Content:

Approach of Social Work or Social Case Work

"Approach helps us to explain the motivating forces behind human behavior and impact of social values & socio cultural practices".

Approaches of social work

The origin of the approach of social work can be traced backed to the methods of helping by friendly visitors, who tried to help the poor by adopting 'scientific philanthropy' which means helping the poor to overcome their problems , by improving their way of life and opportunities. The first approach of social work to help individual in need was developed by Mary Richmond. She was the leader of charity organization society, under her leadership, social work education was started in 1904, and she wrote the first social work textbook 'social diagnosis' in 1917. In which she elaborately discussed how social worker could help the client. The theory she gave had great impact on the social work practice, especially on the development of psychosocial approach of social work .This approach was also known as 'Medical Approach', as she used medical term "Diagnosis", and her approach fit well into a medical frame work for practice, since it was suggestive of the idea that cases could be viewed either sick or well, and also known as "Traditional Practice Method".

During that time social sciences particularly sociology were highly influential on social work practice ,while psychology had not yet developed to the point at which personality could be explained in any but global imprecise term .Her whole approach focused mainly on technique for assessing and helping the poor , to overcome their problems.

According to her, social diagnosis is an attempt to arrive to the exact situation of the problem. So diagnosis can never be final, in the process of casework it may change as we dealing with social reality which cannot be measured.

Freudian psychoanalytic approach of psychotherapy became very popular in 1920's, which had a great impact in the practice of social work especially psychiatric social work. Many social work educational institutes inculcate psychoanalytic principles in their teaching curriculum , Smith college (The first school of Psychiatric Social Work) change their concept to Freudian concept ; social workers that trained in this college were inculcating psychoanalytical therapy and counseling in their casework .But the social workers were encouraged to understand the unconscious, but were cautioned not to deal with it ,but to focus on the faulty perceptions, reflexes , attitudes, etc which greatly paved the way for the development of psychosocial approach . The practice of psychoanalysis therapy among social workers was continued till today. International psychoanalytic association accepts psychiatric social worker, who is trained in this field as its full member, previously except Psychiatrist from medical background was allowed for that membership.

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Major Types of Approaches of Social Work

1. Psycho Analytical Approach
2. Behavioral Modification Approach
3. System Approach
4. Psychosocial Approach
5. Problem Solving Approach
6. Crisis Intervention Approach
7. Functional Approach

Psycho Analytical Approach:-

This approach is based on analytical thinking and concept. The founder of psychoanalytic Approach was Sigmund Freud. While his theories were considered shocking at the time and continue to create debate and controversy, his work had a profound influence on a number of disciplines, including psychology, sociology, anthropology, literature, and art.

The term Psychoanalysis is used to refer to many aspects of Freud's work and research, including Freudian therapy and the research methodology he used to develop his theories. Freud relied heavily upon his observations and case studies of his patients when he formed his theory of personality development. Sigmund Freud developed this approach to study important role played by unconscious process in behavior.

There are 3 concepts in this approach.

1- Topographical

- ➢ Mental invents in conscious, subconscious and unconscious. Before understanding Freud's theory of personality, we understand his view of how the mind is organized. According to Freud, the mind can be divided into two main parts:
- ➢ The conscious mind includes everything that we are aware of. This is the aspect of our mental processing that we can think and talk about rationally. A part of this includes our memory, which is not always part of consciousness but can be retrieved easily at any time and brought into our awareness. Freud called this ordinary memory the pre-conscious.
- ➢ The unconscious mind is a reservoir of feelings, thoughts, urges, and memories that outside   of our conscious awareness. Most of the contents of the unconscious are unacceptable or unpleasant, such as feelings of pain, anxiety, or conflict. According to Freud, the unconscious continues to influence our behavior and experience, even though we are unaware of these underlying influences.

*2- **Structural – Personality functioning in term of Id, Ego, Super Ego**.*

The Id: The id is the only component of personality that is present from birth. This aspect of personality is entirely unconscious and includes of the instinctive and primitive behaviors. According to Freud, the id is the source of all psychic energy, making it the primary component of personality.

The id is driven by the pleasure principle, which strives for immediate gratification of all desires, wants, and needs. If these needs are not satisfied immediately, the result is a state anxiety or

tension. For example, an increase in hunger or thirst should produce an immediate attempt to eat or drink. The id is very important early in life, because it ensures that an infant's needs are met. If the infant is hungry or uncomfortable, he or she will cry until the demands of the id are met.

The Ego: The ego is the component of personality that is responsible for dealing with reality. According to Freud, the ego develops from the id and ensures that the impulses of the id can be expressed in a manner acceptable in the real world. The ego functions in the conscious, preconscious, and unconscious mind. The ego operates based on the reality principle, which strives to satisfy the id's desires in realistic and socially appropriate ways.

The Superego: The last component of personality to develop is the superego. The superego is the aspect of personality that holds all of our internalized moral standards and ideals that we acquire from both parents and society--our sense of right and wrong. The superego provides guidelines for making judgments. According to Freud, the superego begins to emerge at around age five.

3- Defense Mechanism

Most notably used by Sigmund Freud in his psychoanalytic theory, a defense mechanism is a tactic developed by the ego to protect against anxiety. Defense mechanisms are thought to safeguard the mind against feelings and thoughts that are too difficult for the conscious mind to cope with. In some instances, defense mechanisms are thought to keep inappropriate or unwanted thoughts and impulses from entering the conscious mind.

According to Sigmund Freud, personality is mostly established by the age of five. Early experiences play a large role in personality development and continue to influence behavior later in life.

Freud's theory of psychosexual development is one of the best known, but also one of the most controversial. Freud believed that personality develops through a series of childhood stages during which the pleasure-seeking energies of the id become focused on certain erogenous areas. This psychosexual energy, or libido, was described as the driving force behind behavior.

If these psychosexual stages are completed successfully, the result is a healthy personality. If certain issues are not resolved at the appropriate stage, fixation can occur. A fixation is a persistent focus on an earlier psychosexual stage. Until this conflict is resolved, the individual will remain "stuck" in this stage. For example, a person who is fixated at the oral stage may be over-dependent on others and may seek oral stimulation through smoking, drinking, or eating.

Behavioral Modification Approach

The behavioral perspective arose in the early twentieth century as a reaction against the unscientific methods of psychoanalysis. Behavioral psychologists believed that the study of subjective experience did not provide acceptable scientific data, because such observations were not open to verification by other investigators. In their view, only the study of directly observable behavior and the stimuli and the reinforcing conditions that control it could serve as a basis for understanding human behavior, normal or abnormal.

The behavioral perspective is organized around a central theme: the role of learning in human behavior. Although this perspective was initially developed through research in the laboratory rather than through clinical practice with disturbed individuals, its implications for explaining and treating maladaptive behaviour soon became evident.

Learning is any relatively permanent change in behaviour, or behaviour potential, produced by experience. Learning is a key process in human behaviour. Indeed it appears to play an important role in virtually every activity we perform. Although the effect of learning is divorce, many psychologists believe that learning occurs in several forms: classical conditioning, operant conditioning, and observational learning. Conditioning involves learning associations between events that occur in an organism's environment. The origin of the behavioural views of abnormal behaviour and its treatment are tied to experimental work on classical conditioning. This work began with the discovery of the conditioned reflex by Russian physiologist Ivan Pavlov (1849-1936).

Pavlov's discoveries in classical conditioning excited a young American psychologist, John B. Watson (1878-1958).). Watson reasoned that if psychology was to become true science, it must abandon the subjectivity of inner sensations and other "mental "events and limit itself to what could be objectively observed. Watson thus changed the focus of psychology to the study of overt behaviour an approach called behaviourism.

System Approach:-

System theory was postulated by Ludwig **Von Bertalanffy**, a biologist to describe a comprehensive model to understand living system. Application of system theory to social work practice comes from Pincus and Minahan .This system theory of social work become popular and reached its height with the inclusion of this theory in the publication of Major American Text Book by Howard Goldstein in 1973.This text was widely used for social case work training course. The system approach of social case work is based on social system theory. A system was defined by Von Bertalanffy (1968) as "a *complex of interactive elements*". In a more lucid way, a system " *a system is a complex whole made of components parts in mutual interactive relationship to other parts."* system means a set of elements , mutual relationship , functional as whole purposeful act and same goal.

This approach is useful in social work practice in the following ways:-

- ➢ It helps social workers perceived a better understanding of the social   environment.
- ➢ It helps identify practice principles that apply across different context.
- ➢ It can help integrate social work theories and unify the profession
- ➢ In this approach we assess relationship pattern of the member of sub system as well as member of supra system. Function of system and communication pattern of each member of system & assessment of the functional structure of the system.

A number of writers at present used ecological term in system framework .The theory encouraged social workers to adopt a broad focus. The examining not only the individual clients, but also the client's interaction with family members, co-workers, and even the physical environment like buildings, parks and other structures.

The based known ecological models in system framework are;

- ➢ 1-Life Model: Germaine and Gitterman.
- ➢ 2-Competence oriented Model: Malucci
- ➢ 3-Family Centered Model : Hartman and Laird

Any individual's behavior or problems, events and social process cannot be fully understood in isolation, but only in relation to one another as a system. In system theory emphasis is given to interaction, transaction context, interrelatedness, of individual and his /her environment.

Operation of systems:

The system has its own way of operating, the way it energizes itself , receiving and giving information ,etc that operating system has four elements:

- ➢ Inputs: - Inputs are what you must put into the system to make it work, for example, human resources, material resources, financial resources, etc.
- ➢ Through puts:- Through put means how the resources are used in their entirely to achieve the desired result.
- ➢ Outputs:- It is the result achieved or the success or the effectiveness of the intervention.
- ➢ Feedback:- It is the information and messages received back at different stages in the process.

The Process of System approach of social case work

The equilibrium of the system is to maintain themselves in some sorts of balance, while at the same time moving forward towards their goal .But the system can be knock off the balance or continue to operate in less than optimum way. So, the social casework intervention is needed in this kind of equilibrium.

- ➢ Social study of the problem
- ➢ Social assessment or diagnosis
- ➢ Intervention plan and the formulation of goals
- ➢ Intervention/ treatment
- ➢ Evaluation
- ➢ Termination

Psychosocial Approach:-

This approach has great contribution on psycho social study of the person and psycho social treatment .It was one of the first models to be developed and applied to practice of social case work. Its psychological origin dates back to 1920's when psycho analytical principal and theory were incorporated into the then largely sociological approach of case work(Medical Approach of Mary Richmond).Essentially this approach has Freudian theory base modified and adapted for the use of social work practice .So this approach is developed by Garden Hamilton and Florence Hollis .The theory of Garden Hamilton was known as "Diagnostic Approach " the philosophy of Social case Work in 1941 in which word Diagnostic was used to Expressed psycho social problem . This was later called as Psychosocial approach along with the approach given by Hollis, Hollis saw her approach of Diagnostic school .the aim of this model is to alleviate the

client's distress and to decrease malfunctioning in the person situation system , or conversely to enhance client's satisfaction and self- realization.

In this approach problems are seen individual and social , for the sociological or environmental context of the problem , social functioning of the client is emphasized which means diagnosing and treating the person in environment , Garden Hamilton emphasized " The person in situation gestalt or configuration ", which means the person and their situation (environment) are inter systematic , interdependent or interrelated , person must be seen in the context of their situation , family , social group , work place etc .In psychological parts this approach largely follow Freudian school of thought , it recognizes person's 'past' and its influence on 'present' and 'future', and the influence of the unconscious and preconscious materials on the current behavior .

The approach further stresses that the individual is unaware of the influence of the past ,because they act through unconscious and preconscious materials, but resulted in the persons attitudes, reflexes and perception .Thus the model emphasizes the need of changing in perception.

The helping process was conceptualized in Solving of the client problem in social work methodology is assessment of needs & making hierarchy of needs .Finding history of problem & impact of social functioning of client.

Problem Solving Approach:-

In this approach, social worker does not attempt to solve the client's problem , as problem are believed to be able to solve only by the person who is experiencing it. So , role of social worker is to reinforce existing resources within the client's own personality and his environment , both human and materials , so that the person may solve own problem . There is an assumption of human competence to solve their own problem. The relationship between social worker and the client is the major medium of helping , with this relationship the person with problem is supported and nurtured , and can experienced respect , acceptance ,empathy and carrying with this relationship the client's motivation and confidences increased to solve the problem .Pearlman saw casework as process , problem solving process . In that process the relationship between case worker and client was essential to the movement or work to problem solving .the professional relationship was perceived as being purposeful, accepting, supportive & nurturing.

According to Pearlman, the process of helping consist of 4 interrelated elements, known as 4Ps, person, problem, place, process.

Place   Person

4 P's of Problem
solving approach
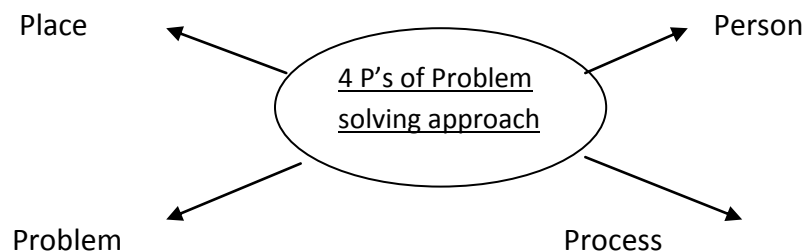
Problem   Process

<u>Person</u>: - Every person has problem solving capacity, as everyone can change and grow to solve the problem.

<u>Problem</u>:- Problems are practical problems , emphasis is not on a search for every identifiable source of difficulty or deficiencies , but on the practical problem the client is facing.

<u>Place</u>:-The approach recognizes the importance of organizational, structural and resources providing and functioning agency.

<u>Process</u>:- Social worker – client relationship , promoting his rights to self determination , skills and dealing with cognitive and affective problems of the patients.

In general, problem solving approach emphasizes the following points:-

1. It emphasizes the problem solving task, and difficulty in meeting these tasks.
2. It emphasizes the client as the main agent of change.
3. It emphasizes the social roles, as the context of the problem, and need to be   resolved.

Problem Solving in Social Case Work: Problem solving technique is very important in social work practice. Problem Solving is a scientific process which the worker examine the concern, need and identifies to need fulfillment. This leads to problem identification and formulation, and to seek solution for the problem. The knowledge, values and skill of social work, along with the strength and resources within the client and the client's environment, are used in understanding the nature of the problem and in identifying the possible solution. In social work problem solving process is somewhat different from the social work process, because social work process is not only problem solving, but also development and maintaining relationship, improving personal qualities, etc.

Process of problem solving approach:

> ➢ Preliminary statement of the problem
> ➢ Statement of the preliminary assumption about of the nature of the problem.
> ➢ Selections and collections of information.
> ➢ Analysis of information available.
> ➢ Development of plan.
> ➢ Implementation of the plan.
> ➢ Evaluation of the plan.

Crisis Intervention Approach:-

Although crisis intervention has developed into a cohesive treatment model only in the past 50 years, human beings have been dealing with crisis since antiquity. In ancient Greece, the word Crisis came from two root words – one meaning "decision" and the Other meaning "turning point ". Similarly , the two symbols in Chinese language for crisis represent danger and opportunities .These definitions imply that crisis can be both time for growth and impetus for change , as well as an obstacle and risk for harm and unhealthy reactions.

Historically, family and religious system helped people in crisis. The roots of crisis intervention developed in the 1940's and 1950's from several sources ,including physicians , psychologists, psychiatrists, sociologists, social work, and the military. Much of the

work was done by multidisciplinary teams involving these disciplines in various settings, such as public health agencies, hospitals, family counseling centers, and disaster response program.

In 1958 Parad was the first one who addresses the casework practice in term of crisis intervention. "A brief treatment that provides emotional support and helps the persons undergoing crisis by understanding the contributing factors and introducing remedial measures that are available within and outside the individuals ".

Functional Approach:

The origin and development of functional approach are attributed to the School of Social Work, University Of Pennsylvania, Jessie Thaft and Virginia Robinson are the pioneers of this theory. Functional approach developed out of a growing negative reaction of the main stream of social work caught up in the psychoanalytic thought. The psychological foundation upon which functional approach was built was those of Otto Rank's "Will" Psychology and the Theory of Growth Crisis (Birth Trauma).

Otto Rank was faculty of the University of Pennsylvania, was disciple of Sigmund Freud, but later disagreed with some psychoanalytic thought along with many social workers at that time. According to him, psychoanalytic thought has limitations as man is understood as a product of his past, and only through understanding and acceptance of the influences that have molded him can be led to physiological salvation, the immediate presenting problem is regarded merely as a symptom of deeper psychological condition, and the client is assumed to be psychological ill, in need of treatment, he is passive recipient of treatment . So, he developed a theory called "Will psychology "or theory of "Creative Self Expression ".

The concept of will is " the environment may influence , retarded, divert and complicate the development of individuals , but he remains in control of his own growth , central to his own development , and capable of continuing development throughout his life's course , within the limits of his particulars difficulties and environmental at given a point of time ". Functionalist see themselves as operating of psychology of growth' as oppose to 'psychology of illness 'of psychoanalytical school of thought. Therefore diagnosis as separate stage in the casework process has no place in functional model. For them diagnosis is merely "A developing process, worked out by the client himself as he used the agency service made available by the worker, as he test his own capacities and needs in accepting or contesting the conditions and responsibilities he faces in using that service and in dealing with his own problems" . Diagnosis is merely seen as an attempt by the workers and the client to discover whether there was a common ground for working together.

The interesting focus of this approach is the concept of "Growth Crisis ", in this concept each person is regarded as unique , so has each develop his own peculiar pattern of his critical experiences , first through his birth trauma the first separation and then through his meeting every subsequent growth change .The person is seen in having problems due to his inability to growth, inability might be due to his fear of separation (growth crisis), the purposeful relationship with the worker help him to overcome that problem and help in his growth.