



<b>Course Code</b> SOWK 220	<b>Course Title</b> Social Work Methods & Practices I/Mezzo Systems	<b>ECTS Credits</b> 6
<b>Department</b> Social Work	<b>Semester</b> Fall	<b>Prerequisites</b> SOWK-110 The Field of Social Work SOWK-120 Foundations of Social Work Practice SOWK-170 Social Welfare Policy & Services
<b>Type of Course</b> Required	<b>Field</b> Social Work	<b>Language of Instruction</b> Greek
<b>Level of Course</b>	<b>Year of Study</b> 2 <sup>nd</sup>	<b>Lecturer(s)</b> Despina Cochliou
<b>Recommended Optional Programme Components:</b> N/A		

### Objectives of the Course:

The main objectives of the course are to:

- Demonstrate active listening skills while working within the group setting and within the values and ethics of the social work profession.
- Demonstrate ability to respond with cultural sensitivity in the group setting.
- Identify the roles and behaviours of group members as well as group dynamics in operation.
- Demonstrate ability to become a meaningful participant in a group setting.
- Analyse the range of roles where social workers can apply group work knowledge and skills including on interdisciplinary teams, in committee meetings, and as community builders.

**Learning Outcomes:**

After completion of the course students are expected to be able to:

1. Develop social group work advanced generalist skills.
2. Analyse values and ethics underlying social work practice that have implications
3. For social group work practice.
4. Analyse practice variables based on diversity and population risk.
5. Explore concepts and apply principles underlying social group work practice to identify group and individual problems characteristics.
6. Demonstrate the knowledge base from other practice methods and its relevance to group work specifically as they relate to a Black perspective and empowerment.
7. Analyse the relevance of research and small group theory and related social sciences to social group work practice.
8. Develop the differential skill requirements for practice with groups in systems of all sizes.

## **Course Contents:**

### **Introduction to Group Work**

- History of Group Work
- Goals of the method
- Principles & Values
- Experiential Exercise **Theoretical Context**
- The theory behind the practice
- Presentation of theories
- Construct your own theoretical orientation
- Knowledge base of group work
- Experiential Exercise

### **Group Elements**

What is defined as a group

Types of groups

Person & group

The group & main characteristics Goals & Agreement

The social worker's role

The social worker as a therapist Experiential Exercise

### **Group Dynamics**

- The development of helpful group dynamics
- Group cohesion
- Social integration and influence

- Experiential Exercise

#### **Leadership and Power**

- Theories of group leadership
- Factors influencing group leadership
- Effective leadership
- An interactional model of leadership
- Group leadership skills
- Co-leadership

#### **Planning the Group**

- Elements of Task Groups
- Elements of Treatment Groups
- Attracting & Screening members
- Guidelines for announcing a group & recruiting
- Practical considerations in forming a group
- Group composition
- Group size
- Frequency & Duration of meetings
- Setting the rules
- Experiential Exercise

#### **Initial Stage of a Group**

- Group characteristics at the initial stage
- Creating trust: social worker's role
- Identifying and clarifying goals
- Group norms
- Help the members get the most from a group experience
- Experiential Exercise **Treatment**

#### **Groups: Foundation Methods**

- Middle stage skills
- Structuring the group's work
- Involving and empowering
- Helping members achieve their goals
- Working with reluctant and resistant members
- Monitoring and evaluating

#### **Treatment Groups: Specialised Methods**

- Intervening with groups
- Intervening with the group as a whole
- Changing the group environment

#### **Task Groups: Foundation Methods**

- The Ubiquitous Task Group
- Leading Task Groups
- Model for Effective Problem Solving
- **Task Groups: Specialised Methods**
- Small Organisational Groups

- Methods of Working with Community Groups

**Ending a Group**

- Tasks for the final stage: Consolidation of Learning
- Termination of the group experience
- Evaluation of the group experience

**Learning Activities and Teaching Methods:**

Lectures, Experiential Exercises and Assignments.

**Assessment Methods:**

Homework, Mid-Term, Final Exam.

**Required Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publishe</b>	<b>Year</b>	<b>TSB</b>
Katsoridou-Papadopoulou, K	Social Work with Groups	ION	2006	

**Recommended Textbooks/Reading:**

<b>Authors</b>	<b>Title</b>	<b>Publishe</b>	<b>Year</b>	<b>TSB</b>
Toseland R.W. & Rivas R. F.	<i>An Introduction to Group Work Practice</i>	Allyn & Bacon	2005	
Corey S. M. and Corey G	<i>Groups: Process and Practice</i>	Brooks/Cole	2002	