

## REVIEWER'S REPORT

**Manuscript No.: IJAR-57618**

**Title: Soul Collage With Social Workers: A Visual Essay on Self-Care & Collective Care**

**Recommendation:**

- Accept as it is .....
- Accept after minor revision.....
- Accept after major revision .....
- Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality	...			
Techn. Quality		...		
Clarity	...			
Significance	...			

**Reviewer's ID: JPR- 180**

### *Detailed Reviewer's Report*

The paper "*Soul Collage With Social Workers: A Visual Essay on Self-Care & Collective Care*" presents an insightful exploration of the role of creative and reflective practices in supporting the wellbeing of social workers and social work students. The article focuses on the use of the SoulCollage® process as a method of promoting both self-care and collective care among professionals who are vulnerable to compassion fatigue, burnout, and secondary traumatic stress. By combining theoretical discussion with participants' visual and reflective responses, the paper offers a unique and human-centered perspective on emotional resilience within the social work profession. One of the major strengths of the paper is its clear connection between professional challenges and therapeutic intervention. The author effectively explains how social workers frequently experience emotional exhaustion because of the demanding nature of their work and emphasizes the importance of sustainable self-care practices. The discussion of collective care is especially meaningful because it extends beyond individual wellbeing and highlights the importance of supportive organizational and community environments. This broader perspective strengthens the relevance of the study within contemporary social work discourse. The methodology of the workshop is described in a straightforward and accessible manner. The author outlines the structure of the Soul Collage workshop, including introductions, card-making activities, reflective journaling, and the "I Am One Who" exercise. These activities demonstrate how artistic expression can encourage introspection, emotional release, and community connection. The inclusion of participants' reflections and messages adds authenticity and emotional depth to the paper. Statements such as "Don't hold on, let it flow" and reflections on strength, peace, resilience, and collective struggle reveal the therapeutic and empowering potential of the process.

Another important strength of the paper is its interdisciplinary approach. By integrating concepts from social work, psychology, spirituality, and art-based therapy, the article broadens understanding of how creative methods can contribute to professional wellbeing. The paper also effectively supports its arguments through references to established literature on burnout, compassion fatigue, and self-care. The conclusion successfully reinforces the idea that Soul Collage promotes both personal reflection and collective support, making it a valuable practice for sustaining emotional health in demanding professions. However, the paper also has certain limitations. Since the study is primarily descriptive and reflective, it lacks empirical evaluation or measurable outcomes regarding the effectiveness of the workshop. The participant sample is relatively small, which limits the generalizability of the findings. Additionally, because the article functions partly as a visual essay, some sections focus more on personal expression than on analytical discussion. Including participant feedback, interviews, or pre- and post-workshop assessments could have strengthened the academic rigor of the study.

Overall, the paper provides a meaningful and innovative contribution to discussions of self-care and emotional sustainability in social work practice. Through its emphasis on creativity, reflection, and shared experience, the study

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demonstrates how Soul Collage can serve as both a therapeutic and community-building tool. The article succeeds in highlighting the importance of balancing personal wellbeing with collective responsibility, making it a valuable resource for social work educators, practitioners, and researchers interested in holistic approaches to care.