

NBASW Featured Social Worker Series

**ASHLEY GOYETTE, RSW, MSW
(CANDIDATE)**



Where are you from?

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Northern New Brunswick. A small town called Jacquet River.

Where do you work?

What do you do there?

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I work at Mindshift clinic, which is a private, holistic wellness clinic, here in Fredericton. We work primarily with Veterans with PTSD but are seeing an increase in civilian clients as well. I am employed as a biofeedback counselor. So essentially, I use equipment to monitor my client's physiological responses to stress (heart rate, breathing, muscle tension, sweat gland activity and finger temperature). I teach them about their unique physiological reactions to stress, how to be mindful and aware of them so they can learn to calm their body and mind through diaphragmatic breathing, mindfulness and relaxation. Once clients can calm their body and minds, they can then begin to use other therapeutic techniques like cognitive behavioural therapy, to attend to their thoughts and make changes. It's really about re-connecting the mind, body, emotions and spirit of the individual.

How long have you been a social worker?

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Since 2011, I believe. I started out working in First Nations child welfare right after I graduated from social work school. I really enjoyed this work but my passion has always been in mental health.

Thank you Ashley for agreeing to be featured by the NBASW and helping us celebrate the diversity of roles held by NB social workers!

What is an achievement (professional or personal) that you're proud of?

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I am very proud that I have been able to continue my social work education through the Masters of social work program at the University of Victoria (distance education), while working full-time and raising 4 children. I am set to graduate this spring. It's been a long but amazing journey.

If you could give one piece of advice about self-care for social workers, what would it be?

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Throughout the years, I've had to get better at listening to my body and mind when it says it needs a break and to practice self-care. This is so important to the social work profession and overall mental wellness for everyone. I teach my clients that practicing self-care is not selfish. It's saying, "I matter too" and it's really important for social workers to care for themselves, as much as they care for their clients.

What's a fun fact about you that most people don't know?

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Anybody that knows me knows I am a pretty candid, open book. I don't think there is a whole lot about me that people don't know.

Why are you proud to be a social worker?

"I am proud to be a social worker because our profession goes beyond words. It takes words, puts them into action and advocates for those people and voices which are marginalized in our communities and in our society."

-Ashley Goyette, RSW,
MSW (Candidate)