

CHAPTER # 02

METHODS OF SOCIAL WORK

Lecture no: 06

In today's lecture we will go through the following points.

- Methods of social work***
- Social case work***

METHODS OF SOCIAL WORK

There are two methods of social work.

- 1) Primary method*
- 2) Secondary method*

In primary method the professional social worker has direct link with the client who may be an individual, a group or a community, while in secondary method the professional social worker has no direct contact or link with the clients.

Primary method include

- i) Social case work*
- ii) social group work and*
- iii) community organization*

While secondary method includes research methodology, social administration and social work policy.

According to our syllabus we are just confined to primary methods, so, we will focus on primary methods only.

1) SOCIAL CASE WORK

The profession of social work aims to enhance the effectiveness of social functioning of people at need. In this way different forces and resources are mobilized to help themselves. Every problem is caused by many internal and external factors. The professional social worker deals with the reaction and experiences of the individual.

Social case worker deals with the individual who is socially isolated, under stress, anxiety, mentally or physically handicapped. The case worker comes in contact with the above said case and establishes relationship so that to treat the handicapped person. The case worker develops self-direction and self-dependence in the individual.

In the case study we usually we go through the factors that affect the social unit, that may be an individual, a family or a group etc.

In the social work discipline the case worker deals only with the a single individual who is not functioning as normal individual in the social set up.

DEFINITIONS OF SOCIAL CASE WORK

According to Friendlander

"Social case work is a method that helps by counseling the individual client to affect better social relationship and a social adjustment that makes it possible for him to lead a satisfying and useful life".

By H.H. Perlman

"Social case work is a process used by certain human welfare agencies to help individual to cope more effectively with their problems in social functioning".

Perlman beautifully further adds that

A "PERSON" with a "PROBLEM" comes to a "PLACE", where a "PROFESSIONAL REPRESENTATIVE" help him by a given "PROCESS".

➤ ***Person or client***

The person under stress, don't adjust in the social settings. He voluntarily comes or may be referred to agency by some other one.

The case worker will take the complete history, the nature, extent and impact of the problem. He (the social case worker) must understand the client behavior so that to deal the case satisfactorily.

The case worker develop motivation in the client.

➤ **Problem**

the situation which affects the social functioning of an individual, whether that is economic, medical, recreational, psychological, social or physical is called problem.

➤ **Place**

place is the agency or organization that provide support to the weaker or handicapped section of the society. It can be public, private, local, provincial or national agency.

➤ **Professional representative**

the one who has professional degree of social work from a recognized institution is a professional representative.

➤ **Process**

the training which is provided to the professional social workers in different recognized institutions, that how to deal the handicapped segment of the society is termed as process. It is the part and parcel of a professional practitioner.

The professional worker at first establishes relationship with the client, which is called "rapport" (can be pronounced as Rapo).

Until and unless rapport is not established, case work process will remain inefficient. Through the rapport the case worker should get build the confidence of the client.

The case worker at first establish professional relationship and starts the treatment through counselling. the case worker explores the problematic situation of the client, then try to diagnose and treat the client through self–help.

The socially isolated and mentally or physically handicapped persons can be found in society every where or usually they stay at hospitals and in different agencies and places.

THE END