**The Helping Process**

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

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Often it happens that I am perceived as an oppressor to an interviewee while working as a human service professional. This is not a mission of my job as a professional. This is due to the common perception of the human services fields. This oppressive image stays in mind until the human service professional gains the trust of the client through relationship building.

Oppression can be considered a form of injustice that is a result of one social group subordinated while the other enjoys all the advantages. It is maintained by adopting various ways of social norms, institutional rules, and stereotypes. In my opinion, the oppressor is the one who uses means of power to abduct the rights of others(“Oppression,” 2019). I never want my interviewee to see me as someone with authority and power as it will create an image in my mind that I am an oppressor, as it will result into them not feeling comfortable with me which can create a problem for me in revealing their issues. When people start to consider a human service worker as a person of power they communicate according to what worker will like to hear, but they hide the actual story and problem due to fear of judgment from an oppressor(Deutsch, 2006).

People start to view me as “skilled capital”, someone who is intelligent, knowledgeable, with a high degree in education. This view can be true in some cases and false in the others but I always want my clients to view simply as a person, who is simply here to help them resolve their issue, not as someone one(McClam, 2012)

All this misconception can be built on a simple basis of my professional attire and job description. The judgment of oppressor can be built on mere the similarity between my name and the building where the office is located or just on the basis on my gender or race. Judgment can be built on any factor based on personal perception. .

In order to avoid judgment, I always try to be my true self and explain the client my values and mission to show the authenticity and virtue of my profession. I also set my boundaries and never allow others to ruin my comfort zone. When clients see the true me, they show their trust in me and respect me through referrals.

In short social helper will always be viewed as oppressor till he builds trust and a good reputation with people. I think it is okay if interactions start with judgment because this judgment will fade eventually if one stays true to himself and his profession. Also being in power is not a wrong thing, it's the use of it that makes it good or bad. It is essential for interviewer to stay true to himself and his mission as clients always respect the one who is authentic and real.

**References**

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