflections:

1. Give three reasons why you would like this job (be specific):

a) I think I would like this job because it would allow me to connect with people 2 who have gone through a traumatic experience

b) another reason I would like this job is because I would be able to help people with mental health issues who just need someone to talk to. Sometimes that’s all a person needs

c) The last reason I would like this job is because I would get to explore mindfulness. Mindfulness helps you center yourself and I find it fascinating.

1. Give three reasons why you would not like this job (be specific):

a) I may not like this job because it looks like it could be stressful at times after listening to everything bad that has happened to other people. All though there are probably ways you can troubleshoot that.

b) Even though this job is very mentally demanding sometimes it doesn’t have the greatest pay. Sometimes you may end up paying more to have a business if you know your own private practice.

c) The last reason this job may not be for me is because there is quite a bit of education to get to a good place.

1. Is this job for you? Why or why not?

I think job is for because after seeing everyone work today it looks like an environment that I would like to be in. Even if it takes a little bit more work, I believe that I would be able to do it if I put the work. This Job would teach many ways to help others along with improve myself. In this I would also need to make sure that I have friends and family around that can help me not be in a dark place after hearing some very depressing and sad stories.

1. Explain the value of the TYKTW experience in relation to your ideas about your post secondary (after high school) plans (education?, training?, travel?, work?).

I believe that this was a very valuable experience. Take your kid to work day has helped me create a possible career path for myself. Even if at the end I don’t decide to pursue being I counsellor I know that I leared a lot on this day. I for sure want to have a pot secondary from either UBC or SFU, being my top school. I know that to get to my top two universities I of choice I will need to work hard and stay focused.

# Blog Post:

Step 1: Go to your Blog Step 2: Create a new POST

* *Title*: Take Your Kid to Work Day 2019
* *Category*: Extracurricular
* ***Tag*: This varies by teacher:**
  + - *Aitken* - TYKTW2019A
    - *Castonguay* – TYKTW2019C
    - *Raghoobarsingh* – TYKTW2019R
    - *Hewitt* – TYKTW2019H
* *Add Media*: Add a picture or video of your work place Step 3: Add your assignment to the post by doing one of the following
* Copy and paste the assignment from a word document
* Type in all of the questions and answers
* Upload a PDF or a completed Word Document

Step 4: Click Publish