CULTURAL ANCHORS

THEIR PLACE IN MAINTAINING WELLNESS FOR SOCIAL WORKERS.
QUALITATIVE PRACTITIONER
SOCIAL WORKERS P.O.V.
SEMI STRUCTURED INTERVIEWS
THEMATIC ANALYSIS
RESEARCH FOCUS

AIMED AT EXPLORING SOCIAL WORKER PERCEPTIONS OF SUPPORT IN TERMS OF:

1:– PROVIDING APPROPRIATE PSYCHOLOGICAL FIRST AID FOLLOWING CRITICAL INCIDENTS

2:– SUPPORTING ONGOING WELLNESS OF STAFF IN HIGH STRESS WORK ROLES
“CUSTOMARY BELIEFS, SOCIAL FORMS, AND MATERIAL TRAITS OF A RACIAL, RELIGIOUS, OR SOCIAL GROUP”

BUT ALSO INCORPORATING …

“CHARACTERISTIC FEATURES OF EVERYDAY EXISTENCE (SUCH AS DIVERSE ORATIONS OR A WAY OF LIFE) SHARED BY PEOPLE IN A PLACE OR TIME.”
“We’re part of a culture that’s bigger than us as individuals... It’s what birthed you and raised you and you need to give back... But it also keeps you safe. Keeps you grounded”
“These things help us to remember our place as tangata whenua (people of the land), they embolden us and make us stronger in the mahi (work)”
“I sometimes just go and sit in a church when it's quiet, just for the peace of it ... and find myself praying, even though I don't usually pray at all ... It's calming”
“EVERY FEW MONTHS I GO BACK, USUALLY ON FRIDAY AFTERNOONS WHEN THE MAIN STREET IS BUSY AS... ITS CHANGED FROM WHEN I WAS A KID... BUT THE CROWDED STREETS AND MULTI-CULTURAL MIX OF PEOPLE, AND THE ACTUAL BUILDINGS THEMSELVES, THE CHURCHES AND OLD BANKS, THEY TAKE ME BACK ... MAKE ME FEEL GROUNDED”
“I ALWAYS FEEL GOOD AFTER THAT, LIKE I KNOW WHERE I COME FROM. IT’S HARD TO EXPLAIN, BUT IT DOES SOMETHING FOR ME”
“I GO HOME AND PUT ON HEADPHONES . . . LISTEN TO PRE-1980 ELTON JOHN MUSIC. IT HELPS ME LET GO . . . I THINK IT RELATES TO HEARING THESE SONGS ON THE RADIO AS A KID . . . TAKES ME BACK TO A TIME BEFORE I KNEW JUST HOW HORRIBLE THE WORLD CAN BE.”
“It’s what we do in England, have a pint after work, talk through anything that’s happened during the day with your colleagues. Its good . . . best way to end a day and close it out”
PARTICIPANTS HAD THEIR OWN SENSE OF WHAT CULTURAL ACTIVITIES OR EVENTS THAT HELP TO ANCHOR THEM IN WHO THEY ARE, LOOK AND FEEL LIKE . . .
“YOU’VE GOT TO KNOW WHERE YOU COME FROM, AND BE COMFORTABLE WITH THAT, BEFORE YOU CAN GIVE PROPER RESPECT TO OTHER CULTURES”
“IT MAKES ME MORE WILLING, OR ABLE, TO WORK ACROSS CULTURES, WHICH WE DO. . .”
“BUILD CONFIDENCE IN MY UNDERSTANDING AND SKILL LEVEL, WHICH HELPS MAKE ME FEEL BETTER IN TERMS OF MY WELLBEING”
REFERENCES:


MERRIAM WEBSTER (2020) ONLINE DICTIONARY