

**SEMESTER 4th
(SOCIAL WORK)**

MAJOR/MINOR COURSE

SWKC1422M

**FOUNDATIONAL COURSE
CREDITS (6): (4– THEORY) + (2– TUTORIALS)**

SOCIAL CASE WORK: WORKING WITH INDIVIDUALS

COURSE OBJECTIVES:

1. To understand Case Work as a Method of Social Work.
2. To understand the Case Work process and its components.
3. To understand the different settings in which case work is an appropriate method of Social Work practice.

COURSE LEARNING OUTCOMES:

1. Knowledge of the psycho social process of Social Work intervention.
2. Wholistic understanding of the helping nature of Social Work profession.
3. Knowledge about the essential ethics of Social Work practice.
4. Enhanced understanding of the basic concepts, skills, tools, techniques and process of case work.
5. Equipped and ready to work as a social case worker in the development sector.

UNIT I: Understanding the Social Worker and Client Relationship (16 Hours)

1. The Psychosocial Process
2. The helping process of Social Work Profession
3. Relationship in Social Work profession (Characteristics, Purpose and Concern, Impediments to Relationship)
4. Ethical Considerations in Social Work and Client relationships (Confidentiality, Self Knowledge, Client Involvement, Authority and multiple worker relations)

UNIT II: Introduction to Casework (16 Hours)

- Social Case Work: Evolution
- Case Work as Method of Social Work
- Values & Assumptions underlying Casework Practice
- Major Principles of Social Casework

UNIT III: Process of Case Work (16 Hours)

- Components of Social Case Work;
- Intake and Study;
- Assessment and Intervention;
- Termination and Evaluation.

UNIT IV: Techniques of Case Work (15 Hours) (16 Hours)

- Rapport Building and Relationship;
- Listening, Observation;
- Communication;
- Recording, Reporting.

TUTORIALS {2 Credits}

(32 Hours)

Tutorials with duration of 32 Hours shall be based on the assignments given to course. Field tour and report, book review, discussion on select readings, screening of documentaries and other feasible activities that the tutor deems relevant for the course. The focus of the tutorials will be as under:

1. Identify your classmate's psycho social issues.
2. Prepare a list of questions to be asked in the intake, study and suggested interventions stage.
3. Develop a socio- demographic and psycho social profile of the client.
4. List the challenges and limitations faced in your case work experience and suggest remedies thereof.

READINGS:

1. Beistek, F.P. (1957) *The Casework Relationship*. Chicago: Loyola University Press.
2. Hamilton, G. (2013). *Theory and Practice of Social Case Work*. New Delhi: Rawat.
3. Mathew, G. (1992) *An Introduction to Social Casework*. Bombay: Tata Institute of Social Sciences
4. Pearlman, H.H. (1957) *Social Casework: A Problem-Solving Process*. Chicago: The University of Chicago Press.
5. Singh, A. P. & Girotra, T. (2018) *Case Records in Social Work*. Lucknow, India: Rapid Book Service.
6. Skidmore, R.A. & Thakhary, M. G. (1982) *Introduction to Social Work*. New Jersey: Prentice Hall.
7. Timms, N. (1964) *Social Casework: Principles and Practice*. London: Routledge and Kegan Paul.
8. Upadhayay, R. K. (2003). *Social Case Work: A Therapeutic Approach*. Jaipur: Rawat Publications.
9. Younghusband, E. (1966) *New Development in Casework*. London: George Allen and Unwin.

SEMESTER 4th
(SOCIAL WORK – MAJOR)

SWKC3422M

SPECIALISED COURSE

CREDITS (6): 4 (THEORY) +2 (TUTORIALS)
COUNSELLING FOR SOCIAL WORK PRACTICE

COURSE OBJECTIVES:

1. To understand the relevance and scope of counselling in Social Work practice.
2. To have sound knowledge of the counselling process and techniques.

COURSE LEARNING OUTCOMES:

1. Sound knowledge of the core and basis of counselling, including what it is, why it works in social work practice, and how it is customized to individual needs.
2. Strengthened foundational skills as counsellors serving across different settings.
3. Achievement of significant personal development toward becoming strong, effective therapeutic agents for the clients.

UNIT I: Introduction to Counselling **(16 Hours)**

1. Concept, Definition and dimensions of counselling
2. Need of Counselling with the client
3. Goals of Counselling
4. Scope of Counselling in Social Work Profession

UNIT II: The Counselling Process **(16 Hours)**

1. Steps in Counselling Process (Marjorie Neslon and Egan)
2. Preparatory Stage, Exploratory Stage.
3. Planning Stage, Action Stage.
4. Evaluation and Termination Stage.

UNIT III: Counselling Techniques- I **(16 Hours)**

1. Concept of Supportive Techniques
2. Ventilation, Catharsis, Clarification, Education,
3. Guidance and Suggestion, Environmental Manipulation, Externalisation of Interests.
4. Pursuit of pleasure, Utilization of Social Support, Exercise and Meditation.

UNIT IV: Counselling Techniques- II **(16 Hours)**

1. Concept of Behavioural Techniques
2. Behaviour Modification, Systematic Desensitization, Exposure and Response Prevention (ERP), Flooding.
3. Operant Conditioning, Shaping, Chaining, Covert Conditioning, Observational Learning.
4. Contingency Management, Assertiveness Training, Aversion therapy, Bio feedback.

TUTORIALS {2 Credits}

(32 Hours)

Tutorials with duration of 32 Hours shall be based on the assignments given to course. Field tour and report, book review, discussion on select readings, screening of documentaries and other feasible activities that the tutor deems relevant for the course with focus on the following areas of counselling.

I: Counsellor as Professional

1. Qualities of counsellor
2. Socio-Cultural aspects of counselling
3. Burnout: Causes, & Remedies
4. Code of ethics

II: Counselling in various settings

1. Family
2. School
3. Hospital
4. Workplace

Readings:

1. Antony, J. (2001) *Principles and Techniques of Counselling*. Tamilnadu: Dindigul , Anugraha Publications.
2. Antony, J. (2003) *Skills of Counselling*. Tamilnadu: Dindigul , Anugraha Publications.
3. Antony J. (2001) *Dynamics of Counselling*, Tamilnadu: Dindigul , Anugraha Publications.
4. Cochran, J. L. & Cochran, N. H. (2006) *The heart of counselling: A guide to developing therapeutic relationships*. Belmont, CA: Thomson Brooks/Cole.
5. Martin, D. G. (2000) *Counselling and therapy skills*. (2nd ed.). Prospect Heights, IL: Waveland Press.
6. Nelson J. R. (2008) *Basic Counselling skills*. New Delhi, Sage Publication.
7. Patterson, L. E. (2004) *The Counselling Process*. Bangalore: Eastern press.
8. Rao, S. N. (1992) *Counselling and Guidance*. New Delhi: Tata McGraw Hill Publishing company.
9. Rogers, C. R. (1951) *Client-Centred Counselling*. Boston: Houghton-Mifflin.
10. Rao, N (1981) *Counselling Psychology*. Bombay: Tata McGraw Hill

SEMESTER 4th
(SOCIAL WORK – MAJOR)
SWKC2422M **ADVANCED COURSE**

CREDITS (6): (4 – THEORY) + (2 – TUTORIALS)
SOCIAL WORK: FAMILY, WOMEN AND CHILD WELFARE

COURSE OBJECTIVES:

1. To understand family as a unit of society that needs strengthening and redressal of psycho social issues.
2. To understand the needs of individuals and vulnerabilities of women and children in the society.

COURSE LEARNING OUTCOMES:

1. Development of a perspective of the needs and problems related to Family, Women and Children.
2. Sound knowledge regarding programs and Policies related to Family, Women and Children.
3. Enhanced skills of dealing with problems related to Family, Women and Children.

UNIT I: Family and Its Dynamics **(16 Hours)**

1. Family: Concept & Functions
2. Family as a social system and Types of Family
3. Marriage: Meaning and Purpose, Family Life Cycle
4. Implications of family for Social Work professionals

UNIT II: Women Welfare **(16 Hours)**

1. Status of women in India and problems faced by women.
2. Concept of Reproductive and Child health
3. Women Empowerment (Economic, Social, Political)
4. Institutional mechanisms (National Commission for Women, & One Stop Centre)

UNIT III: Child Welfare **(16 Hours)**

1. Problems faced by children and the concept of child welfare
2. United Nations Convention on the Rights of the Child – 1989
3. Global Agencies for Child Welfare (UNICEF, ICDC, CRIN)
4. Juvenile Justice (Care & Protection) Act 2015

UNIT IV: Role of Social Worker in Child Care Settings **(16 Hours)**

1. Foster Care, Residential Care
2. Adoption, Juvenile Homes
3. Care of Children with disabilities
4. School Social Work

TUTORIALS {2 Credits}**(32 Hours)**

Tutorials with duration of 32 Hours shall be based on the assignments given to course. Field tour and report, book review, discussion on select readings, screening of documentaries and other feasible activities that the tutor deems relevant for the course with focus on the following areas of family welfare:

1. Family problems in modern world
2. Women's political participation in Indian Scenario
3. Constitutional safeguards for child welfare
4. Vulnerabilities of women and children

READINGS:

1. Berk, L. E. (1996) *Child Development*. New Delhi: Prentice Publications.
2. Brook, E & Davis, A. (1985) *Women, the Family and Social Work*. London: Tavistock Publications.
3. Govt. of India, (1974) *Towards equality – A Report of the Committee on Status of Women in India*, Delhi:
4. Jha, U. S. & Pujari, P. (1996) *Indian Women Today*. Volume I & II. New Delhi: Kanishka, Publications.
5. Kuppaswamy, B. (1990) *Child Behaviour and Development*. New Delhi: Konark Publications.
6. Kumar, R. (1988) *Child Development in India*. Volume I & II. New Delhi: Ashish Publishers.