

Social Work Methods

Social work methods:

Social work operations were practised in a haphazard and informal manner without taking into account the scientific and organisational framework. The emergence of methods adopted in the application of social work strategies helped to develop these processes and gave them a scientific and technical character that benefited them in the guidance, counselling and treatment that specialists rely on in studying and organising societies and solving their problems. Three types of approaches can be identified in social work:

- Developmental Approach - Preventive Approach - Therapeutic Approach

First: Developmental approach

The developmental approach, also called the formative or constructive approach, contains the correct procedures and processes that lead to the development of the abilities of ordinary individuals to increase their competencies, whether psychological, professional or social. It focuses on nurturing and guiding the proper development and elevating the individual's behaviour to the highest possible degree of success... This is done by knowing, understanding and accepting oneself and setting healthy goals in life. It is also done by studying aptitudes, abilities and potentials to direct them properly by nurturing the manifestations of personal growth physically, mentally and socially.

The importance of the developmental approach:

The importance of the developmental curriculum varies and lies in the following:

- It is based on services, guidance and counselling.
- It works to increase the efficiency of the individual
- It includes procedures aimed at the normal and sound growth of normal and normal individuals during their developmental stages until they reach the highest possible level of maturity, psychological health, happiness, adequacy and psychological compatibility.
- It achieves knowledge, understanding, self-acceptance, growth of self-concept, setting sound life goals and a successful lifestyle by studying preparations, abilities and potentials.

- Proper guidance psychologically, educationally and professionally by nurturing the physical, mental, social and emotional aspects of personal development.

Pillars of the developmental approach:

The developmental approach occupies an important place in the social work process and plays a major role in guiding and guiding society through:

- Strengthening, enhancing and maintaining individual competence and psychological and social compatibility.
- Increasing the sense of social responsibility and thus increasing the desire to participate in various social services at various levels and directions.
- Dealing with growth and maintaining it to obtain a great degree of maturity and development.
- Supports and nurtures healthy behaviour.
- It builds on self-acceptance according to the preparations, abilities and potentials that will achieve the well-being of individuals and the development of society if they are directed and optimally utilised.
- It builds individuals and guides their behavioural patterns during their developmental stages in return for their achievement motivation, thus promoting the various public areas of society.
- Gives individuals and organisations an equal and fair right to express their real needs.
- It leads to rapprochement between members through the trust formed between specialists and clients at the level of various scientific, political, economic, religious and social levels, which increases the degree of strength and unity of society and thus facilitates the difficulties and crises that prevent the achievement of the desired developmental goals.

II: The preventive approach

The preventive approach works by guiding individuals in public and practical life, and this approach occupies a place in guidance and counselling. It is sometimes called the method of psychological immunisation against problems, disorders and diseases. This approach is concerned with the healthy before the sick in order to prevent the occurrence of psychological issues, disorders and diseases, reduce the causes that lead to them, and detect behavioural and

emotional issues in their early stages, making it easier to address and confront them. It is concerned with educating parents on how to deal with their children, while not overlooking the role of other upbringing institutions in society. On this basis, the preventive approach focuses heavily on the childhood stage because of its importance in achieving proper development, as well as the family as the first institution in socialisation.

The preventive approach is based on a set of basic steps:

- Work to prevent the occurrence of the problem or disease by immunising the individual and society against any threatening disorder.
- Attempting to diagnose.
- Trying to limit the impact on the individual by developing preventive plans that guide the behavioural patterns of individuals and the consumption patterns of institutions and determine the possibility of improving their performance according to a structured structure governed by specific legal rules, with the aim of avoiding any problems or disorders that may occur as a result of misuse and misdirection.

Procedures of the preventive approach:

This approach utilises several procedures:

- Psychological preventive measures: It is concerned with the psychological aspect and includes nurturing normal psychological development, the development of basic skills, family and professional spiritual compatibility, supporting individuals during critical periods, etc.
- Biological prevention measures: It includes taking care of the general health of individuals and their physical aspects.
- Social prevention measures: This includes scientific study and research, evaluation, follow-up and scientific planning of preventive measures at the level of institutions and organisations.

III: The therapeutic approach

It includes all services that aim to help the individual to treat his/her issues and return to a state of harmony and mental health. This approach is concerned with the use of scientific and specialised methods, methods and theories in dealing with issues in terms of diagnosis, studying the causes and methods of treatment carried out by specialists in the field of guidance and counselling.

Methods of the therapeutic approach in social work:

The therapeutic methods are based on two main bases:

- Cognitive or intellectual methods that require knowledge, such as helping to identify the goals of the intervention process, helping to identify the difficulties facing the patient, clarifying the concepts and terms used in the work, interpreting and explaining the patient's behaviours and their results, and clarifying feelings and emotions.
- Practical or actual methods that require action and are directly related to the process of helping the patient solve his/her issues, including encouraging the patient to talk and express his/her opinions, thoughts and feelings, while searching for facts through the social worker's adoption of question marks such as: When? How? Where? Why? Emotional involvement, eliciting feelings and providing the opportunity for expression. The social worker can also use body feedback techniques, relaxation training and role-playing, which are therapeutic tools that allow the patient to link his/her emotional state to physical changes.

Obstacles to social work approaches:

Although social work approaches seek to improve the social status of individuals, it must be recognised that they face a number of obstacles that prevent them from achieving their objectives, the most important of which are:

- These approaches require considerable time, effort and money, especially when applying the therapeutic approach.
- The success rate of preventive, developmental and especially therapeutic approaches is not 100%. In the therapeutic approach, the therapist may fail to achieve the therapeutic purpose, especially if the treatment is started too late.
- The difficulty of providing the necessary counselling and treatment centres.
- Difficulty in collecting the right information about the real needs and requirements of the community.
- Opportunities for participation are not clear and tangible enough to be easily recognisable to the community, as opposed to the unwillingness of individuals to take a position of participation in the processes of change and treatment.

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