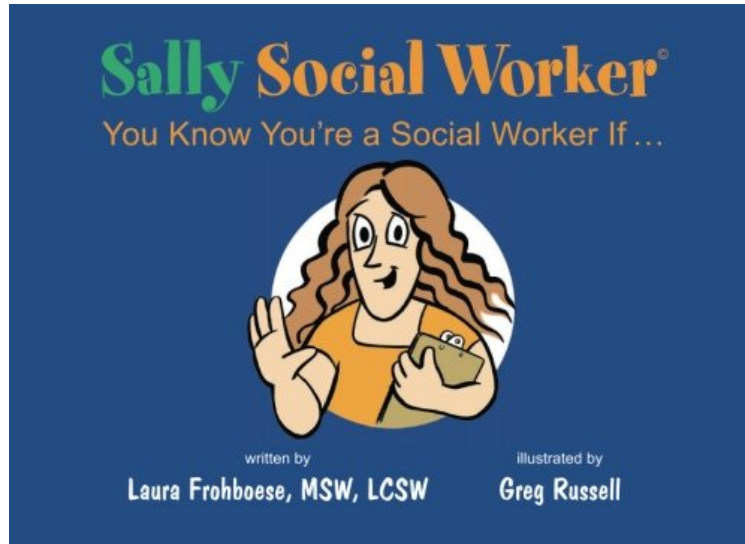


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## Sally Social Worker: You Know You're a Social Worker If

Laura H Frohboese

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1 of 1 people found the following review helpful. Sally Social WorkerBy ELKramerI purchased this for my daughter for her birthday and she loves it!1 of 1 people found the following review helpful. FunnyBy M. E.Funny book. Definitely described the social worker. Would have given it 5 stars if it was longer.1 of 1 people found the following review helpful. the recipient loved this bookBy Deanna DiscepoloGiven as a gift, the recipient loved this book!

To a non-social worker this sounds ridiculous: You work your buns off in school, do an internship for free, get ready to save the world, and then find yourself having repetitive conversations with angry clients about budgeting and drug use. You work late because a client had a crisis and then seamlessly switch gears into your "normal" life. You frequently have to explain what social workers do, even to other professionals. After all this you still love what you do and do it for very little money. For over 10 years, I have referred to us hopeful yet realistic, compassionate yet aware, patient yet frank professionals as Sally Social Workers. This helps me see the humor in situations, brings a shared smile between us social workers, and maybe helps us show others what we do. I've used the Sally cartoon in talks to illustrate compassion fatigue, limit setting, flexibility, and self care.

About the AuthorLaura Frohboese earned her MSW from Boston College in 1997 and has worked in community-based settings, social service agencies, medical and psychiatric hospitals, clinics and private practice settings. She currently has a small private counseling practice and works in an ER in Charlotte, NC. Laura combines her passion for social work, corny sense of humor and love of public speaking by giving talks about the value of humor in clinical practice and preventing compassion fatigue.