

Group Work Approaches and Models

1. Developmental Approach

Concepts	Clients/Goal	Strategies/Activities	Example
<ul style="list-style-type: none"> Proponent: Emmanuel Tropp Roots: Grace Coyle: collective self-help as theme of group work Wilson and Ryland: use of group autonomy and decision making Helen Phillip: importance of here-and-now, growth comes from within member Schwartz: group function and leader role, concept of mutual aid, contractual relations between group and worker Views man as moving toward self realization moving from adequate, inadequate to good functioning Focuses on man with untapped potentials, therefore, a resource to be utilized and social role performance. 3 major themes: <ol style="list-style-type: none"> Humanistic-viewing of one human being by 	<ul style="list-style-type: none"> Clients: Sectors affected by social development concerns of subsistence level of living, widespread unemployment and underemployment, population growth, effects of urbanization, rural underdevelopment, needs of special groups Goal: To tap unused potential of group members in interpersonal development 	<ol style="list-style-type: none"> Beginning stage Members: <ol style="list-style-type: none"> Are oriented to the new situation Understand reasons for group membership and tasks to be done Experience doubts or enthusiasm Worker: <ol style="list-style-type: none"> Clarifies purpose and structure of group Establishes contract Facilitates /supports task selection Facilitates climate conducive to unity/cooperation Middle Stage <ol style="list-style-type: none"> More open expression Increasing understanding and acceptance of values of group experiences by member Roles and statuses evolve 	The case of Sta. Lucia Mothers' Group, pp. 135- 141, Lee-Mendoza (2015)

<p>another'-worker respects the group purpose and member-to-member helping phenomena as key to growth</p> <p>b. Phenomenological - current behavior-oriented</p> <p>c. Developmental- moving forward in fulfillment of potential in social functioning</p> <p>d. People enhance their social functioning thru group experiences</p> <p>e. People's group experiences should have a common goal</p> <p>f. People's or peers' common goal should be their common interest where they voluntarily participate</p> <p>g. Effectiveness of group goal achieving process is the main goal of members and leader</p> <ul style="list-style-type: none"> • Four basis processes undergone by groups <ul style="list-style-type: none"> ○ Release of feelings ○ Support ○ Reality orientation ○ Self-appraisal 		<p>d. Group demonstrates greater ability to plan and function</p> <p>e. Group shows greater stability and cohesiveness</p> <p>f. Group works toward goal achievement</p> <ul style="list-style-type: none"> • Worker: <ul style="list-style-type: none"> a. Guides group towards goals b. Clarifies tasks to be done and completed c. Supports group to be self-directing d. Helps group meet deadlines e. Assesses gains from goal achievement <p>3. Ending stage</p> <p>Members:</p> <ul style="list-style-type: none"> a. Show varying degrees of task accomplishment b. Inventory gains from group experience c. Show varying levels of satisfaction from accomplishment d. Show concern / anxiety from ending group membership and separation from worker and agency 	
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<ul style="list-style-type: none"> h. Group becomes a medium for commonly perceived behavior by among members and by worker i. Group processes are agreed by all and worked on by all members j. Group is self-directing, individually and as a whole 		<ul style="list-style-type: none"> e. Accept reality of ending group experience <p>Worker:</p> <ul style="list-style-type: none"> a. Helps group with task accomplishment b. Evaluates gains from group experience c. Objectively appraises uncompleted tasks d. Smooths ending of group membership e. Post-termination plans 	
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2. Remedial Model

Concepts	Clients/Goal	Treatment Sequence	Example
<ul style="list-style-type: none"> • Proponents: Robert D. Vinter and colleagues in early 1960s • Group is seen as a means, context, external influence of treatment. • As means, the group interactions and influences are used to affect the participants • As context, direct worker-client interactions effect 	<ul style="list-style-type: none"> • Clients: <ul style="list-style-type: none"> a. Used for treatment and rehabilitation of individuals whose behavior was disapproved by society (e.g., physically and mentally handicapped, legal offenders, emotionally disturbed, isolated or alienated persons, and those lacking effective socialization) 	<ol style="list-style-type: none"> 1. Intake 2. Diagnosis and Treatment Planning 3. Group composition and formation 4. Group development and treatment 5. Evaluation and termination. <p>Strategy of Intervention (SI) for a treatment group</p> <ul style="list-style-type: none"> • SI refers to using the ff. resources for helping individuals 	The case of Bukang Liwayway Group, pp. 171-178, Lee-Mendoza (2015)

<p>changes during and outside group sessions</p> <ul style="list-style-type: none"> As external influence, the group may be helped to change outside realities adversely affecting its members 	<p>b. For those needing acquisition of new knowledge and skills to replace ineffective ones which are sources of difficulty: persons with disabilities; medical conditions; parents from low income families</p> <ul style="list-style-type: none"> Goal: To re-orient knowledge and skills of clients for enhanced social functioning in society 	<ul style="list-style-type: none"> Resources are: worker member interactions, member-member interactions, group program, and group's structure. SI are modes of intervention or means of influence which are: <ul style="list-style-type: none"> Direct means of influence <ul style="list-style-type: none"> <i>Worker as central person</i>- object of identification and drives. Has authority, control over resources and facilities, valued competence and personal characteristic, group knowledge of her control over group's destiny deems her a focal point for group emotions. <i>Worker as symbol and spokesman</i> Worker is an influencer of legitimate norms and values as a representative of the agency and profession. Worker can personify values, spokesperson, create 	
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		<p>these values, use sanctions, limits and controls and lays down expectations.</p> <ul style="list-style-type: none"> • <i>Worker as motivator and stimulator</i> Worker defines individual goals and tasks. • <i>Worker as executive-controller of member's roles.</i> Worker modifies client role or position; assists member to perform role more effectively; tries to change member's role behavior <p>b. Indirect Means of Influence - Worker influences the group who influences the member</p> <ul style="list-style-type: none"> • Group purpose through • Selection of group members • Nature of activities • Size of group • Group procedures • Group development <p>c. <i>Extra Group Means of Influence</i> - Worker influences the group through outside</p>	
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		<p>activities conducted on behalf of clients</p> <ul style="list-style-type: none">• Four major areas:<ol style="list-style-type: none">1. Social roles and relations of clients prior to client status worker may need information to understand client, forces and other's responses2. Significant others- change in attitudes will effect change in environment which affects client3. Social system- patterns or conditions that need change because they are non-supportive to client4. Social environment of the treatment group-demands, available/not available resources,	
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		responses of people around	
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3. Crisis Intervention Approach

Concepts	Clients/Goal	Treatment Sequence	Example
<ul style="list-style-type: none"> • Crisis - Crisis is an “upset in a steady state”; an emotional reaction to a life-threatening event; temporary disturbance of equilibrium featured by paralysis of problem-solving capacities. • Involves crisis oriented work • 2-6 weeks duration • Useful for any target population (emergency rooms of hospitals, telephone “hot lines”, women’s desks in police stations, crisis centers for children and women, quick response teams, disaster programs • Should be available within 24-72 hours after referral or application for assistance • Client participation needs commitment and is voluntary 	<ul style="list-style-type: none"> • Clients: <ol style="list-style-type: none"> a. Individuals in crisis (e.g., survivors of rape and domestic violence) b. Persons related to individuals in crisis (professionals, and volunteers helping people in crisis) c. Those in collective crisis (disaster survivors) • Goals (Lydia Rapoport): <ol style="list-style-type: none"> a. Relief of symptoms b. Restoration to pre-crisis level of functioning c. Understand relevant events contributing to crisis d. Identification of remedial measures that can be taken by client or from available resources e. Recognition of connection of past life events and current stress 	<p>Four step approach in Group Crisis Intervention:</p> <ol style="list-style-type: none"> 1. Search for Precipitating event and its meaning to client 2. Search for coping means used by client 3. Search for alternative means of coping that might better fit the current situation 4. Review and support of client effort using new ways <p>Advantages of Group Crisis Intervention:</p> <ol style="list-style-type: none"> 1. Allows emotional release before others in the same situation 2. Ease pain and offers hope 3. Mobilize individual strengths and resources 4. Mutual assistance for alternative coping 5. Helps identify community resources 	<p>The Case of the Mapayapa Group pp. 212-219. Lee-Mendoza (2015)</p>

	f. Initiation of new models of thinking, perceiving and feeling and development of new adaptive responses.		
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4. Interactionist Approach

Concepts	Clients/Goal	Treatment Sequence	Example
<ul style="list-style-type: none"> Proponent: William Schwartz Mediating function of social work focuses on transactions between client and various systems around him (family, school, peers, neighborhood, job and others) <ul style="list-style-type: none"> Relationship is symbiotic Useful for any group Mutual aid group with four features: <ol style="list-style-type: none"> Collective Need each other for a specific purpose Work on common tasks Work is embedded in a relevant agency function 	<ul style="list-style-type: none"> Clients: <ol style="list-style-type: none"> Any group with the ff. features: <ul style="list-style-type: none"> Group is seen as a collective where people interact with each other People need each other for specific ends People join a group for common tasks The common task is within the sphere of agency function Goal: To assist the group negotiate the system to meet their needs and help the system reach out to incorporate the client group and deliver its service 	<ol style="list-style-type: none"> "Tuning In" Requires worker to understand members' feelings, self-doubts, about each other about the worker. The Beginnings: <ul style="list-style-type: none"> Contracting process occurs: consensus of members' needs and agency services. Worker moves toward partialization of tasks and assists group in establishing ground rules and processes for problem-solving. Tasks <ul style="list-style-type: none"> Locating common ground between needs and systems to negotiate with Detecting obstacles between members and systems Worker's contributing facts, ideas, values 	The Case of the H-Mole Women's Group pp. 188-198. Lee-Mendoza (2015)

		<ul style="list-style-type: none"> ○ Worker's sharing vision of the work, feelings on the process and faith in clients' strengths ○ Worker's defining limits and requirements of situation of work <p>4. Ending and separation</p> <ul style="list-style-type: none"> ○ Members take ending seriously, learning lessons ○ Ending with substance and feelings 	
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5. Family Intervention Approach

Concepts	Clients/Goal	Treatment Sequence	Example
<ul style="list-style-type: none"> • Primary learning takes place first in a family • Family plays an important role in an individual's development • The "social" aspect of a person refers to social relationships developed through socialization, the family's main task. • 1950s- when the model started • Two types: Family therapy and Family-focused work <ul style="list-style-type: none"> a. Family Therapy <ul style="list-style-type: none"> • Use of systems approach, 	<ul style="list-style-type: none"> • Clients: Families which are coping poorly with communication, problem solving, behavioral issues. • Goal: To modify or change elements in the family system which interferes with management of life tasks of family and its members 	<ol style="list-style-type: none"> 1. Assessment Worker uses tools of ecomap and genogram 2. Treatment Planning Worker can use Family life cycle matrix - Life Cycle Matrix determines at what stage and tasks are the family members in. Matrix helps worker to understand the physical, psychological, social and spiritual needs associated with each life cycle stage. 3. Evaluation 4. Termination 	The Case of Drunken Papa pp. 237-257, Dehn and Cordero (2009)

<p>psychoanalytic theories</p> <ul style="list-style-type: none"> • Can use different models: Communication, Bowenian, Strategic model by Haley and Madanes or Milan systemic school, Structural model by Salvador Minuchin; Solution-focused Model by Erickson, De Shazer. Butler and Powers and Simon. • Can use in combination with other models depending on the case. <p>b. Family-focused work</p> <ul style="list-style-type: none"> • Family-focused work with individuals or family focused treatment or 			
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<p>(family casework) works with an individual member with members involved in the helping process, in pairs (couple) or as a group (whole family with significant others). This is seen in the cases of Maricel, Oscar and Nilo in Lee-Mendoza (2008).</p>			
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6. Task-Centered Model with Groups

<ul style="list-style-type: none"> • Proponents: Laura Epstein and William Reid • “Task” what a client is to do • Characteristics: <ul style="list-style-type: none"> a. Brief and time-limited b. Interventions focus on specific problems agreed by worker 	<ul style="list-style-type: none"> • Clients: Persons in these problem areas <ul style="list-style-type: none"> a. Family and interpersonal relations b. Social role performance c. Effecting social transitions d. Securing resources e. Emotional distress reactive to situation factors 	<ul style="list-style-type: none"> a. Preliminary Interview -During individual interviews, problems are defined, clarified and agreed on. Worker assesses client if he can be helped through group processes. Seeks client’s consent for group membership. b. Group Composition Worker decides membership and size c. Group Formation Members share problems they seek to reduce by 	<p>The case of Oscar, pp. 304-311. Mendoza, 2008)</p>
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<p>and client to work on</p> <p>c. Work is organized around tasks agreed on</p> <ul style="list-style-type: none"> • Features: <ul style="list-style-type: none"> a. Assessment- exploring the problem, environment conditions, problem context, client traits, talents, abilities and problem behaviors b. Case Planning-plan of action to include formal information, actions, resources and agency policies c. Implementation- Contract is made- identifying tasks of client and worker, with firm but flexible goals, problems and tasks. Worker provides resources and instructs client in skills and favorable attitudes, monitors, evaluates progress and arranges 	<ul style="list-style-type: none"> • Goal: Alleviate specific target problems perceived by clients (individuals and groups) 	<p>formulating and accomplishing agreed-on tasks</p> <p>d. Group processes for task accomplishment Worker works with group once tasks have been agreed upon.</p>	
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<p>termination as needed.</p> <ul style="list-style-type: none">• Tasks- state what a client is to do. Tasks are specific, can change in form and contents. Target problems can change sometimes. Worker uses group process in helping members formulate and attain tasks.			
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