

# SELF-CARE AS A KEY COMPETENCY FOR FUTURE SOCIAL WORK PROFESSIONALS

Yvonne Knosp<sup>1</sup>, & Angelika Weirauch<sup>2</sup>

<sup>1</sup>Prof. Dr.

<sup>2</sup>Dr.

*Fachhochschule Dresden (Germany)*

## Abstract

The field of social work offers a broad and fulfilling range of employment for people with a desire for a varied, challenging and responsible profession. Its enormous importance has resonated not only since its systemic relevance during the Covid 19 pandemic. For several years, social science research has focused on the consequences of professional conditions. The extent to which social work suffers from an alarming condition is evident in the findings. The following should be emphasized: ambiguity about the professional role, acting in uncertain situations, self-sacrificing work, high socioemotional commitment, unpaid overtime, insufficient room for maneuver and decision-making and time pressure. Social work is successful when the workforce is highly motivated, committed and skilled. This reveals the urgency of equipping professionals not only with specialist knowledge but also with competencies that will enable them to work professionally in the long term, right from the study phase. In addition to the focus on the training content, universities as organizations are also required to support students in their life situations, which is sought through diversity and equality concepts. The following questions will be discussed in a workshop: (1) What are the specifics of social work? (2) How can self-care contribute to staying healthy and productive in the long term and to supporting clients professionally? Which possibilities can already be taught to students during their training at universities? To what extent are anchoring in teaching and the implementation of a diversity and equality concept suitable for the acquisition of self-care competence?

**Keywords:** *Social work, self-care, diversity, teaching, curriculum.*

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