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Helping social workers manage emotional distress

Perspectives of the UK professional body

BASW
The professional association for
social work and social workers

Basw Advice and Representation

- 'There is no doubt that we have people sobbing and **really emotionally distressed**...it's a horrible situation' (Lien Watts, manager, BASW A&R Service)

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Reports to A&R Service



- Increases in work related stress
- Paperwork
- Lack of support for effective practice
- Risk-averse practice

BASW Working Conditions Survey

| | |
|----------------------------------|--|
| Dissatisfaction with job | 40% |
| Planning to leave the profession | 52% rising to 55% for children and families social workers |
| Working beyond contractual hours | 92% @ >10 hours per week |

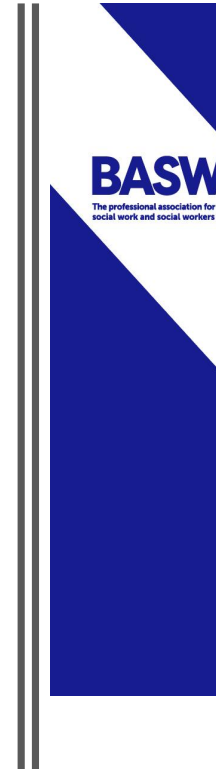


‘[H]aving too much work to do was the one thing which consistently influenced the perception of stress, job satisfaction, and turnover intentions.’ (Revelier 2017, p. 17; emphasis added)



Cause of emotional stress in social work

Resolving the current crises



- Macro-level interventions
- Professionalism and self-management (Boahen and Wiles 2018)
- Whole systems approach – BASW and Action for Care-force Wellbeing

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Thank you for listening!

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