

**Tribhuvan University**  
**Faculty of Humanities and Social Sciences**

**Bachelor of Arts in Social Work (BASW)**  
**Courses of Study 2019**

**Tribhuvan University**  
**Faculty of Humanities and Social Sciences**  
**DEPARTMENT OF SOCIAL WORK**  
**Kirtipur, Kathmandu, Nepal**  
**Phone: 01-4333688**



## **Bachelor of Arts in Social Work**

Bachelor of Arts in Social Work is a four year academic program under Faculty of Humanities and Social Sciences of Tribhuvan University. Major aim of this program is to produce generalist social workers to fulfill the need of contemporary Nepal as well as the world. In order to achieve this goal, it offers altogether 8 papers including compulsory field work, research work, academic writing and report writing courses in different semesters. These courses, apart from core courses of social work, also include various required courses from related disciplines, and some optional courses in the third and fourth year including some specialization courses. In addition, there are few compulsory courses such as Nepali, English, Nepal Studies, ~~Research and Academic Writing~~.

### **Objectives**

The overall objective of the courses of bachelor level is to impart up-to-date knowledge of the basic theories and methods of Social Work to the students along with skills developed through intensive field-work. The main objective is to provide general skilled human resources for social work in the context of Nepal. In addition, it also aims to inculcate in the students the spirit of human rights and social justice. Thus, the overall objective of this level is to produce skilled human resource through developing professional skills among the students of this discipline at a par with those of other countries.

In specific the bachelor level Social Work program aims to develop the following:

- Understanding of the basic concepts of Social Work; principles, methods, and practice.
- Carry out research to identify the problems faced by the community people and possible solutions to those problems.
- Developing ability to identify major social problems in the context they are situated.
- Managing and utilizing the service system to solve the problem among those affected people.
- Developing self-awareness in relation to one's own capability responding to problem situations.



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### **Admission Criteria**

A student holding a higher secondary level degree (+2, PCL or any) in any of the subjects recognized by Tribhuvan University is considered eligible to apply for admission at bachelor level.

An applicant seeking admission to Bachelor in Social Work may appear in an Entrance Examination, if provisioned, of one hour's duration conducted by the Office of the Dean, Faculty of Humanities and Social Sciences, Tribhuvan University or managed by Department of Social Work. The students who pass the Entrance Examination, if provisioned, will get an opportunity of getting admission in the campus/college of their choice if possible, otherwise he/she will be assigned to a particular campus/college. The applicant who fails to appear in the Entrance Examination or to obtain a minimum qualifying score will not be given admission. Admission of the students will be based strictly on the merit list and on the enrollment quota; as per rule of FOHSS, TU, based on approval provided to the Campus/College through Dean's Office. However, Dean's Office in coordination with Department of Social Work may apply any relevant and feasible policy for enrollment in BASW.

### **Course Effective Date**

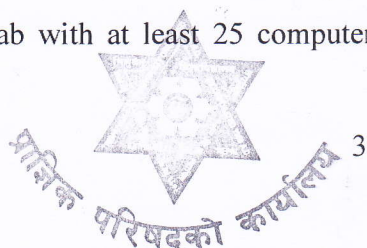
This course of BASW will be implemented as soon as the course is approved by the concerned authority of Tribhuvan University. After the implementation of 4 years BASW program there won't be three years BA program running under FOHSS, TU.

### **Duration of the Course and Examinations**

The duration of the course is of four academic years. There will be a final examination, in each year, at the end of each year. Regularity of the students will be mandatory to be eligible to appear in the internal as well as final examination.

### **Approval Criteria for Implementing BASW Program**

Since the BASW is four years' annual program it requires some pre-conditions to run this program. At least 3 faculties with MSW or equivalent degree approved by Tribhuvan University and a Computer Lab with at least 25 computers are the necessary pre-conditions to run this program.



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## Distribution of Courses by Year

### First Year

Paper	Code No.	Title of Course	Full Marks	Remarks
1.	SW 421	Introduction to Social Work	100	Required
2.	SW 422	Basic Sociology for Social Work	100	

### Second Year

Paper	Code No.	Title of Course	Full Marks	Remarks
3.	SW 423	Basic Psychology for Social Work	100	Required
4.	SW 424A	Social Case Work Practice	50	
	SW 424B	Social Work Practice with Groups	50	

### Third Year\*

Paper	Code No.	Title of Course	Full Marks	Remarks
5.	SW 425A	Community Organization(Practical)	50	Required
6.	SW425B	Development and Social Work(Practical)	50	Required
7.	SW 410	Social Policy and Welfare	100	Elective

### Fourth Year\*

Paper	Code No.	Title of Course	Full Marks	Remarks
8.	SW 426	Research Method and Academic Writing	100	Required
9.	SW 427	Indigenous Social Work Practice of Nepal(Practical)	100	

*Note: There will be two practical courses (social work practice) in the third and fourth year. The overall practical hours for social work practice will exceed 450 hours at bachelor level. It will*



*fulfill the requirement of field work for the development of professional social work skills among students so that they can work as generalist social worker within and beyond Nepal.*

### **Evaluation**

Evaluation will be on the basis of 30 percent internal and 70 percent external. Thirty percent internal evaluation will be done by the Social Work Department/Campus on the basis of the social work practice in the field/community guided through social work theories and methods.

The 70 percent external evaluation will be done by the Dean's office through Controller of Examinations, Tribhuvan University which will be written examination. However, in case of practical courses the external examination of 70 percent will also be evaluated practically by the department/Campus under the coordination of Department of Social Work and FOHSS, TU.



## **First Year**

### **SW421: Introduction to Social Work**

#### **(Theory and Practical)**

**Teaching hours: 100+50=150**

#### **Course Description:**

**Full Marks: 70+30=100**

This paper is about the basic knowledge of social work as its introduction to students. It primarily focused on contents that help to be generalist social work practitioner. The course develops from the focus of social work as a profession from the very beginning of its roots. This course also deals with the western and eastern philosophy of social work as a profession. These all contents are expected to build up the capacity and the ability of students in the field of indigenous social work practice in the world in general and in Nepali context in particular.

#### **Course Objective**

1. To introduce students with the basics of social work discipline,
2. To enable the students to realize the mission of social work and its role in producing professional social worker,
3. To enable the students to understand and perceive the code of ethics and principles required to practice social work, and
4. To identify and analyze the contemporary issues in social work discourses

#### **Course Contents**

##### **Unit I: Introduction of Social Work**

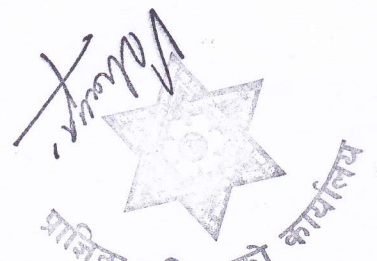
**(20 LH)**

##### **a. Concept of Social Work:**

- Social Work as an independent discipline
- Social work as a profession
- Basic elements and goals of social work practice
- Fields of social work practice
- Role of social workers

##### **b. Mission of Social Work**

- Preventive



- Curative

c. Relationship of social work with other disciplines of social sciences – Sociology, anthropology, history, political science, economics

## **Unit II: The Profession of Social Work: History, Perspectives and Methods (20 LH)**

a. The emergence of social work as a profession

- Historical antecedents
- Social work practice (academic and professional) in:
  - United Kingdom
  - United States of America
  - Australia
  - India
  - Nepal

b. Social work, social systems and social work perspectives

- Ecosystems perspective
- Four Practice systems- Client, Action, Target and Change agent system
- Levels of Intervention – Micro, Mezzo and Macro Level

c. Social Work methodology

- Primary Methods : Casework, Groupwork, Community Organization
- Secondary Methods : Social Action, Social Welfare Organization, Social Work Research

d. Social Service delivery systems

- Social service settings
- Funding for services
- Service delivery issues

## **Unit III: Social Work Values and Ethics**

**(10LH)**

- Values and Ethics defined
- Foundation of professional social work values
- IFSW and NASW code of Ethics



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- Ethical Dilemmas in social work practice

#### **Unit IV: Ethical principles for social work**

**(10 LH)**

- Principles of Social work Practice
  - Acceptance
  - Confidentiality
  - Controlled emotional involvement
  - Individualization
  - Non-judgmental Attitudes
  - Purposeful expression of feelings
  - Self determination

#### **Unit V: Empowering processes for social work practice**

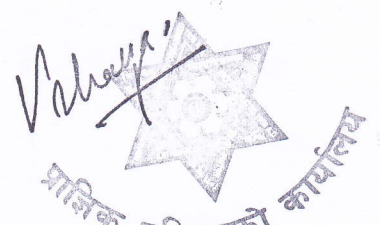
**(15 LH)**

- Intake,
- Assessment,
- Planning,
- Intervention,
- Evaluation,
- Integrating gains/termination,
- Follow-up

#### **Unit VI: Contemporary issues in Social work**

**(15 LH)**

- Social work in Public domain : poverty, homelessness, hunger, unemployment; divorce;
- Social work in Health, Social Rehabilitation and Mental Health
- Social work with families and youth
- Social work with Older Adults and Persons with disabilities: Elderly people and Disable people
- Social work and Criminal Justice: girls trafficking, drug cases,
- Education and School Social Work



## **Unit VII: Social Work Practice in Nepal**

**(10 LH)**

- Scope
- Institutional practice of social work
- Structure of social work practice
- Present practice of social work – Voluntary Social work and Professional Social work
- Social work education – Initiation of social work as a discipline.
- Opportunities and challenges in the area of social work

## **Unit VIII: Practical (Social Work Practice)**

**[50 LH]**

Teaching faculty will plan for this practical work as per the availability of financial resources and feasibility of field work to be carried out related to social work practice. Faculty will make a single group or a number of groups based on the number of students studying. Each group will go to community/society and will carry out field work of 50 hours and will prepare a field work or project work report as the social work practice in the community. There will be a supervisor who will guide/supervise the overall field work/case work/community/organization work. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 30 marks allocated for the practical of social work practice.

### **Essential Readings**

- **Unit I**
  - Bhattacharya, Sanjay (2008). Social Work: An Integrated Approach. Deep and Deep Publication, New Delhi.
  - Bisno, Herbert – The Philosophy of Social Work.
- **Unit II**
  - Friedlander, W.A. (1958) – Concept & Methods of Social Work, Eaglewood Cliffs: Prentice – Hall.
  - Milly, K.K., O.Melia, M. and Dubois, B. (2007). Generalist Social Work Practice– An empowering approach, New York: Pearson, Allyn & Bacon.
- **Unit III**

- Congress, E.P. (1998) – Social Work Values and Ethics, Chicago: Nelson – Hull Publishers
- Banks, S. (1995) – Ethics and Values in Social Work: Practical Social Work Series, London: Macmillan Press Ltd.
- **Unit IV**
  - IFSW and NASW code of Ethics, 2012
- **Unit V**
  - Bertlett, Harriett (1970) – The Common Base of Social Work Practice, National Association of Social Workers, 2 Park Avenue, N.Y.
  - Dubois, Brenda & Miley, Karla Krogsrud – Social Work: An Empowering Profession, Boston: Allyn and Bacon.
- **Unit VI**
  - Karen kay kirst-Ashman et al. (2012) Understanding Generalist practice, Belmont CA, United States of America
  - Adhikari, Dilli ram (2001) An Introduction to social work, Kathmandu, Nepal
- **Unit VII**
  - Shrestha, S. K (2013) Introduction to social work, Tajelu Publication, Kathmandu
  - Yadav, R.K (2012) Integrated social work, Amisha-shivanshi Distributors, Kathmandu



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## **SW422: Basic Sociology for Social Work**

**(Theory and Practical)**

**Teaching hours: 100+50=150**

### **Course Description:**

**Full Marks: 70+30=100**

The paper has been designed to familiarize the students with the basics of sociology which are essential to be social worker and enable them to comprehend and analyze social relationship, social structure, social system, social stratification, social change, social institutions, social processes and social problems in the context of Nepal. The course also deals with the applied Sociology that helps the students to work in the field of social work as professional social workers in future.

### **Course objectives:**

This course aims to enable the students:

- To comprehend the basic sociological concepts,
- To understand and apply the basic theoretical perspectives on social relationship, social structure, social institutions, social change, social stratification, social problems, etc. in the context of Nepal,
- To identify and analyze the social problems in contemporary Nepal,
- To develop the skill related to applied sociology in solving social problems.

### **Detail Course Contents:**

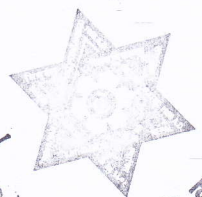
#### **Unit I: What is Sociology?**

**[10 LH]**

- Developing a sociological outlook: studying sociology
- How can sociology help us in our lives? Awareness of cultural differences; assessing the effects of policies; self-enlightenment
- The development of sociological thinking; early theorists; Auguste Comte; Emile Durkheim; Karl Marx; Max Weber
- More recent sociological perspectives; functionalism, conflict perspective, social action perspectives; symbolic interactionism
- Sociology and social work



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**Unit II: Individual, Society and Culture**

**[15 LH]**

- Culture and behavior
- Norms and values
- Status and roles
- Social change

**Unit III: Social Interaction and Everyday Life**

**[15 LH]**

- The study of daily life
- Non-verbal communication
- The social rules of interaction
- Face, body and speech in interaction
- Interaction in time and space
- Interaction, groups and organization

**Unit IV: Families, Socialization, the life-Course and Ageing**

**[15 LH]**

- The family in history
- Families and intimate relationships in Nepal
- Culture, society and child socialization
- Gender socialization
- Socialization through the life-course

**Unit V: Health, Illness and Disability**

**[10 LH]**

- The sociology of body
- The social basis of health
- The sociology of disability

**Unit VI: Social Institutions**

**[15 LH]**

- The economy and work
- Politics and government
- Marriage and family
- Religion: belief
- Education

- Health and medicine

#### **Unit VII: Social Stratification and Inequality**

**[10 LH]**

- Stratification
- Caste, class, gender, region based inequality

#### **Unit VIII: Application of Sociology in Social Work**

**[10 LH]**

- Identifying social problems: urban crime; suburban crime; gang violence; juvenile delinquency; mental health, poverty, unemployment, etc.
- Applied sociology in practice: identification, assessment, planning, implementation, monitoring and evaluation of projects

#### **Unit VIII: Practical Activities (Social work practice)**

**[50 LH]**

Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social institutions; family, marriage, economy, social inequality, social change, etc. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 30 marks allocated to this practicum.

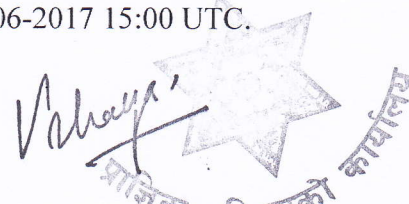
#### **References:**

##### **Unit I**

Giddens, Anthony. 2004. *Sociology*. 4<sup>th</sup> Edition. Chapter 1. Pp. 1-19. UK: Blackwell Publishers.

Curry, Tim, Jiobu, Robert and Schwirian, Kent. 2008. *Sociology for the Twenty First Century*. Fifth Edition. Chapter 1, pp. 1-19. New Jersey: Pearson Prentice Hall.

Ogundipe, Ayodele & Edewor, Patrick. 2012. Sociology and Social Work in Nigeria: Characteristics, Collaborations and Differences. *African Sociological Review / Revue Africaine de Sociologie*, Vol. 16, No. 2 (2012), pp. 40-55. Published by: CODESRIA Stable URL: <http://www.jstor.org/stable/afrisocirevi.16.2.40> Accessed: 29-06-2017 15:00 UTC.





## Unit II

Haralambos, M. & Holborn, M. 1995. *Sociology: Themes and Perspectives*. Fourth Edition.

Chapter 1. Pp. 3-7. London: Collins Educational.

Curry, Tim, Jiobu, Robert and Schwirian, Kent. 2008. *Sociology for the Twenty First Century*.

Fifth Edition. Chapter 6, pp. 140-169. New Jersey: Pearson Prentice Hall.

## Unit III

Giddens, Anthony. 2006. *Sociology*. 5<sup>th</sup> Edition. Chapter 5. Pp. 126-159. First Indian Reprint.

UK: Polity Press.

Curry, Tim, Jiobu, Robert and Schwirian, Kent. 2008. *Sociology for the Twenty First Century*.

Fifth Edition. Chapter 6, pp. 140-169. New Jersey: Pearson Prentice Hall.

## Unit IV

Giddens, Anthony. 2006. *Sociology*. 5<sup>th</sup> Edition. Chapter 6. Pp. 160-201. First Indian Reprint.

UK: Polity Press.

Curry, Tim, Jiobu, Robert and Schwirian, Kent. 2008. *Sociology for the Twenty First Century*.

Fifth Edition. Chapter 4, pp. 82-107. New Jersey: Pearson Prentice Hall.

## Unit V

Giddens, Anthony. 2006. *Sociology*. 5<sup>th</sup> Edition. Chapter 8. Pp. 250-291. First Indian Reprint.

UK: Polity Press.

## Unit VI

Macionis, John J. 2001. *Sociology*. Eighth Edition. Part IV. Pp. 409-564. New Jersey: Prentice

Hall.

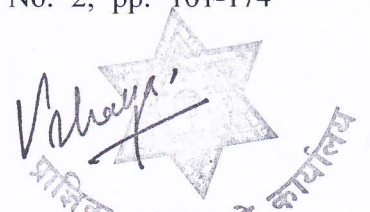
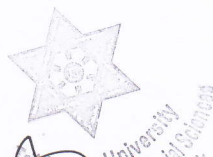
## Unit VII

Giddens, Anthony. 2004. *Sociology*. 4<sup>th</sup> Edition. Chapter 1. Pp. 1-19. UK: Blackwell Publishers.

## Unit VIII

Lees, Ray & Lees, Sue. 1975. Social Science in Social Work Practice: The Case for an Action

Research Approach. *The British Journal of Social Work*, Vol. 5, No. 2, pp. 161-174



Published by: Oxford University Press Stable URL: <http://www.jstor.org/stable/23693202>  
Accessed: 29-06-2017 15:01 UTC.

Ballantine, Jeanne. 1989. Developing Applied Content in Sociology Courses. *Journal of Applied Sociology*, Vol. 6 (1989), pp. 89-94 Published by: Sage Publications, Inc. Stable URL: <http://www.jstor.org/stable/43481313> Accessed: 29-06-2017 15:01 UTC.



## **SW423: Basic Psychology for Social Work**

**(Theory and Practical)**

**Full Marks: 100 (70+30)**

**Teaching hours: 150 (100+50)**

### **Course Description**

This course will introduce the students about the fundamental concepts of psychology. It has been designed to make students familiar with the basic psychological concepts, processes and its scope and fields particularly relevant to social work practice.

### **Course Objectives:**

1. To introduce students with basic psychological concepts and processes regarding human behavior.
2. To help students find relevant application of psychology in social work practice.
3. To make student find areas of their interest for further exploration

### **Unit I: Introduction to Psychology**

**(20 hrs.)**

- a. Definition and Scope of Psychology
- b. Branches and Fields of Psychology – Clinical, Educational, Social, Community, Developmental.
- c. Major theoretical orientations in Psychology (Biological, Psychodynamic, Behaviorist, Cognitive, Evolutionary, Humanistic)

### **Unit II: Determinants of human behavior**

**(20 hrs.)**

- a) Biological determinants: Genetics, Nervous System and Glandular System
- b) Social-cultural determinants: Family, Neighborhood, School, Work, Norms etc.

### **Unit III: Basic Psychological Concepts**

**(25 hrs.)**

- a) Sensation and Perception
- b) Emotions and Motivation
- c) Memory and Forgetting
- d) Learning



- e) Intelligence
- f) Personality, Values and Attitude

#### **Unit IV: Application of Psychology in Social Work**

**(35 hrs.)**

- a) Psychopathology, Mental Health and the Psychosocial: Meaning and Definition, Causes of Psychopathology and Varieties, Concept of Health, Mental Health and Psychosocial Wellbeing
- b) Developmental Hazards and Adjustment: Age related physical and psychological changes, Developmental Tasks, Hazards and Adjustments
- c) Stress, Coping and Well being: Meaning and Definition, Types of Stress and Coping, Causes and Management of Stress, Psychology of Well being.
- d) Positive Psychology and Happiness: Strength based approach, Subjective Well Being, Positive Thinking
- e) Psychology of Child, adolescence, elderly people: Problems, Prevention and Support

#### **Unit V: Practical (Social Work Practice)**

**[50 LH]**

Teaching faculty will plan for this practical work as per the availability of financial resources and feasibility of field work to be carried out related to psychology such as psycho-social analysis. Faculty will make a single group or a number of groups based on the number of students studying. Each group will go to community/society and will carry out field work of 50 hours and will prepare a field work or project work report as the social work practice in the community. There will be a supervisor who will guide/supervise the overall field work/case work/community/organization work. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 30 marks allocated for the practical of social work practice.

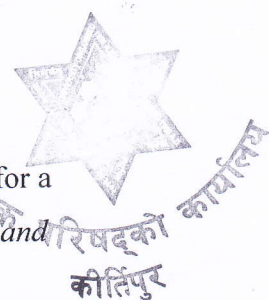
#### **Readings**

Baron, R.A. (1999). *Psychology*. Allyn & Bacon

Diener, E. (2000). Subjective Well-Being, The Science of Happiness and a Proposal for a National Index. *American Psychologist, Special Issue on Happiness, Excellence and Optimal Human Functioning*. American Psychological Association



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Feldman, R. S (2014). *Essentials of Understanding psychology*. 11 th Edition, Delhi: TATA McGraw-Hill.

Hurlock, E. (2007). *Developmental Psychology; life span approach*, 5<sup>th</sup> ed., 39<sup>th</sup> reprint

Niraula, S. (2011). *General Psychology: With O.B. Emphasis*. Buddha Academic Enterprises.

Nicolson, P. and Bayne, R. (1984). *Applied Psychology for Social Workers*. London: British Association of Social Workers.

Regmi, M.P. and Dhakal, S.(2007) *General psychology: Organizational Applications*. Quest Publication

Seligman, M. and Csikszentmihalyi, M. (2000). Positive Psychology, An Introduction. *American Psychologist, Special Issue on Happiness, Excellence and Optimal Human Functioning*. American Psychological Association.

Subba, S. and Bhatt, K. (2010). *Invitation to psychology*. Psychosocial Multiservice, Pvt. Ltd.

ARC Resource Pack Study Material Foundation Module 7 Psychosocial Support  
(<http://www.arc-online.org>)

Golightley, M. (2014). *Social Work and Mental Health*, Chapter II.



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**SW424A: Social Case Work Practice**  
**(Theory + Practical)**

**Full Marks: 50 (35+15)**

**Teaching hours: 75 (50+25)**

**Course Description**

The course is designed to enhance the basic generalized theoretical knowledge in the perspective of professional casework. The course tries to give a theoretical framework to guide the knowledge, skill and attitude of students. The course is more practical and skill oriented which helps and prepares students to meet the need of different human service organization of Nepal and the world as a social caseworker in today's era. This course introduces the theoretical concepts, objectives, purpose, scope and historical development of social case work. It provides knowledge of components and process, approaches and application of social case work in different settings. Moreover, the course examines the issues related with individual and provides ideas to solve those problems within the field of social casework.

**Course Objective:**

- ☐ To develop understanding on the basic concepts of social Case Work
- ☐ To acquaint the students with the process of Social case work
- ☐ To understand the utilization of tools and techniques and develop in students the necessary attitude and skills to practice Social casework

**Unit I: Introduction, Values, Principles of Case work** **(8 LH)**

- Meaning, Definitions, Objective, Purpose, characteristics, Scope,
- Historical Development of Casework
- Values and Principles of case work

**Unit II: The Casework Relationship** **(8 LH)**

- Nature, Establishment, Maintenance, Termination, Transference, Counter transference
- Attitude, Emotions and Behaviour
- Psychosocial approach, Functional approach, problem-solving approach
- Psychoanalytical approach
- Desensitization model

**Unit III: Component and Process of Casework** **(8 LH)**

- Components of Case Work –The Person, The Problem, The Place, The Process.
- Process in case work:
  - Study





- Diagnosis
- Treatment
- Termination
- Evaluation
- Follow-up

#### **Unit IV: Tools and Skills for Problem Diagnosis**

**(4 LH)**

- Listening
- Communication
- Observation
- Interview
- Home visit
- Survey
- Recording

#### **Unit V: Counselling and Casework**

**(6 LH)**

Counseling in Case Work: Definition, Meaning, Importance, Objectives, Phases in Counseling , Counseling techniques & areas of Counseling

#### **Unit VI: Other basic concepts related to Casework**

**(6 LH)**

- Social Role
- Conflict
- Ego
- Adaptation
- Crisis
- Rehabilitation

#### **Unit VII: Recording in Casework**

**(4 LH)**

#### **Unit VIII: Casework practice and application at different settings in Nepal**

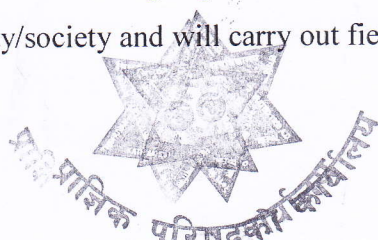
**(6 LH)**

- Applications of social case work in: family, women, child welfare settings, school settings, marriage counseling centers, medical and psychiatric setting, correctional institute and industry.

#### **Unit IX: Practical (Social Work Practice)**

**[25 LH]**

Teaching faculty will plan for this practical work as per the availability of financial resources and feasibility of field work to be carried out related to case work. Faculty will make a single group or a number of groups based on the number of students studying. Each group will go to community/society and will carry out field work of 50 hours and will prepare a field work or



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project work report as the social work practice in the community. There will be a supervisor who will guide/supervise the overall field work/case work/community/organization work. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 30 marks allocated for the practical of social work practice.

### **Readings:**

Misra, P. (1994). *Social Work- Philosophy and Methods*. New Delhi: Inter-India Publications.

R.K, U. (2012). *Social Casework*. New Delhi: Rawat Publication.

Sanjay, B. (2012). *Social Work; An Integrated Approach*. New Delhi: Deep & Deep Publication Pvt. Ltd.

### **Essential materials**

The Dynamics of Casework & Counselling: Aptekar H H

The Case Work Relationship: Biestek PP

Theory & Practice of Counselling & psychotherapy: Gerrald Corey

Introduction to Social Case Work: Grace Mathew

Social Case Work: a Problem solving Process: Helan Harris Perlman



## **SW424B: Social Work Practice with Groups**

**(Theory + Practical)**

**Full Marks: 50 (35+15)**

**Teaching hours: 75 (50+25)**

### **Course Description**

This course aims at developing knowledge and skills of students on social group work process, methods, interventions skills, and group mobilization. The overall objectives of the course are to help students develop an appreciation for the distinguishing features of social group work and to provide them with the knowledge, skills and values essential to direct practice with groups, family and other variety of settings to achieve social justice.

### **Course Objectives**

1. To enhance knowledge and skills of students on group work methods, techniques, tools needed to practice with groups, families, organizations and communities.
2. To enhance understanding of students in social group work theories, principles, approach, communication skills, and group dynamics.
3. To enhance the ability of students to apply the knowledge and skills learned in the classroom for direct social work practice and act according to social work ethics and values in organizational setting.

### **Chapter 1: Introduction to Social Group Work**

**8 hrs**

Group, Team, Group Work and Team Work

Social Group Work: Definition, Meaning, Concept, Scope, Objectives

History of Social Group Work

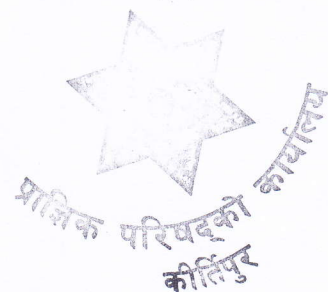
Douglas 14 Principles of Social Group Work

Relationship between Social Case Work, Social Group Work and Community Organization

### **Chapter 2: Process of Social Group Work and its Practice**

**8 hrs**

Group Work Process - Planning Phase, Beginning Phase, Middle Phase, Ending Phase



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Recording in Social Group Work, Types and its importance

Roles of group worker: Facilitator, Leader, Moderator, Manager, Administrator, Enabler, Therapist, Helper, Resource mobilizer and Evaluator

Approaches and Models in Group Work Practice: Therapeutic / Social Treatment, Developmental Group and Task oriented Group.

### **Chapter 3: Group Dynamics and Group Development**

**5 hrs**

Group Dynamics

Dynamics in Group Formation

Group Development

Power

Pattern and process of group interaction

Crisis and Conflict in groups, Crisis management, handling conflict in group, conflict resolution,

### **Chapter 4: Theories of Social Group Work**

**8 hrs**

Contemporary theories and methods of group work practice in social work:

Systems Theory

Psychodynamic theory

Social Learning theory

Conflict theory

Garland, Jones and Kolodny's five stage model

NASW Code of Ethics

Ethics in Social Work, IFSW Standards

### **Chapter 5: Use of Program Media in Group Work**

**5 hrs**

Program Laboratory (Program Media in Social Group Work) Play, Games, Singing, Dancing, Role Play, Story Telling, Puppetry, Group Discussion and Excursion

Group climate, Socio-metric pattern and its use, evaluation and assessment of group functioning

## **Chapter 6: Leadership and Group Behavior**

**8 hrs**

Leader, Leadership

Types of Leadership

Leadership Theories

Concept of Leadership in the Social Group Work

Centralization and Decentralization

## **Chapter 7: Social Group Work Practice in Different Settings**

**8 hrs**

Group Work in Nepal

Group Work practices among Children, Youth, Aged, Women

Self Help Groups, Women Group, Cooperative Group, Correctional Setting, and Group Work communities

Group work in institutional settings like educational institutions, hospitals, and youth development settings, child settings, family service agencies, municipality, DDC/VDC, social welfare organizations, labor organizations, NGOs and Community.

## **Unit V: Practical (Social Work Practice)**

**[25 LH]**

Teaching faculty will plan for this practical work as per the availability of financial resources and feasibility of field work to be carried out related to social work with group. Faculty will make a single group or a number of groups based on the number of students studying. Each group will go to community/society and will carry out field work of 50 hours and will prepare a field work or project work report as the social work practice in the community. There will be a supervisor who will guide/supervise the overall field work/case work/community/organization work. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 30 marks allocated for the practical of social work practice.

## **Essential Reading**

Balgopal, P.R.& Vassil, T.V.(1983). Groups in Social Work: An Ecological Perspective: New York: Macmillan.

Douglas, T. (1972). *Group Processes in Social Work: A Theoretical Synthesis*. Chichester: John Wiley & Sons.

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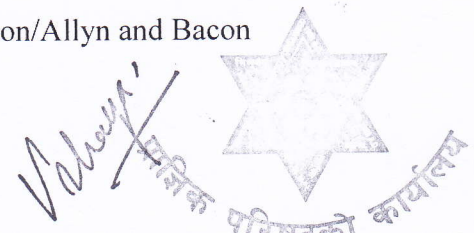
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Konopka, G. (1963). *Social Group Work: A Helping Process*. Englewood Cliffs: Prentice.

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Reid E. Kenneth (1996). *Social Work Practice with Groups - A Clinical Perspective*. USA: Brook/Cole Publishing Company.

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Simon, S. R., and Webster, J.A. (2009). Social Group Work Today: A Modality and Orientation in Crisis. *Encyclopedia of Social Work with Groups*. New York, NY: Routledge. pp.33-38.

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Zastrow, C. (2012). Social Work with groups: A comprehensive work text. Belmont, CA:  
Brooks/Cole Publishing Co



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