

# Class Notes

Triumph Through Pain as a Social Worker  
with Bas Moreno



## ✓ Integrating Caregiving and Casework

Bas shows how looking after his own parents sharpened his ability to spot gaps in community services. He shares routines that help social workers balance family needs with heavy caseloads while still protecting their wellbeing.

## ✓ Financial Literacy as a Clinical Tool

Money stress often fuels crises, so Bas builds budgeting, insurance, and estate planning into his sessions. He explains why sandwich-generation families require clear guidance rather than abstract advice.

## ✓ Podcasting as a Peer Support Engine

A single phone recording snowballed into a space where thousands of social workers trade stories and resources. Bas outlines how he keeps the show informal yet reliable at more than two hundred episodes.

## ✓ Turning Loss Into Art and Action

Poetry became Bas's outlet after losing ten clients and his mother during COVID, then grew into workshops and speaking gigs. He encourages professionals to transform personal pain into creative projects that resonate with the communities they serve.

## ✓ Redefining Success Beyond Licensure

Five failed licensing exams did not end Bas's career; they redirected it. He maps out alternate routes from consulting, teaching to content creation, which let passionate social workers thrive without traditional credentials.