Concepts Used and Key Historical Events in Social Groupwork Practice

a. Group or social group is defined as two or more people with a common interest, interacting and interdependent with a collective identity and stable structure.

b. Social group work (SGW) is a method of social work which helps individuals enhance their social functioning through purposeful group experiences, and to cope more effectively with their personal, group or community problems.

c. Formed groups and Natural groups. Formed groups are those that meet because of external influence, with some support or social relationships and converge for a specific purpose. Natural groups are formed thru unplanned gatherings, mutual attraction or perceived needs.

d. Treatment and Task groups. Treatment groups bond for personal needs and common concerns while task groups gather to accomplish a task.

e. In groups and Out groups. In groups identify themselves with the group, out groups do not do so.

f. Group as medium of change refers to the means by which groups bring about change where the focus of change is the individual member.

g. Group as target of change points to the whole group or certain aspects of the group needing change to effect change on its members.

h. Group as agent of change aims at the active involvement of the group to deal with constraints imposed by the external environment which affects the group's development.

i. Group use for effect on participants is a result of the worker's efforts to bring changes in values and attitudes of members.

j. Group use for collective problem solving is a worker's purpose for group members to pool ideas on a task.

k. Group use for change in social situations is facilitated by groupworkers through pressure, information dissemination, etc. on the external environment.

a. Group	• Two or more people • Shared goals • People see themselves as members • There is interaction among members
b. Social Groupwork	• It is a process and method through which group processes is influenced by the worker who purposefully guides the interaction towards the accomplishment of aims which are agreed in selfgoverning context (Wilson and Ryland,1949). • As a method of social work which helps individuals to enhance their social functioning through purposeful group experiences, and to cope more efficiently with personal, group and community problems. (Perlman (1957) & Murphy (1959) • It is a method through which members in many groups in different social agency settings are helped by a worker who facilitates their interchange in programs and activities planned for them to connect themselves to other people and undergo maturation circumstances in line with their needs and capacities towards individual, group and community development (Trecker, 1965) • The treatment procedure in this group work (remedial) approach includes intake, diagnosis and treatment planning, group composition and formation, group development and treatment, evaluation and termination. (Vinter,1974).

		• Elements of the different concepts are the Individual who is helped by a groupworker through a process of interaction among group members using activities designed for interaction to meet their individual and collective needs. The goal of the method is enhanced social functioning of the individual through group experiences. •

c. Treatment Group Vs. Task Group	

A Comparison of Task and Treatment Groups

Selected Characteristics	Treatment Group	Task Group
Bond	Members' personal needs	Task to be completed
Roles	Develop through interaction	Develop through interaction or are assigned
Communication Patterns	Open, back-and-forth based on members' needs	Focus on task to be accomplished
Procedure	Flexible or formal depending on the group	Formal agenda and rules
Composition	Based on common concerns, problems or characteristics	Based on needed talents, expertise or division of labor
Self-disclosure	Expected to be high	Expected to be low
Confidentiality	Proceedings usually private and kept within the group	Proceedings may be private but are sometimes open to the public
Evaluation	Success based on members' meeting treatment goals	Success based on members' accomplishing task or mandate, or producing a product

d. Formed Groups Vs. Natural Groups		
	• Come together through outside influence or intervention • Have sponsorship or affiliation • Convened for a particular purpose • Examples: barter community, online business groups, therapy groups, study groups, committees, social action groups and teams	• Spontaneous gathering based on events, interpersonal attraction or mutually perceive needs • Lacks formal sponsorship • Examples: family groups, peer groups, friendship networks, street gangs and cliques.

e. Ingroup Vs Outgroup	Ingroups and outgroups are sociological terms where persons refer to themselves as "we" and to outsiders as "they". Ingroups is based on ethnocentrism while outgroups are not. Similarity in behavior, attitude and opinion is observed among the members of ingroup. But they show dissimilar behavior; attitude and opinion towards the members of outgroup. Ingroup members express positive attitude towards their fellow members but display negative attitudes towards those outside their group. Ingroup members express sense of belonging, co-operation, good-will, mutual help and possess a sense of solidarity, a sense of brotherhood and willingness to sacrifice for the group. But a sense of avoidance, dislike, indifference and antagonism towards the members of outgroups. Ingroup members feel that their personal

		welfare relates to other members, but outgroup members do not feel so.
f.	Group as a medium of Change	• Group as medium of change refers to the influence of the group on a target member where the social worker guides the group processes to achieve the desired change. The groupworker facilitating the processes is focused on helping the members with their problems. • An example of a desire change would be to learn, unlearn, relearn social norms, enhance self-esteem, obtain a sense of belonging are among those the group can teach him. Those who struggle with anger, depression, anxiety or mental health issues may learn controlling emotions and behavior through a group.
g.	Group as a target of change	• Group as target of change points to changing aspects of the whole group like group size, structure, procedures so that changes on its members can be done. For example. a change in communication style may need to shift to fit the needs of the group. The worker facilitates this change to increase member participation in decision making and interaction.
h.	Group as agent of change	• Group as agent of change refers to working with the group to effect changes in the environment, which constrains their growth and development. The group gets actively involved in achieving their own goals, enhancing autonomy and confidence. This leads to imbibing a social work value of human empowerment. To illustrate, a group of survivors of violence may decide on involving the whole community to protest and implement programs that protest, educate and advocate to end violence. • Vinter and Galinsky refers to two kinds of groups in the environment as personal social environment (family, school among others) and social entities (security personnel in an institution, house parents in a rehabilitation center. In dealing with personal environments, group attention can be concentrated on sharing past experiences, proper behavior problem-solving strategies. In working with social entities, homogenous groups in the community share common experiences. • Modifying the environment may related to varied concerns such as lack of resources (lack of jobs, discriminative attitudes in the community, violation of rules and regulations, excessive agency policies, among others). The worker's role of information-giver, facilitator, mediator, adviser will guide the group to the changes it seeks. The group may use strategies such as bargaining or negotiation, persuasion and other change techniques. • The environment may have opportunities and constraints. Opportunities include availability of resources, facilities, and flexible work schedules. Constraints may be the bureaucratic processes and legalities. The dynamics among group members influences the larger external environment. The more cohesive the members are would lead to better cognition of their

		influence. And vice-versa, for an environment to influence the group, it should be perceived by the group as supportive to its aim for change. Thus, the social worker's challenge in work with groups is the skillful use of groups as medium, target and agent of change.
i. Uses of Group		• Group use for effect on participants. The purposes of socialization, resocialization, acquiring, modifying values / attitudes, knowledge of self-esteem, needs for support and belonging. • Group use for collective problem solving. This concept refers to working on tasks which need ideas, group thinking about emotional, social situations. Workers in residential institutions work deal with abused pregnant women who need help in deciding whether to keep the baby or give it up for adoption. Workers help substance abusers deal with pressure to go back and do drugs or stay clean, prostituted women who work to earn money or do tricks again and women on a funded income generating project who meet to resolve issues affecting the organization. • Group use for change in social situations. The group worker may do the social action role in community organizing such as the community people protesting the entry of a mining company in their barangay or organizing a group of fishermen for seaweed production to increase their income.

SGW history in the United States	• Prior historical accounts posit that groupwork began when individuals joined groups for self-help and self-development. Early group workers borrowed knowledge from education and sociology whose practitioners were involved in the self-help movements. • The recreation movement was the wellspring of character-building, value of play and social activities. The English influence of this movement can be traced to informal play. Later, athletics became part of the education in English universities. The English influence spread to Germany, Sweden and Denmark through the playground movement. The movement influenced the introduction of sports in college and organization of the Playground and Recreation Association of America in 1911. • The use of groups as a medium for change began during first three decades of this century (probably 1800's) during the development of settlement houses, informal self-help recreational organizations, Jewish centers and the scouting movement (Zastrow, 1992). These agencies focused on providing group programs for people considered "normal". Recipients of early group services came for leisure, informal education, friendship and social action. Early recipients learned to work together and adjust with others socially; they enhanced themselves through new knowledge, skills and interests; and the general state of society was improved

through active participation in community concerns. Social group work method obtained its institutional foundation from the settlements. Concepts for the development of responsible citizenry, mutual aid, and group action originated from the English educators. Service workers and volunteers once chose to live in specific districts with the working people. The service workers strived to educate and assist them to find solutions to problems.

- Settlement House (Prototype of modern-day community center)
  - I. Toynbee Hall was the first settlement house established in London in 1884. The middle-class volunteers prioritized "environmental reform" but also endeavored to teach the poor, middle-class values of work, thrift, and abstinence as to key to success. The Toynbee Hall played a critical role in preparing and lobbying for social policy and legislation.
  - II. Settlement-house leaders believed upgrading neighborhoods would improve communities and would lead to a better society. Social group work originated from the English settlements where the poor can participate in trainings through lectures, discussion groups, and special groups. The purpose was to enhance their moral and mental capacities to insure full participation in a democracy in the U.S. The interaction benefitted both educated volunteers and the poor, the latter learning common work and studies while former exert cultural influence. Social group work activities in the English settlements were 1) Personality development 2) Teaching of democratic value 3) Character-building 4) Enhancement of interpersonal skills.
  - III. The concept of settlement in London was later adopted in the United States and added certain necessary and relevant functions.
  - IV. Functions of SGW activities in U.S settlements were 1) Encouragement and support of cultural and ethnic contributions 2) Framing of democratic values 3) Assisting active and responsible involvement in community life. 4) Organization of neighborhoods for social reform 5) Demonstration of ethical and middle-class morals.
  - V. Hull House 1889
    - a. Jane Addams co-founded Hull House Chicago with Ellen Gates Starr. She was the most noted leader in the settlement-house movement. Hull House workers provided prompt aid to individuals such as food, shelter, and information on and referral for other services. Its achievements served as a blueprint for settlement houses in other areas of

	Chicago and many large cities in the United States.
	b. The residents advocated for social change such as equal opportunities for the poor and handicapped and elimination of the prejudice and discrimination against people because of skin color, religion, race and foreign birth.
	c. Settlement houses provided programs like Boys and girls club, Kindergarten, Adult education, Handicraft, Art and cultural workshops
	• Young Men's Christian Association (YMCA) George Williams founded YMCA as a prayer circle consisted of 12 fellow employees of Williams. Organized for the improvement of the spiritual and mental conditions of young men.
	• U.S YMCA The first organization to help army soldiers during wartime
	a. First to implement community sports and athletics, invented volleyball and basketball and taught water safety and swimming
	b. Designed an international program of social service similar to the Peace Corps.
	c. The Young Women Christian Association (YWCA) was established by Thomas V. Sullivan, a retired mariner. and organized in Boston in 1866 Gave affordable shelters for young girls and women.
	d. Group activities of missionary and religious nature began on latter part of 1800s
	• 19th century Evolution of SGW in the Philippines
	a. When the Americans colonized the Philippines, they brought the democratic way of life and a democratic system of government. 1911 - The Americans organized the YMCA in the Philippines 1926 - The Americans organized the YWCA in the Philippines 1936 - The Boy Scouts of the Philippines (BSP) organized
	b. Social group work may have evolved from socio-civic movements during the American colonial rule. These agencies initiated the formal organization of group serving agencies using recreation as a means of character building. BSP and GSP popularized camping as a place for citizenship preparation and instilling of positive values.
	c. While casework was introduced from the United States during the 1920s, the socio-civic organizations initiated recreation activities for personality development and moral enhancement. These purposes were referred to as the socialization function" of institutions catering to groups
	d. The establishment of schools of social work in the Philippines in the early 50s notably the Philippine School of Social Work brought about the practice of fieldwork

| | | placement of social work students in welfare agencies. Most of the pioneer faculty teaching groupwork were former staff of these socio-civic agencies. |
| | | Philippine Youth Welfare Coordinating Council (PYWCC) was the first agency to demonstrate social group work services can support and augment youth services. Jose Abad Santos Memorial School (JASMS) initiated social group work services to augment counseling and guidance services. Other schools/institutions who used SGW for counselling & guidance services: Institute of Social Work and Community Development at the University of the Philippines also placed their students in welfare agencies for field practice. Social group work was later acknowledged by welfare agencies as effective method to supplement casework services in expediting recovery of client groups. The schools of social work hastened the development of SGW as a method in the Philippines. UNICEF-Assisted Social Services Project Provided scholarships for graduate studies in social work that specified group work and community organization as the area of concentration for the scholars of the schools of social work 1965 The Philippine YMCA policy required secretaries to acquire units in SGW and community organization as requirements of a staff position. 1966 |

a. YMCA prioritized hiring staff with SGW training.
b. Other welfare institutions started to use the SGW method: Child welfare institutions, Institutions for the elderly, rehabilitation centers for the handicapped/PWDs, Youth centers and community centers of the Department of Social Welfare
c. Social group work services in public and private caring institutions arranged for street children, group experience close to a family and neighborhood environment to deter the onset of nonconforming behavior
d. For youth delinquents, SGW is used to deflect deviant values and behavior to socially accepted norms and enhanced social functioning

- Foster Parents Plan, Inc. A family welfare agency that employed SGW method to promote responsible parenthood, livelihood skills training and citizenship training programs for group of mothers.
- Home for the Aged Elderly are helped with group experiences for socialization, recreation, vocational and intellectual interests. Social group work for parents of the mentally retarded enabled acceptance and positive attitude towards their handicapped children which added to their well-being.
- National Vocational Rehabilitation Center for the Disabled (DSW) The agency used SGW to develop positive work behavior and values among its PWD clients who who were former beggars and find begging more profitable.

	- Integrated Human Resource Development Program A DSW program employed SGW for destitute out of school youth to meet varied problems and needs - Other Private Agencies that Pioneered SGW 1) Christian Children's Fund (National Office) The use of SGW as an avenue of personality growth and development among mothers in 74 CCF Project Affiliates has been the agency's direction as a crucial role in their children's development. Mothers are grouped to organize activities in the day care, nutrition, education, spiritual and value formation/enhancement programs of their children. 2) Kaunlaran Multi-Purpose Center A 6-month group building program to develop skills in five levels among youths aged 13-17 y/o. a. Self-awareness skills where members must be able to name and exhibit both personal positive and negative feelings through group dynamics, song analysis and bible reading. b. Interpersonal relations skills among members who are assisted to demonstrate positive and negative feelings about others, to volunteer to help others and express their need for others. These purposes are achieved through role playing, reflection sessions, and other group activities. c. Verbal and non-verbal communication skills for members assisted to express his/her ideas, perception, feelings and give feedback on topics discussed. The aims of enhancing relationships and self-expressions are realized using group dynamics, outings, sports, group discussion and slide presentation. d. Group maintenance e. Leadership - Rizal Youth Development Foundation (RYDF) Focused on the physical, economic and social development of Rizal's OSY. Youth involvement in sports activities engender camaraderie, strengthen physical well-being and imbibe value of sportsmanship. Skills training and self-employment through income-generating programs develop economic acumen. - Salvation Army An international organization noted for its disaster services. The focus is on the Golden Agers Club which aim to: Foster and maintain a sense of usefulness and dignity for the elderly and Promote physical, intellectual and spiritual well-being of members. a. Membership criteria are age, available time and need for companionship, recognition of the sense of usefulness b. Its recreational and educational programs give members renewed interests and zest for life. Details are determined by the group and agency's facilities - The Young Women's Christian Association

	a. Members are in-school and OSY girls women aged 10-25 y/o and employed female or homemaker 25 years and above b. Holistic dimensions of its programs c. Physical well-being using recreation and camping as activities d. Economic well-being through vocational guidance; training and placement e. Social well-being through family life educations f. Spiritual and cultural well-being through Christian education, world fellowship and housing for women g. Group solidarity and group accomplishments are emphasized • The Girl Scouts of the Philippines has 5 Basic Features a. Optimum participation for national development plan (economic self-sufficiency) b. Linkage with environment c. Social amelioration programs d. Cultural values e. Moral values • The Philippine Mental Health Association (PMHA) - Group work service is carried out in its organized groups in high schools known as PMHA's Student Mental Health Clubs. Members are given edifying experiences that increase capacity for effective coping with problems of daily life. These group experiences aim to: a. develop awareness of mental health needs b. deepen sense of values c. modify attitudes for personal improvement d. develop a clearer consciousness of one's societal responsibilities e. provide a perspective of national progress and human welfare as a whole f. Program media for personality development are leadership and human relation training, skills training, camping, group discussions on varied subjects, group dynamics, seminars and workshops g. Social group worker guides the group through purposeful use of techniques which result in desired thinking and changes of outlook of students on their problems and needs • 1970s-Developmental Goals a. Department of Social Welfare/DSSD pursued developmental goals targeting the bottom 30% of the country's poor. Development goals were achieved through programs on self-employment assistance (SEA), leadership training, responsible parenthood, family life education programs and day care services (SPDEFS) b. Social workers in juvenile and domestic relations courts used group experiences to socialize/resocialize legal offenders and wards in orphanages.

	c. Community group work was used by organizers during the Martial Law years, where consciousness-raising efforts focused on rural and urban poor. These groups worked on modifying situations of lack of basic needs such as water, electricity, housing, medical facilities, etc.
	d. Social participation was subsumed under developmental goals in this discussion. Organizing these small groups using SGW will enable citizen involvement, devolution but shared decision-making and engaging pursuance of goals, as part of a democratic society (Bergh,2004).
	• Current times
	a. Developmental goal of groupwork focuses on enhancement of capacities of human and community resources. Private and government agencies include livelihood trainings as program component where project management skills, financial management, marketing connections are part of the package for the recipients. Day care parents are organized for effective parenting sessions, household management, personal development and the like.
	b. Socialization goals intend to help the group members obtain the norms, values and attitudes of society of which they were part of and intend to return to after release from the institution. Probation offices, drug rehabilitation centers, women, girls and youth centers incorporate values formation, handling emotional responses to situation as part of their treatment modality.
	c. Treatment goals intends to restore the impaired social functioning of individuals in small groups. Therapeutic services are available to survivors of abuse, disasters and substance abuse. Therapies are also given to patients with cancer, kidney problems, physically handicapped and other long-term illnesses. However, most agencies integrate the developmental, socialization and treatment goals in a comprehensive plan of intervention of the groupworker, considering the socio-economic problems members' face.