

SW 455 Social Work Methods: Working with Individuals and Families

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Course Objectives:

- Understand social casework as a method of social work practice.
- Develop the capacity to understand and accept the uniqueness of individuals and work towards strengthening the personality of clients by fostering skills of self-help.
- Understand the process involved in working with individuals in individualized situations.
- Develop self-awareness and skills in working with individual clients as well as family systems.

Learning Outcome

- To develop theories and understanding in conducting casework in different settings.
- Enlighten students on different approaches, processes, and interventions of casework practice.
- Acquainted with skills and techniques while dealing with casework practices.
- This will help professionals in nurturing personal and professional skills

COURSE CONTENT**Unit I: Nature and Development of Casework**

- Social casework: origin, growth, nature and historical development
- Study of circumstances, Components of Social Case work (person, problem, place, process 4Ps)
- Philosophical assumptions and values underlying casework practice and Principles of casework practice.
- Relationship in casework: Meaning, nature and elements of Transference and counter transference issues in relationship
- Skills, Techniques, Qualities of caseworkers and their role in the helping process.

Unit II: Approaches to Casework Practice

- Approaches of Casework Practice-Psycho Social approach, Behavioural Approach, Psychoanalytical, Functional approach, Problem solving approach, task centered approach, strengths approach and crisis intervention, empowerment approach, eclectic approach

- Phases of casework intervention: study, diagnosis(assessment), intervention and evaluation
- Intervention Techniques, Casework, guidance, Counselling and Psychotherapy,
- Casework recording: Principles, Sessionwise, Summary, Types and format.

Unit III: Social Casework Practice: Client Groups and Settings

- Family casework: skills and techniques, family counselling and therapy.
- Casework with children in adoption, correctional and mental health settings.
- Casework specific to Northeast: human trafficking, conflicts and disaster situation
- Casework with children in adoption, correctional and mental health settings
- Casework in crisis situations like rape, conflicts, disaster and other calamities
- Casework with oppressed groups, religious minorities, Sexual minorities (LGBTQ) and other socially and economically disadvantaged groups
- Scope of casework in Practice.

Text Books:

Bhattacharya, S. (2009). Social case work administration and development. New Delhi: Rawat Publications.

Biestek, F.(1968). The Casework Relationship.London: Unwin University Books.

Richmond.M. (1922). What is Social Casework, An Introductory description. New York, Russell Sage Foundation.

Additional Readings

Davison, H. E. 1972. Casework: A Psychosocial Therapy. New York: Random House.

Fook, J. (1993) Radical Casework: A Theory of Practice. Australia: Allen & Unwin.

Hamilton G. (1951). Principles of Casework Recording. New York: Columbia University Press.

Hamilton, G.(2012). Theory and Practice of Social Casework (Second edition revised). New York: Columbia University Press.

Jeffrey, K. A., & Shepard, D. S. (2009). Counselling: theories and practice. New Delhi: Cengage Learning India Pvt. Ltd.

Mathew, G. (1992) An Introduction to Social Casework. Mumbai, Tata Institute of Social Sciences.

Nursten, J. (1974). Process of Casework. G.B: Pitman Publishing.

Pearlman, H.H. (1957). *Social Casework: A Problem Solving Process*. Chicago: The University of Chicago Press

Pearlman, H.H. (1979). *Relationship: The Heart of Helping People*. Chicago: The University Chicago Press.

Rameshwari, D., and Ravi, P. (2004). *Social work methods, perspectives and practices*. Jaipur: Mangal Deep Publications.

Richmond, M.E. (1917). *Social Diagnosis*. New York: Russell Sage Foundation.

Tracy, E.M., and Whittaker, J.K. (1989). *Social Treatment: An Introduction to Interpersonal Helping in Social Work Practice*. New York: Aldine de Gruyter.

Upadhyay, R. K. (2003). *Social casework: A therapeutic approach*. New Delhi: Rawat Publications.

Zastrow, C. H. (2010). *The practice of social work: A comprehensive work text*. USA: Brooks/Cole.