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SOWK 487
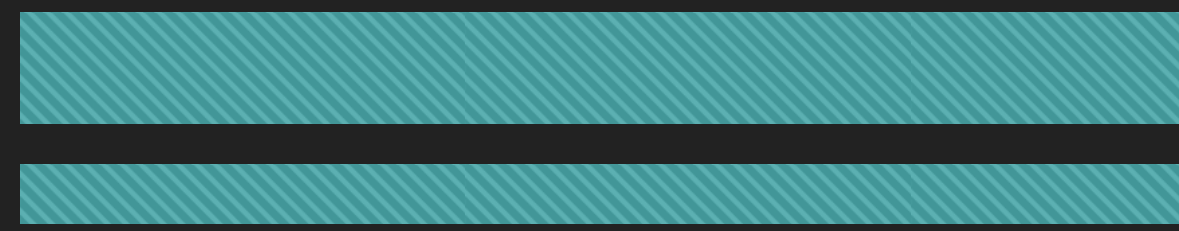Spring 2025

IN SOCIAL WORK

EMPOWERMENT GROUPS

AGENDA

▸ Family Treatment Modality Research Presentations

▸ Empowerment theory and group work

▸ Midterm Feedback

A-03:

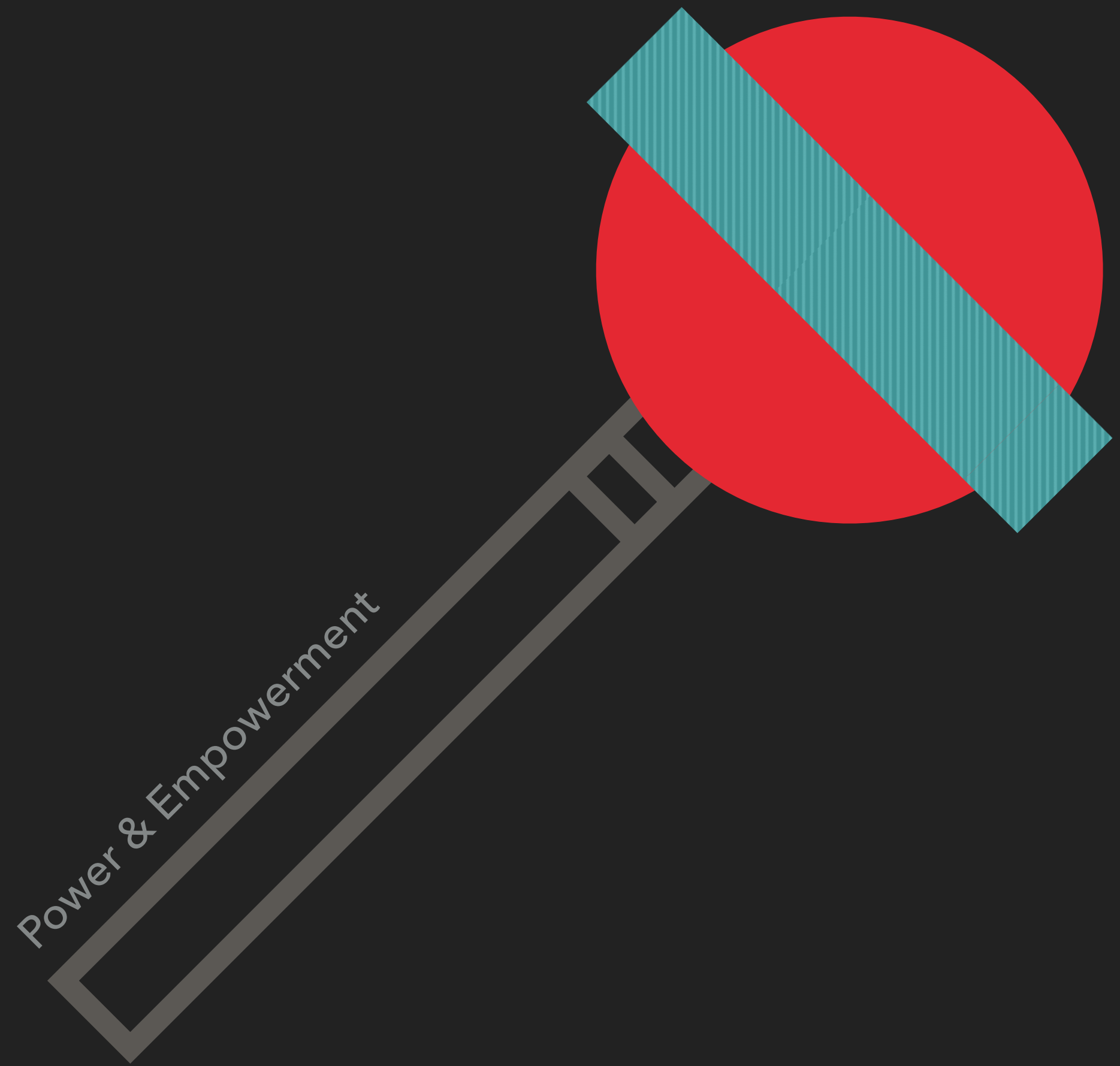# FAMILY TREATMENT MODALITY RESEARCH PRESENTATIONS

Pinky and
The Brain
Theme Song

WHAT WOULD YOU DO

$1 MILLION

(Berks County Transition, 2012)

Power & Empowerment

PRINCIPALS OF EMPOWERMENT THEORY

1. All oppression should be fought

2. A systematic understanding of oppression must be maintained

3. People are capable of empowering themselves

4. People need to connect with others to work on empowerment

5. Clinician and the client share power

PRINCIPALS OF EMPOWERMENT THEORY

6. Client centered with the client being encouraged to tell own story & develop own goals

7. Client as "victor not victim"

8. Social change is goal, not symptom reduction.

9. Clinicians must examine how their practice may disempower clients

10. Clinician may need to be socially and politically active to address mezzo and macro needs [local, national, global issues]

STEP 1: SELF-EFFICACY

The first step in empowerment theory is the empowering of the client. This means helping them to gain self-efficacy. This can be done by the following:

‣ Skill building

‣ Gaining self-awareness

‣ Learning to navigate systems

STEP 2: CRITICAL CONSCIOUSNESS

The second step in empowerment theory is connecting the client to the "bigger picture." This means helping them to gain a critical consciousness about oppression and obstacles. Some examples of this are as follows:

‣ Identifying barriers

‣ Defining power

‣ Connecting the client to a group

‣ Letting them know they aren't alone

STEP 3: SOCIAL CHANGE

The third step in empowerment theory is creating more significant social change. The following are some possible ideas:

‣ Creating policy and or legal changes

‣ Having the client act as a mentor

‣ Connecting to another activity that allows them to make social change

INTERVENTION/COLLABORATIVE ACTION

PLANNING

CONSCIOUSNESS RAISING / CONSCIENTIZATION

SOCIAL / COLLECTIVE ACTION

EMBEDDEDNESS IN THE COMMUNITY

(Garvin et al., 2017)

INTERVENTION/COLLABORATIVE ACTION

PLANNING

CONSCIOUSNESS RAISING / CONSCIENTIZATION

SOCIAL / COLLECTIVE ACTION

EMBEDDEDNESS IN THE COMMUNITY

- ‣ Inclusive to all participants

- ‣ Clear understand purpose of the group

- ‣ Dual focus of group

- ‣ Involves risk

- ‣ Takes time

INTERVENTION/COLLABORATIVE ACTION

PLANNING

CONSCIOUSNESS RAISING / CONSCIENTIZATION

SOCIAL / COLLECTIVE ACTION

EMBEDDEDNESS IN THE COMMUNITY

This is when the start of the collaborate action...

‣ Mutual aid model

‣ Developing actions to address needs expressed

INTERVENTION/COLLABORATIVE ACTION

PLANNING

CONSCIOUSNESS RAISING / CONSCIENTIZATION

SOCIAL / COLLECTIVE ACTION

Implement the actions to address expressed needs

EMBEDDEDNESS IN THE COMMUNITY

INTERVENTION/COLLABORATIVE ACTION

PLANNING

CONSCIOUSNESS RAISING / CONSCIENTIZATION

SOCIAL / COLLECTIVE ACTION

EMBEDDEDNESS IN THE COMMUNITY
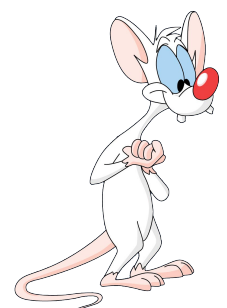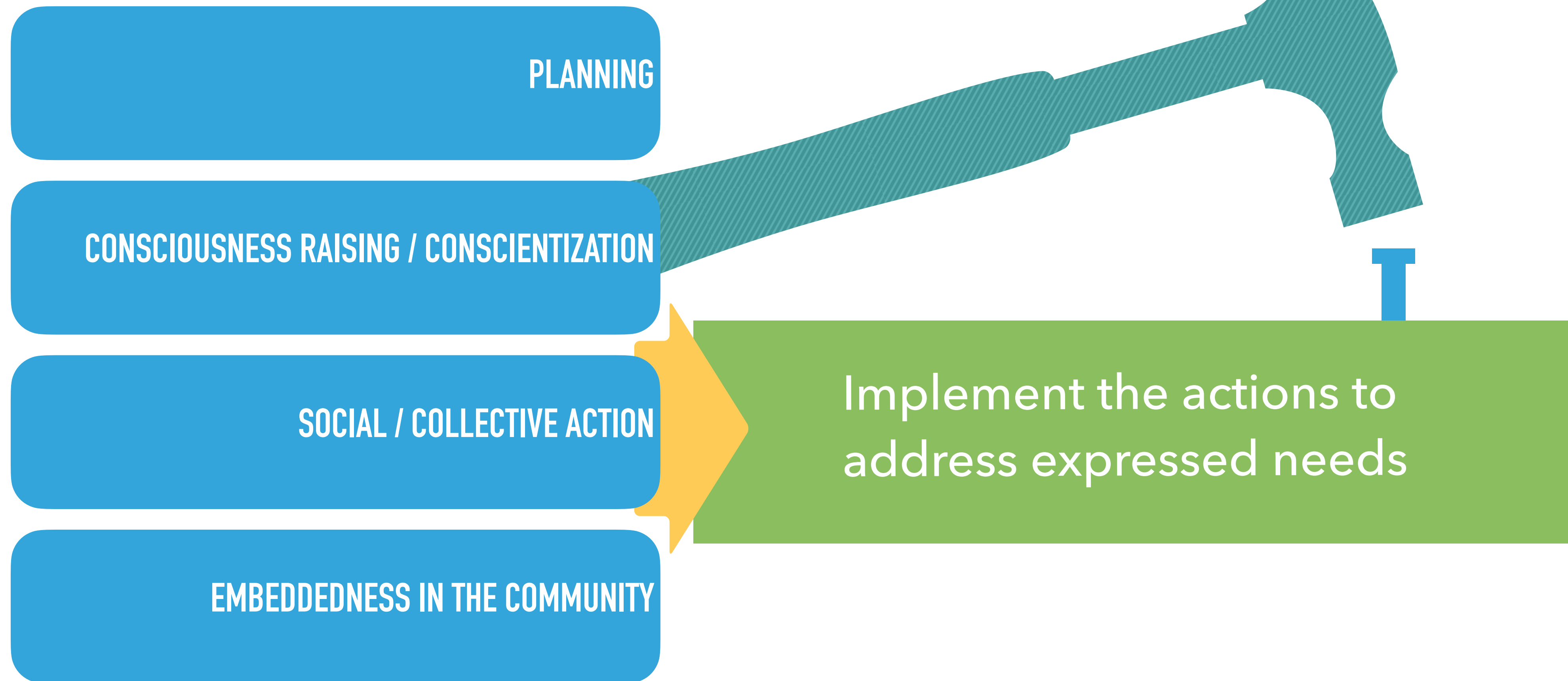
‣ Poststage portion of the group

‣ What does it look like when you are finished or end

‣ How do we consolidate changes made

(Garvin et al., 2017)

DR. ANDREA MONTGOMERY DI MARCO, PH.D.

▸ How a Group of Refugee-immigrant Women Living in the Diaspora in Metro-Vancouver Define Flourishing and Experience Participatory-Hospitality: A Feminist Participatory Action Research

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Photo from Jimmy Jeong/The Globe and Mail

MIDTERM COURSE FEEDBACK

PLEASE COMPLETE

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