Section 4: Some Final Remarks and Activities for This Course

In this course, we have tried to give you an idea of the basics of the caregiver-client relationship and how to care for yourself. Both of these are essential, whatever your role, be it giving psychological and/or medical assistance, giving humanitarian assistance, giving legal assistance, being a long-term or short-term volunteer, or whatever other role you may play. While the specifics of your situation may differ, what we have described here are the basics of the way that you work with clients, the way that you establish and maintain trust, the ethics that you must maintain.

Also, while your specific situation may be different in terms of your self-care, the basics of having supervision and/or intervision, getting your emotions out, and taking time for yourself are the same under all circumstances.

In the next course, we will work on communication, which is another basic competency. There, we will give some background and some practical ways of communicating with clients.

Activities

How did your ideas and methods of working with clients change as a result of this course?

How did your ideas of caring for yourself change as a result of this course?

Are there ways in which we could adapt this course to suit your needs better? Tell us what we’re doing right and doing wrong?