

Worker: \_\_\_\_\_

Date: \_\_\_\_\_

## Individual Field Application Exercise: Assessment

### Worksheet

- **Practice:** Through practice we will build the capacity and motivation to enhance our skills. Identify one Assessment skill from the Assessment module to practice in the field with one family during the next month:

**Two skills covered in the Assessment Module:**

1. Using a Trauma Lens to view behavior as an expression of underlying needs.
2. Recognizing and building strengths

Skill \_\_\_\_\_

Family Name \_\_\_\_\_

What will I say and do next time I meet with this family? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Small Steps of Change:** Making small steps of change will positively impact families and increase our positive outcomes. *(Some examples of Small Steps of change include: Using a trauma lens to view a specific behavior, Use of appreciative inquiry questions, scaling and solution focused questions, and exception questions).*

- Identify two small steps you will make during the next two months to build on your Assessment skills:

Small Steps of Change	
1.	
2.	

**Support:** Supervisors and MiTEAM Specialists are committed to helping workers increase their knowledge, skills, and abilities related to Assessment.

Types of Support	Date and Time	Help Requested
Scheduled time with Supervisor		
Scheduled assistance with the MiTEAM Specialist (optional)		