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COURSE CODE LECTURE BY: MISS NIKKI

Introduction to Applied Social Sciences

Social Science

- It is the study of **society** and the way people **behave and influence** the world around them.
- It covers an extensive body of knowledge compiled through various approaches and research tools across several academic disciplines to build **theories, explain social phenomena, and understand the human condition.**

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APPLIED SOCIAL SCIENCES

- ★ It is an **interdisciplinary** and **dynamic field** that **integrates the knowledge** and tools for research and analysis from various social science disciplines and theories to **address social and practical problems** in society.
- ★ The **central focus** of all applied social sciences is on the **issue of social and cultural change** and the needs of social sciences that are not met by all models of present-day theories.

social relations, social groups, and institutions. It deals with theories and concepts that can explain a social phenomenon.

state.

Its focus is less fixed and allows for specialisms in other areas to provide perspectives.

It examines the connection between the self as an individual and to the society, as well as the development and operation of societies, rather than studying the physical world.

It attempts to focus on a distinct issue but use insights arising from various social science disciplines.

Disciplines in the ASS

Counselling

- ★ It focuses on helping clients to better understand themselves and their specific situation and strive for changes to improve their lives' circumstances.

Social Work

- ★ It focuses on social change, problem-solving in human relationships and the empowerment and liberation of people to enhance social justice.

Communication

- ★ It focuses on how humans use verbal and nonverbal messages to create meaning in various contexts across cultures using a variety of channels and media.

SOCIAL SCIENCE

It attempts to give an understanding and explanation of human activity in the context of

APPLIED SOCIAL SCIENCE

It allows for specialist study in other areas of interest that were outside of the original purview of the welfare

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Integration of Disciplines and/or Theories of SS to ASS

Based on these three identified disciplines, how are they interconnected as Applied Social Science?

SS (Social Science)

- provides the theories, concepts, and methods used to understand human behavior, society, and social relationships.

ASS (Applied Social Sciences)

- takes these theories and disciplines and applies them to solve real-life social issues and improve people's well-being.

The Discipline of Counseling

Counseling can be defines...

As a PROCESS

"It is a learning process in which individuals learn about themselves and their interpersonal relationships, and enact behaviors that advance their personal development."

As a RELATIONSHIP

"a professional relationship between a trained counselor and a client. This relationship is usually person-to-person, although it may sometimes involve more than two people."

As an ART

"a flexible and creative process whereby the counselor adjusts the approach to the unique and emerging needs of the client."

"put their selves in the client's shoes and by going beyond the self and feels at one with the client." – giving of oneself concept (Nystul, 1999)

As a SCIENCE

"required to have the skills to formulate objective observations and inferences, test hypothesis, build theories, use psychological tests, and use research methods."

As an EMERGING PROFESSION

"an emerging profession... a service sought by people in distress or in some degree of confusion who wish to discuss and resolve these in a relationship which is more disciplined and confidential than friendship, and perhaps less stigmatizing than helping relationships offered in traditional or psychiatric settings." – Feltham and Dryden as quoted in McLeod, 2003

GUIDANCE

- Focused on determining what they value most, and from there choose the path they want to pursue.

COUNSELLING

- Focused on helping clients better understand themselves and their specific situation and strive for changes to improve their lives' circumstances.

PSYCHOTHERAPY

- Deals with assessing, diagnosing, and treating



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THE DISCIPLINE OF COUNSELING

REPUBLIC ACT 9258- OTHERWISE KNOWN AS THE GUIDANCE AND COUNSELING ACT OF 2004

The Guidance and Counseling Act is defined by the law as...

"...the profession that involves the...

(1) use of an integrated approach to the development of a well-functioning individual

(2) primarily by helping him/her to utilize his/her potentials to the fullest

(3) and plan his/her present and future in accordance with his/her abilities, interests and needs.

COUNSELING

★ ...is the **heart of guidance** services, accomplished with a therapeutic relationship between the counselor and the counselee.

★ It is a **dynamic process** – they relate to each other, see the whole picture, arrive at a similar understanding, identify counseling goals, and how these will be achieved.

The most important element in effective counseling is the client's feeling of unconditional regard.

Unconditional regard - means that your counselor will be very respectful and accepting of your own insights and personal feelings about your situation.

PRINCIPLE PRIVACY

- is an ethical principle that states that a person's personal information, thoughts, feelings, and records should be kept confidential and protected from unauthorized access or disclosure.

GOALS OF COUNSELING

- Development Goals
- Preventive Goals
- Enhancement Goals
- Remedial Goals
- Exploratory Goals
- Reinforcement Goals
- Cognitive Goals
- Physiology Goals
- Psychological Goals

SCOPE:

HUMAN CONCERNS

- Academic Difficulty
- Career-related
- Family Problems
- Psychological Challenges
- Emotional Concerns
- Social Concerns
- Personal Concerns

Core Values of Counseling

1. Respect for human dignity
2. Partnership
3. Autonomy



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4. Responsible caring
5. Personal Integrity
6. Social Justice

Principles of Counseling

- Principle of Acceptance
- Principle of Communication
- Principle of Empathy
- Principle of Respect for the Individual
- Principle of Non-Judgmental Attitudes
- Principle of Confidentiality
- Principle of Individuality
- Principle of Non-Emotional Involvement

COUNSELING GOAL SHOULD MEET THE FOLLOWING CRITERIA

- a. It must be a goal shared by the client
- b. The counselor must be willing to help the client achieve this goal; and
- c. It must be possible to assess the extent to which the client achieves the goal.

Professionals and Practitioners in Counseling

Counselors: Who are they?

COUNSELORS

- are professionally trained individuals who help clients experiencing difficulties by engaging them in the counseling process.
- are professionally trained individuals who help clients experiencing difficulties by engaging them in the counseling process.

COUNSELOR'S AREAS OF SPECIALIZATION

- School Counselors
- Clinical Mental Health Counselors
- Marriage, Couple, Family Counselors

- Student Affairs and College Counselors
- Addiction Counselors
- Rehabilitation Counselors
- Pastoral Counselors

COMPETENCIES OF COUNSELOR

1. Listening
2. Empathy
3. Genuineness
4. Unconditional Regard
5. Concreteness
6. Open Questions
7. Self-Disclosure
8. Interpretation
9. Information Giving and Removing Obstacles to Change

ETHICS

- generally the collective agreed-upon **"correct"** behaviors within the context of a professional group.

COUNSELOR'S RESPONSIBILITIES

1. Boundaries
2. Client Autonomy
3. Client Safety
4. Confidentiality
5. Contracting
6. Counseling Supervision/Consultative Support
7. Counselor Competence
8. Research
9. Responsibilities to Employer, Colleagues, Community, Self



UNETHICAL BEHAVIORS IN COUNSELING

- Violation of confidentiality
- Exceeding one's level of professional competence when a counselor practices outside of his/her area of specialization
- Negligent practice
- Claiming expertise one does not possess
- Imposing one's value on a client
- Sexual activity with the client
- Dual relationships
- Questionable financial agreement arrangements
- Improper advertising
- Plagiarism when doing research

DIFFERENCE BETWEEN PROFESSIONAL COUNSELORS AND INFORMAL HELPERS

Professional Counselors	Informal Helpers
Expected to maintain a high degree of objectivity in doing their job	Need not to consider this
Guided by rules and regulations (Code of Ethics)	May help people as encouraged by their personal rules
Use strategies and techniques to promote the client's personal growth and development	Are those who are not formally equipped with standardized strategies or approaches.

Counselors work in partnership

- Parents
- School authorities
- Community/Organizations
- Peers

Clientele and Audiences in Counseling

TYPES OF COUNSELING

- Individual
- Group
- Multiple
- Couple
- Family
- Community

CATEGORIES IN COUNSELING

- Addictions Counseling
- Career Counseling
- Child and Adolescent Counseling
- Community Counseling
- Correctional Counseling
- Couples and Family Counseling
- Employment Counseling
- Gerontology Counseling
- Group Counseling
- Mental Health Counseling
- Multicultural Counseling
- Pastoral Counseling
- Rehabilitation Counseling
- School Counseling

GENERAL SERVICES IN COUNSELING

- Counseling



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- Orientation and Information services
- Psychological testing services
- Follow-up services
- Career development and placement services
- Individual inventory services
- Referral services
- Research and evaluation

Counseling Processes and Approaches

STAGES OF COUNSELING

I. RELATIONSHIP BUILDING

Core Conditions:

- Empathy
- Unconditional Positive Regard
- Uniqueness and Dignity
- Respect
- Immediacy
- Confrontation
- Concreteness
- Self-disclosure

II. ASSESSMENT AND DIAGNOSTIC

Standardized Methods

- Use of psychological tests, IQ tests, mental ability, personality, career tests

Non-standardized Methods

- Use of interviews, observations, anecdotal records, case studies

Diagnosis

- Clinical term and procedure which is best left to clinicians

III. FORMULATION OF GOALS

Shared task and responsibility of counselors and clients. This can be categorized as process goals and outcome goals.

Process Goals – *planned events by the counselor and client for achieving outcomes*

Outcome Goals – *intended results*

IV. INTERVENTION AND PROBLEM-SOLVING

Intervention refers to the deliberate process or methods of solving the problems. Counselors explain possible interventions, risks, benefits and costs to the client.

V. TERMINATION AND FOLLOW-UP

"For every beginning, there is an end."

- The end goal of clients is to empower clients to reach the point wherein they would have no need of counselor's assistance as they journey through life.

Follow-up – *to know how they are going and if necessary, provide additional counseling.*

VI. RESEARCH AND EVALUATION

- Advancement of profession
- Improve counseling programs and ensure accountability

APPROACHES IN COUNSELING

SOLUTION-FOCUSED BRIEF COUNSELING (SFBC)

Instead of focusing on the client's problem,



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this approach focused on the solution that works best for the client.

This approach proposes:

1. When clients concentrate on success, it will lead to positive change
2. By determining moments or occasions when symptoms do not occur, clients are given the opportunity to generate solutions
3. Clients must trust that small positive changes can facilitate bigger changes
4. All clients have the capacity to solve their problems particularly during the absence of symptoms
5. Clients must identify goals that are positive and measurable

1. Scaling – scaling quickly assesses or gauges the client's progress. It simply presents the client a **10-point (or 100- point)** continuum where he or she is asked to rate a particular concern.

2. Exceptions – a counselor explores situations or moments when the problem was not occurring. SFBC comes from the **assumption that all concerns have exclusions**, which are moments that can be used to **generate possible solutions**, sources of strengths and personal resources.

3. Miracle Question – this technique **shifts** from a **problem-focused way** of dealing with their difficulties to a **solution-focused one**. It prompts clients to think of what they really want and what this entails to do so, or what is needed to do and what he or she wants.

ADLERIAN OR PSYCHODYNAMIC APPROACHES

The primary goal is to recognize and understand the objective reasons for one's experiences – to

improve interpersonal relationships and self-awareness.

1. I-Messages – sometimes called Responsibility Messages (Gordon, 1974), prods the client to take responsibility for his or her feelings, behaviors, or
"I feel ___ (feeling) when you ___ (behavior) because ___ (consequence)."

2. Acting As If – this technique **facilitates change** not **only in the client's perception** about a particular experience but also in **improving his or her actions or behaviors**.

3. Mutual Storytelling – this technique uses **allegories or metaphors** related to the client's life stories that will bring about insights or lessons.
 – Then the counselee is asked to weave a self-created fictional story with interesting characters and plot with moral lessons.

GESTALT APPROACH

Focused on the present moment experiences, existential meaning, interpersonal relationships, integration of the whole person.

1. Empty Chair – this technique aims to help the counselee to play what he or she would likely to say or to act toward another person (George and Christiani, 1995).

2. Body Movement and Exaggeration – this technique is used to increase the client's self-awareness regarding the nonverbal messages that he or she is sending to others, expressed in his or her body language with exaggeration.



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3. Role Reversal – this technique is used when the counselor believes that the behavior that the client displays is the reversal of what he or she actually and truly feels (Harman, 1974).

SOCIAL LEARNING APPROACH

The social learning approach sees learning as being most effective in a social context, when people can learn through real-life examples and direct experiences. It's based on the idea that people learn best through their environment, as part of a continual process of observational learning.

1. Modeling – also known as **imitating, identification, observational learning and vicarious learning** (Hackney and Cormier, 2005). It emphasizes that in individual behaviors are learned observing a model or someone whom we see around by imitating their behaviors.

2. Behavioral Rehearsal – it is a **form of role play** wherein the clients learns a new type of behavior such as manner of speaking that he or she can use in response to certain situations and to people around him or her.

3. Role-play – this technique is used by counselors to **facilitate the client's understanding or change within themselves** (Gilliland and James 1998). In most role-plays, the

client **reenacts oneself, another person, a set of circumstances, or one's reactions.**

COGNITIVE APPROACH

This approach believes that clients improve their situations by perceiving and thinking about problems and solutions through different perspectives or by seeing the situation from different lenses; how client's thoughts affect their feelings and behaviors.

1. Self-talk – this technique is **pep-talk** by the **client to himself or herself**; asked to repeatedly state a helpful, supportive phrase when encountering a difficult situation.

2. Visual/Guided Imagery – this is used to help clients **work through conflicts and ease anxiety**. The counselor can make use of a **vivid mental picture** of a real or imagined experience, a pleasant scent, or a visualization of successfully coping process.

3. Cognitive Restructuring – this technique is based on **two basic assumptions** that **self-defeating behaviors** come from **irrational or defective thoughts or self-statements**. This can be altered by changing these negative thoughts into positive ones.

Meichenbaum (1994) cited 3 goals of Cognitive Restructuring:

- a.** Clients need to become aware of their thoughts
- b.** Clients need to alter their negative thought process
- c.** Clients need to think about and change their ideas about themselves and the world



BEHAVIORAL APPROACH

This approach contends that learning happens when a particular behavior is reinforced by the presence of a reward or discouraged by either giving a punishment or removing a potential reward.

1. Token Economy – this can be applicable for those who noticed that they have been very fond already of their gadgets and may have missed some quizzes or assignments due to lack of time because of playing games or surfing social media too much.

2. Time-out Technique – this technique is a form of negative punishment. This is to discourage the likelihood of such a misbehavior to reoccur.

3 types of techniques:

a. Seclusionary – *child sent out of the room for some time*

b. Exclusionary – *child is removed from an activity*

c. Non-seclusionary – *child remains inside the room, but is not allowed to participate in the activity*

3. Response Cost – this involves removing the positive stimulus to decrease occurrences of unwanted behavior.

Steps:

- a.** Identify the specific behavior that you will target
- b.** Decide what the penalty or cost for that behavior
- c.** Inform the client of the cost or price of this behavior

Prac Test

1. Social Science is the study of _____.

- A. the physical environment
- B. society and human behavior
- C. mathematics
- D. plants and animals

2. Applied Social Sciences primarily aims to:

- A. develop scientific formulas
- B. solve real-life social problems
- C. discover new planets
- D. study only history

3. Which of the following is NOT an Applied Social Science?

- A. Counseling
- B. Social Work
- C. Communication
- D. Biology

4. Social Science mainly focuses on:

- A. explaining social phenomena
- B. conducting laboratory experiments
- C. treating diseases
- D. studying chemicals

5. Applied Social Sciences uses:

- A. only Sociology
- B. theories from various social sciences
- C. only Psychology
- D. only Anthropology

6. Counseling is best described as:

- A. giving advice only
- B. a professional helping relationship
- C. diagnosing diseases
- D. teaching a class

7. Counseling as a process helps individuals:

- A. memorize lessons
- B. learn about themselves
- C. become famous
- D. avoid responsibilities

8. Counseling as an art requires:

- A. memorizing theories
- B. creativity and flexibility
- C. strict punishment
- D. scientific experiments

9. Counseling as a science requires counselors to:

- A. ignore research
- B. formulate objective observations
- C. avoid psychological testing
- D. rely only on emotions

10. Guidance focuses on:

- A. treating mental disorders
- B. helping people choose life directions
- C. prescribing medicine
- D. punishment

11. Psychotherapy mainly involves:

- A. diagnosing and treating disorders
- B. giving career advice
- C. conducting interviews
- D. orientation services

12. Republic Act 9258 is known as the:

- A. Child Protection Act
- B. Guidance and Counseling Act of 2004
- C. Mental Health Act
- D. Education Act

13. Which is NOT a counseling goal?

- A. Development
- B. Preventive
- C. Psychological
- D. Political

14. Which is considered a human concern addressed by counseling?

- A. Emotional concerns
- B. Farming
- C. Engineering
- D. Architecture

15. Respect for human dignity is a:

- A. counseling technique
- B. counseling core value
- C. counseling stage
- D. counseling service

16. Which is NOT a core value of counseling?

- A. Partnership
- B. Personal Integrity
- C. Social Justice
- D. Competition

17. Which principle emphasizes accepting the client without judgment?

- A. Acceptance
- B. Punishment
- C. Authority
- D. Dominance

18. The counselor should always maintain:

- A. favoritism
- B. confidentiality
- C. bias
- D. emotional attachment

19. Which is NOT a counseling competency?

- A. Empathy
- B. Listening
- C. Open Questions
- D. Criticism

20. School counselors specialize in helping:

- A. factory workers
- B. students
- C. soldiers
- D. athletes only

21. Which is considered unethical?

- A. Maintaining confidentiality
- B. Plagiarism
- C. Referral
- D. Research

22. Exceeding one's professional competence is:

- A. ethical
- B. encouraged
- C. unethical
- D. required

23. Informal helpers:

- A. are licensed counselors
- B. use standardized counseling techniques
- C. are not professionally trained
- D. diagnose mental illness

24. Which is a type of counseling?

- A. Family Counseling
- B. Agricultural Counseling
- C. Mechanical Counseling
- D. Chemical Counseling

25. Which is NOT a counseling service?

- A. Referral
- B. Psychological Testing
- C. Career Development
- D. Medical Surgery

26. The first stage of counseling is:

- A. Assessment
- B. Relationship Building
- C. Intervention
- D. Evaluation

27. Standardized assessment includes:

- A. observation
- B. interviews
- C. IQ tests
- D. anecdotal records

28. Outcome goals refer to:

- A. intended results
- B. counselor's schedule
- C. psychological tests
- D. interviews

29. Intervention means:

- A. ending counseling
- B. applying methods to solve problems
- C. grading students
- D. conducting orientation

30. Follow-up is conducted to:

- A. criticize clients
- B. determine the client's progress
- C. repeat assessment
- D. punish clients

31. Scaling is a technique used in:

- A. Gestalt
- B. Behavioral
- C. Solution-Focused Brief Counseling
- D. Cognitive

32. The Miracle Question encourages clients to:

- A. focus only on the past
- B. imagine solutions
- C. avoid problems
- D. blame others

33. "I feel ____ when you ____ because ____" is an example of:

- A. Empty Chair
- B. I-Message
- C. Self-talk
- D. Modeling

34. Empty Chair belongs to:

- A. Cognitive
- B. Behavioral
- C. Gestalt
- D. Social Learning

35. Observational learning is called:

- A. Self-talk
- B. Modeling
- C. Response Cost
- D. Scaling

36. Self-talk belongs to which approach?

- A. Cognitive
- B. Behavioral
- C. Gestalt
- D. Psychodynamic

37. Cognitive restructuring changes:

- A. rewards
- B. behavior only
- C. negative thoughts into positive thoughts
- D. relationships

38. Token Economy is under:

- A. Behavioral Approach
- B. Cognitive Approach
- C. Gestalt Approach
- D. Adlerian Approach

39. Time-out is considered:

- A. positive reinforcement
- B. negative punishment
- C. cognitive therapy
- D. observational learning

40. Response Cost involves:

- A. adding rewards
- B. removing positive reinforcement
- C. role-playing
- D. storytelling

1. Study of society and human behavior _____
2. Field that applies social science theories to solve problems _____
3. The three disciplines of Applied Social Sciences:
4. Republic Act No. _____
5. Ethical principle that protects personal information _____
6. Three core values of counseling:
7. First stage of counseling _____
8. Final stage of counseling _____
9. Counseling technique that uses a 10-point scale _____
10. Technique where clients imagine their problems disappearing _____
11. Gestalt technique involving an imaginary conversation _____
12. Learning by observing others _____
13. Positive statements made to oneself _____
14. Behavioral technique using rewards _____
15. Behavioral technique that removes rewards _____
16. Type of punishment where a child is removed from an activity _____
17. Counselor competency involving understanding another person's feelings

18. Counseling principle that avoids judging clients _____
19. Counseling service involving psychological tests _____
20. Counseling goal that focuses on preventing future problems _____

Write **TRUE** if the statement is correct and **FALSE** if it is incorrect.

- _____ 1. Social Science explains human behavior and society.
- _____ 2. Applied Social Sciences only studies theories.
- _____ 3. Counseling is a professional relationship.
- _____ 4. Guidance and counseling have exactly the same purpose.
- _____ 5. Confidentiality is a major ethical responsibility of counselors.
- _____ 6. Respect for human dignity is a counseling core value.
- _____ 7. Counselors should impose their own beliefs on clients.
- _____ 8. Listening is an important counseling competency.
- _____ 9. Professional counselors are guided by a code of ethics.
- _____ 10. Plagiarism is considered ethical.

- _____ 11. Relationship Building is the first counseling stage.
- _____ 12. Assessment may use interviews and observations.
- _____ 13. Psychological tests are standardized methods.
- _____ 14. Outcome goals are the intended results of counseling.
- _____ 15. The Miracle Question belongs to Solution-Focused Brief Counseling.
- _____ 16. Empty Chair is a Behavioral technique.
- _____ 17. Modeling is learning through observation.
- _____ 18. Cognitive restructuring changes irrational thoughts.
- _____ 19. Token Economy uses reinforcement.
- _____ 20. The goal of counseling is to make clients dependent on counselors.

Answer

1. Explain the importance of counseling in schools and communities. Discuss how counselors help individuals overcome personal, academic, emotional, and social challenges while following ethical principles such as confidentiality, respect, empathy, and acceptance. Include at least **three counseling approaches or techniques** that may be used in helping clients.

Social Work



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Discipline of Social Work

Social Work

- Defined as a response to a **concern or need**; a practice-based academic discipline and profession that aids human and community well-being.
- Social Welfare

Social Work can be Defined as...

As an ART

"It requires great skills to understand people and to help them help themselves."

As a SCIENCE

"it requires the use of problem-solving methods and objectivity in ascertaining facts and in developing principles and operational concepts."

As a PROFESSION

"It encompasses the attributes of a profession."

OTHER DEFINITIONS

- ★ As a **promotion** of "social change, problem-solving in human relationships, and the empowerment and liberation of people to enhance well-being." – International Association of Schools of Social Work (IASSW) and International Federation of Social Workers (IFSW), 2001
- ★ It is the professional activity of helping individuals, groups or communities, **enhance or restore their capacity** for social functioning and creating societal

conditions favorable to this goals. – National Association of Social Workers (NASW)

- ★ Social work is rooted in **humanitarianism**

It is based on faith in the essential worth and dignity of the individual. It strongly holds on to the belief that man is an object of respect not because he is rich or powerful but because he is a human being.

- ★ Social work is against **"Social Darwinism"** and the principle of *"survival of the fittest"*
- ★ Social work is **problem-solving** in nature.

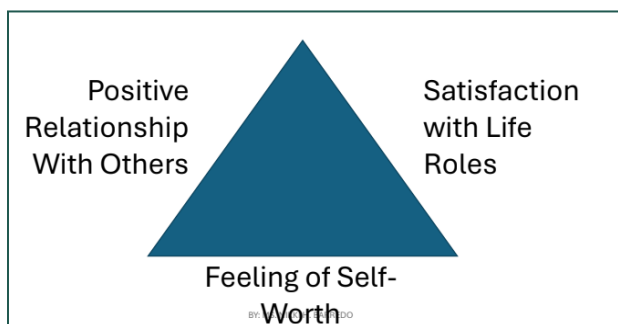
REPUBLIC ACT 4373

- An **Act to Regulate the Practice of Social Work and the Operation of Social Work Agencies in the Philippines and for Other Purposes**, regulates and provides for high quality of ethical and professional standards for practice of social workers...
- *"...profession which is primarily concerned with organized social service activity"*
- 1. Aimed to facilitate and strengthen basic social relationships and;
- 2. the mutual adjustment between individuals and their social environment for the good of the individual and of society."
- *...as an agent for building and strengthening relationships between members of the society for their **mutual gain**.*



SOCIAL WORK AS A HELPING PROFESSION

1. **Social Functioning** is defined as the **match** between the needs and abilities of individuals and the opportunities and demands of the environment (Macht, 1992)
 - It relates to living up to the expectations made by the self, the immediate social community, and the society at large of an individual (DuBois & Miley, 2005).



2. **Social Welfare** is not the same as standard of living but is more concerned with the **quality of life** that includes factors such as the quality of the environment (*air, soil, water*), level of crime, extent of drug abuse, availability of essential social services, as well as religious and spiritual aspects of life.
3. **Social Welfare Institutions** (*programs and organizations*) that are established to prevent, alleviate, or contribute to the solution of recognized social problems in order to directly **improve** the well-being of individuals, groups, families, organizations, and communities (Zastrow, 1996).

HISTORICAL AND CONTEXTUAL FUNCTIONS OF SOCIAL WORK

1. Relief of psychological distress and material need.
2. Providing for basic survival needs.
3. Social control.
 - **Informal social control** – *those internalized beliefs and norms and influence in face to face exchanges such as ridicule, praise and ostracism.*
 - **Formal social control** – *includes laws and regulations and actions by governmental representatives such as police and social workers.*
4. Social reform.

GOALS OF SOCIAL WORK

- ★ Enhancing people's capacities to resolve problems, cope, and function effectively.
- ★ Linking clients with needed resources.
- ★ Improving the social service delivery network.
- ★ Promoting social justice through the development of social policy.

CORE VALUES OF SOCIAL WORK

1. Service
2. Social Justice
3. Dignity and Worth of a Person
4. Importance of Human Relationships
5. Integrity
6. Competence



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PRINCIPLES OF SOCIAL WORK

1. Recognition of Inherent Dignity of Humanity Promoting Human Rights
2. Promoting Social Justice
3. Promoting the Right to Self-Determination
4. Promoting the Right to Participation
5. Respect for Confidentiality and Privacy
6. Treating People as Whole Persons
7. Ethical Use of Technology and Social Media
8. Professional Integrity

PRACTITIONERS AND PROFESSIONALS IN SOCIAL WORK

AREAS OF SPECIALIZATION AND CAREER OPPORTUNITIES FOR SOCIAL WORK:

- ★ Administration and Management
- ★ Advocacy and Community Organization
- ★ Aging Population
- ★ Child Welfare
- ★ Developmental Disabilities
- ★ Health Care
- ★ International Social Work
- ★ Justice and Corrections
- ★ Mental Health and Clinical AW
- ★ Mental Health and Substance Abuse SW
- ★ Occupational and Employee Assistance Program (EAP) SW
- ★ Policy and Planning
- ★ Politics
- ★ Public Welfare
- ★ Research
- ★ School Social Work

ROLES OF SOCIAL WORK

Broker – assists and links people with services/resources.

Case Manager – identifies the needs as well as the barriers of their clients.

Advocate – seeks to protect client's rights and ensure access and utilization of services they are entitled to receive.

Educators – develop insight into their behaviors by providing education aimed at helping clients learn skills to handle difficult situations and identify alternative life choices.

Counselor – helps clients express their needs, clarify their problems, explore resolution strategies, and apply intervention strategies to develop and expand the capacities of clients to deal with their problems more effectively

Mediator – required to take a neutral stance to find compromises between divided parties, reconcile differences, and reach mutual satisfying agreement

Researcher – uses their practice experience to inform future research

COMPETENCIES OF A SOCIAL WORKER

- ★ Empathy
- ★ Boundary Setting
- ★ Active Listening
- ★ Social Perceptiveness
- ★ Self-Awareness
- ★ Organization
- ★ Coordination
- ★ Persuasion
- ★ Cooperation
- ★ Relaxation and De-compression



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COURSE CODE LECTURE BY: MISS NIKKI

The **National Association of Social Workers (NASW) Code of Ethics**

- serves as a guide for social workers in the practice of their profession.
- It sets the ethical standards to every social worker, no matter their function, practice setting, or clientele, must adhere to. This also articulates the accountabilities of social workers to the general public.

The NASW Code of Ethics comprises 155 specific principles clustered under six major categories.

Ethical Responsibilities, Duties, Obligations

1. Duty to Maintain Confidentiality
2. Duty to Report
3. Duty to Inform
4. Duty to Respect Privacy
5. Duty to Warn and Protect

Clientele and Audiences of Social Work

- Over the years, many terms have been used to describe the *service-recipient relationship in social work*, with the word **“client”** being the most widely used term to refer to those who are at the receiving end of the social work relationship.

While “client” may be too broad, they may be more specifically referred to based on the ff:

- ★ According to the **diversity of client’s backgrounds** – *lower-income groups, indigenous people, etc.*

- ★ According to the **recognition** that social work clients are of all ages – *children, youth, adults, old people*
- ★ According to the **diversity of the problems** – *deprived people, oppressed people, victims, abused or neglected children, disabled or handicapped people, deviant groups*
- ★ According to the **diversity of agencies which the clients deal with** – *students in schools, patients in hospitals and clinics, prisoners in the prisons, juvenile delinquents in correction agencies*

VULNERABLE INDIVIDUALS

- A person’s **age, gender identity, education level**, and many other factors can greatly affect vulnerability.
- Social workers must be **well-attuned to the specific problems** experienced by *vulnerable individuals that comprise the vast majority of their clientele.*
- **Vulnerable Individuals** – children, the incarcerated, people with low socioeconomic status, the elderly

CHILDREN

- Child welfare social workers or school social workers
- Must closely assess the family dynamics in the child’s home
- Social workers must balance advocacy for the child’s safety and protection and support for the parents to encourage a healthy environment



THE INCARCERATED

- Prisoners suffer from increased rates of mental illness, depression, and suicide, learning disabilities, sexual harassment, and issues faced by the outside population
- They have limited contact with the outside world
- Relationship with family and friends is weakened
- Lose financial and educational opportunities
- Social workers support them by providing marriage and family counseling services, educational programs, job and life skills training, drug and alcohol counseling, behavioral therapy

PEOPLE WITH LOW SOCIOECONOMIC STATUS

- The correlations between education level, income level, homelessness, and socioeconomic status are so strong
- The social worker should be coaching their way out of the client's life, not the other way around

THE ELDERLY

- Elder abuse is a very common issue in the world but not publicized
- Elder abuse takes many forms such as – neglect, physical, verbal, sexual abuse, financial exploitation

MINORITY GROUPS

- The term “minority” doesn't refer to numeric minorities. Instead, it is applied to various groups who hold few or no positions of power in a given society such

as – gender and sexual minorities, religious minorities, and people with disabilities.

GENDER AND SEXUAL MINORITY

- They face discrimination, violence, and criminalization
- Cultural stigma prohibits sexual and gender minorities from reaching their full potential
- Stigma is an attribute on another person or group; a shared belief about someone's characteristics and traits

Gender minorities can be identified and grouped according to any one of the three categories:

- People whose self-identity does not match gender assigned at birth
- People whose gender expression (or socially assigned gender) does not match gender assigned at birth
- People whose social expression does not conform to relevant cultural norms and expectations of gender

Sexual minority can be identified and grouped according to:

- People who describe themselves using sexual minority terminology
- People whose sexual partners are the same gender or a minority gender
- People who experience attraction to individuals of the same or a minority gender



RELIGIOUS MINORITY

- Persons belonging to religious minorities have a faith which is different from that held by the majority population or the population group that is in power.
- Some of these minority groups are denied building permits, banned proselytizing, and pressured to convert to the majority faith

PEOPLE WITH DISABILITIES

- The disability movement has contributed to an understanding of people with disabilities as a minority or a coalition of minorities who are disadvantaged by society, not just as people who are disadvantaged by their impairments.

COMMUNITIES

- As a client of social work, community is a "combination of social units and systems that perform the major social functions relevant to the meeting of people's needs."
- A community is established when groups of people with a common interest, culture, or identity join together and create a distinct entity that serves a positive need in society.
- A community can be distinguished in 3 primary spheres – place or geographic locale, pattern of social interactions, symbolic identification

THE NEEDS OF COMMUNITIES

Four-fold classification for wider range of needs useful to social problem construction and social policy and intervention:

Normative need

- The need defined by experts or policy-makers for society; benefit levels or vaccination schedules

Comparative need

- The need that emerged from comparing one group of people with another; state funding to underserved areas and populations in health and affirmative action policies

Felt need

- The need that people do not verbally say they want or need based on their feelings and experiences; neighborhood requesting better street lighting because residents feel unsafe walking at night

Expressed need

- This what people say they need and is a critical aspect for social problem definition and intervention; people actually protesting at a town hall

SIGNIFICANCE OF SOCIAL WORK IN COMMUNITIES

- ★ Provides inter-agency planning and organizing, resource development, and coordination services to address the community needs
- ★ Deals with technical and task-oriented details, and interacts with individuals as part of the larger community helping process
- ★ Creates opportunity to empower the client to take action



THE SOCIAL WORK SETTINGS AND HELPING PROCESS

The Social Work Settings

RURAL COMMUNITIES

- Rural communities are usually characterized by a lack of formal resources which includes the services of private social entities. The social workers that serve in these areas often work in the public service and are asked to perform in a range of problems that are presented by those they served.
- Social workers must set aside differences that exist
- Seek additional opportunities to expand their professional development and continue advocating for the best practices
- Maintaining a professional appearance
- Must balance their professional and private lives to work effectively

URBAN COMMUNITIES

- Urban communities are those settings involving metropolitan areas with an increase in population density, a decrease in general size, and an increase in access to social services for its population.
- Social workers can find considerable opportunities in both public and private sectors
- Social workers have outside supervision, and increase communication across profession
- Must understand cultural variations

- ★ Private practice
- ★ Government
- ★ Correctional
- ★ School
- ★ Hospitals
- ★ Child welfare agencies
- ★ Health and community services centers

TYPES OF SOCIAL WORK PRACTICING/SETTING

Direct practice

- It is when social worker works directly with an individual, family, or group of people. It can be in crisis, voluntary, involuntary
- Direct practice is primarily done as a caseworker.

Indirect practice

- It is when a social worker is involved in activities that consist of facilitating change through programs and policies.
- This type of practice is more “behind the scenes” and is aimed to help prevent problems from developing.
- Collaboration with agencies is a vital part
- Concrete assistance
- Sociopsychological intervention

THE SOCIAL WORK HELPING PROCESS

The methods of social work will help social workers understand ways of helping people. Social work methods are the:

- ★ **Direct helping methods** (social case work, social group work, and community organization)



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- ★ **Auxiliary methods** (social welfare administration, social work research, and social action)

DIRECT HELPING METHODS

Social Case Work

- It deals with **individual problems**. An individual is unable to deal with problems on his own **because of reasons beyond his control**.
- The case worker gets information regarding the client's total environment, finds out the causes, prepares a treatment plan, and with professional relationships tries to bring about a change in the perception and attitudes of the client.

Social Group Work

- It is a method in which a **professionally qualified person helps individuals through group experience** to help them move towards improved relationships and social functioning.
- The group is the **medium** and through it and in it, individuals are helped to make necessary changes and adjustments.

Community Organization

- It is a process by which a systematic attempt is made to improve relationships in a community.
- Identifying the problems, finding out resources for solving community problems and developing social relationships and necessary programs to realize the objectives of the community are all involved in community

organization.

- In this way, the community can become self-reliant and develop a cooperative attitude among its members.

AUXILIARY METHODS

Social Welfare Administration

- It is a method through which social work services are organized and administered. It includes developing programs, mobilizing resources involving selection and recruitment of personnel, providing skillful and sympathetic leadership, guidance and supervision of the staff, dealing with financing and budgeting of the programs and evaluation.

Social Work Research

- It is a systematic investigation for finding out new facts, testing old hypotheses, verifying existing theories, and discovering causal relationships of the problems in which the social worker is interested.

Social Action

- It aims at bringing about desirable changes to ensure social progress.
- Creating awareness about social problems, mobilizing resources, encouraging different groups of people to raise their voice against undesirable practices, and creating pressure to bring about legislation
- It seeks to achieve a proper balance between community needs and solutions mainly through individual and group initiatives and self-help activities



SOCIAL WORK PROCESS



I. Assessment

- Psychosocial assessment to summarize the relevant information about a client into concise statements that allow other professionals to understand the client and the client's problem.

II. Diagnosis

- It is conducted with a diagnostic statement or brief overview of what is considered as the most relevant problem experienced by the client and its potential causation.
- It often suggests a label defining what the client's problem is.

Mock test

1. It is a practice-based academic discipline and profession that aids human and community well-being.
2. It refers to the quality of life that includes environmental, social, religious, and spiritual factors.
3. It regulates the practice of social work in the Philippines.
4. It is defined as the match between the needs and abilities of individuals and the opportunities and demands of their environment.
5. It promotes social change, problem-solving in human relationships, and empowerment of people.
6. The core value that emphasizes honesty and ethical behavior.
7. The principle that promotes people's freedom to make their own choices.
8. The social worker who connects clients with available resources and services.
9. The method of social work that deals primarily with individual problems.
10. It aims at bringing about desirable social changes and social progress.
11. The type of need identified by experts or policy makers.
12. The type of practice that focuses on programs and policies behind the scenes.
13. The ethical responsibility that requires protecting clients' personal information.
14. The client population includes prisoners and detainees.
15. It refers to groups holding little or no power in society despite their number.
16. It is the process of systematically improving relationships within a community.
17. The auxiliary method concerned with developing and administering social work programs.
18. The first stage of the social work process that gathers relevant client information.
19. The social worker who remains neutral to resolve conflicts between parties.
20. The social worker who uses practice experiences to conduct studies and investigations.

A. Enumerate the Six Core Values of Social Work.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

B. Enumerate the Four Goals of Social Work.

- 1.
- 2.
- 3.
- 4.

C. Enumerate the Four Historical and Contextual Functions of Social Work. (

- 1.
- 2.
- 3.

4.

D. Enumerate the Four Types of Community Needs.

- 1.
- 2.
- 3.
- 4.

E. Enumerate Any Two Direct Helping Methods and Two Auxiliary Methods.

Direct Helping Methods

- 1.
- 2.

Auxiliary Methods

- 3.
- 4.

Choose the letter of the correct answer.

1. Which organization developed the Code of Ethics for Social Workers?
 - A. WHO
 - B. UNICEF
 - C. NASW
 - D. UNESCO
2. Which core value emphasizes the importance of professional relationships?
 - A. Integrity
 - B. Competence
 - C. Service
 - D. Importance of Human Relationships
3. Which role of a social worker identifies clients needs and barriers?
 - A. Counselor
 - B. Advocate
 - C. Case Manager

D. Mediator

4. Which is NOT a vulnerable population discussed in social work?
 - A. Children
 - B. The Elderly
 - C. Minority Groups
 - D. Engineers
5. Which social work setting is characterized by limited access to formal resources?
 - A. Urban Communities
 - B. Rural Communities
 - C. Private Practice
 - D. Hospitals
6. Which type of social control includes laws and government regulations?
 - A. Internal Control
 - B. Informal Control
 - C. Formal Control
 - D. Behavioral Control
7. Which method uses group experiences to improve social functioning?
 - A. Social Case Work
 - B. Social Action
 - C. Social Group Work
 - D. Community Organization
8. Which need is demonstrated when citizens protest for better services?
 - A. Comparative Need
 - B. Normative Need
 - C. Expressed Need

D. Felt Need

9. Which principle of social work emphasizes protecting client information?

A. Professional Integrity

B. Respect for Confidentiality and Privacy

C. Social Justice

D. Participation

10. Which social worker provides education and teaches life skills?

A. Counselor

B. Educator

C. Advocate

D. Broker

11. Social Work opposes which concept?

A. Humanitarianism

B. Social Darwinism

C. Social Justice

D. Social Welfare

12. Which type of practice focuses on policies and social programs?

A. Direct Practice

B. Indirect Practice

C. Clinical Practice

D. Private Practice

13. Which community need is based on people's feelings and experiences?

A. Felt Need

B. Comparative Need

C. Normative Need

D. Expressed Need

14. Which stage of the social work process identifies the client's primary problem?

A. Assessment

B. Evaluation

C. Diagnosis

D. Intervention

15. Which of the following is NOT one of the competencies of a social worker?

A. Empathy

B. Coordination

C. Social Perceptiveness

D. Manipulation

1. Explain why social work is considered both an art and a science.
2. Discuss the importance of the six core values of social work in helping vulnerable individuals and communities.
3. Compare Direct Practice and Indirect Practice in social work. Provide one example for each.
4. Why is confidentiality important in social work practice? Discuss situations when social workers may have the duty to report or warn others.
5. Explain how social workers contribute to community development through Community Organization and Social Action.

(If yall want more tests use thea or gizmo :))))

1. Social Work
2. Social Welfare
3. Republic Act No. 4373
4. Social Functioning
5. Social Work

6. Integrity
7. Right to Self-Determination
8. Broker
9. Social Case Work
10. Social Action
11. Normative Need
12. Indirect Practice
13. Duty to Maintain Confidentiality
14. The Incarcerated
15. Minority Groups
16. Community Organization
17. Social Welfare Administration
18. Assessment
19. Mediator
20. Researcher

A. Six Core Values of Social Work

1. Service
2. Social Justice
3. Dignity and Worth of a Person
4. Importance of Human Relationships
5. Integrity
6. Competence

B. Goals of Social Work

1. Enhancing people's capacities to resolve problems, cope, and function effectively.
2. Linking clients with needed resources.
3. Improving the social service delivery network.
4. Promoting social justice through the development of social policy.

C. Historical and Contextual Functions of Social Work

1. Relief of psychological distress and material need.
2. Providing for basic survival needs.
3. Social Control.
4. Social Reform.

D. Four Types of Community Needs

1. Normative Need
2. Comparative Need
3. Felt Need
4. Expressed Need

E. Helping Methods

Direct Helping Methods

1. Social Case Work
2. Social Group Work

Auxiliary Methods

3. Social Welfare Administration
4. Social Work Research

(Community Organization and Social Action are also correct if included.)

1. C.
2. D.
3. C.
4. D.
5. B.
6. C.
7. C.
8. C.
9. B.
10. B.
11. B.
12. B.

13. A.

14. C.

15. D.

KAMO NAY BAHALAS ANSWER NINYOS ESSAY PARTTT HAHAHHAAHAHAHAHAH