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ARE YOU
PONDERING WHAT
I'M PONDERING?



SOWK 487
Spring 2024

THEORETICAL FRAMEWORKS

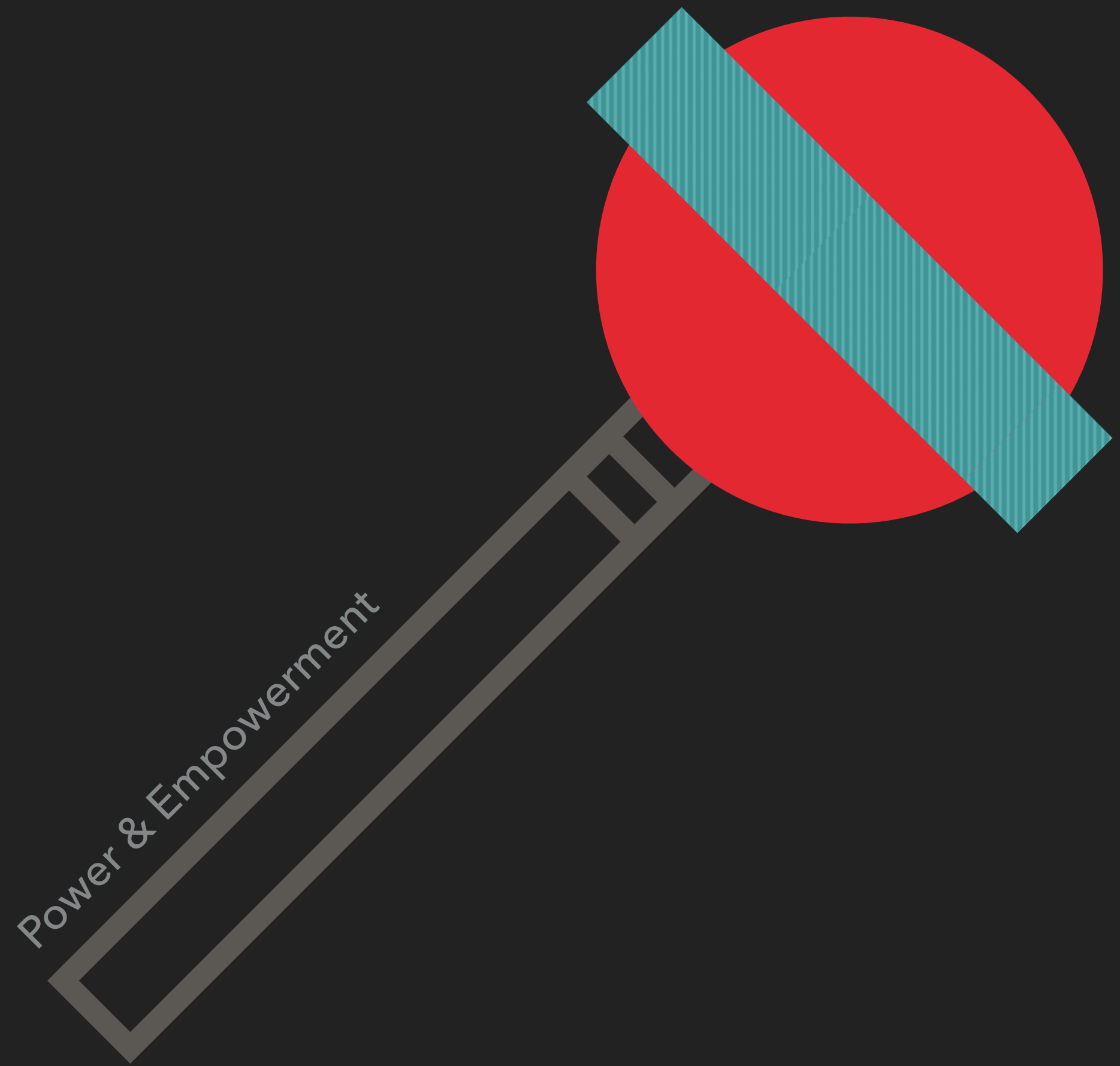
IN GROUP FACILITATION

ACME
LABS

STEVEN SPIELBERG PRESENTS

PINKY and
the BRAIN

Pinky and
The Brain
Theme Song



WHAT WOULD YOU DO

\$1 MILLION

(Berks County Transition, 2012)



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EMPOWERMENT

WHAT IS IT?
WHY IT'S IMPORTANT?
HOW WE DO IT?

I AM NO BIRD; AND NO NET
ENSNARES ME: I AM A FREE
HUMAN BEING WITH AN
INDEPENDENT WILL



— Charlotte Brontë, *Jane Eyre*

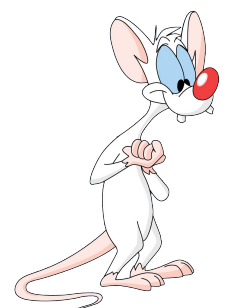
PRINCIPALS OF EMPOWERMENT THEORY

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 larger 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

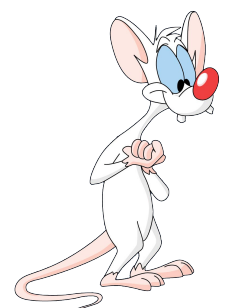
EMBEDDEDNESS IN THE COMMUNITY



INTERVENTION/COLLABORATIVE ACTION



- ▶ Inclusive to all participants
- ▶ Clear understand purpose of the group
- ▶ Dual focus of group
- ▶ Involves risk
- ▶ Takes time



INTERVENTION/COLLABORATIVE ACTION

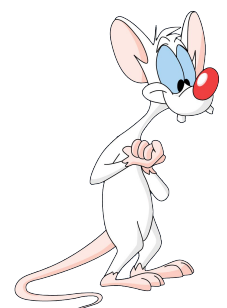
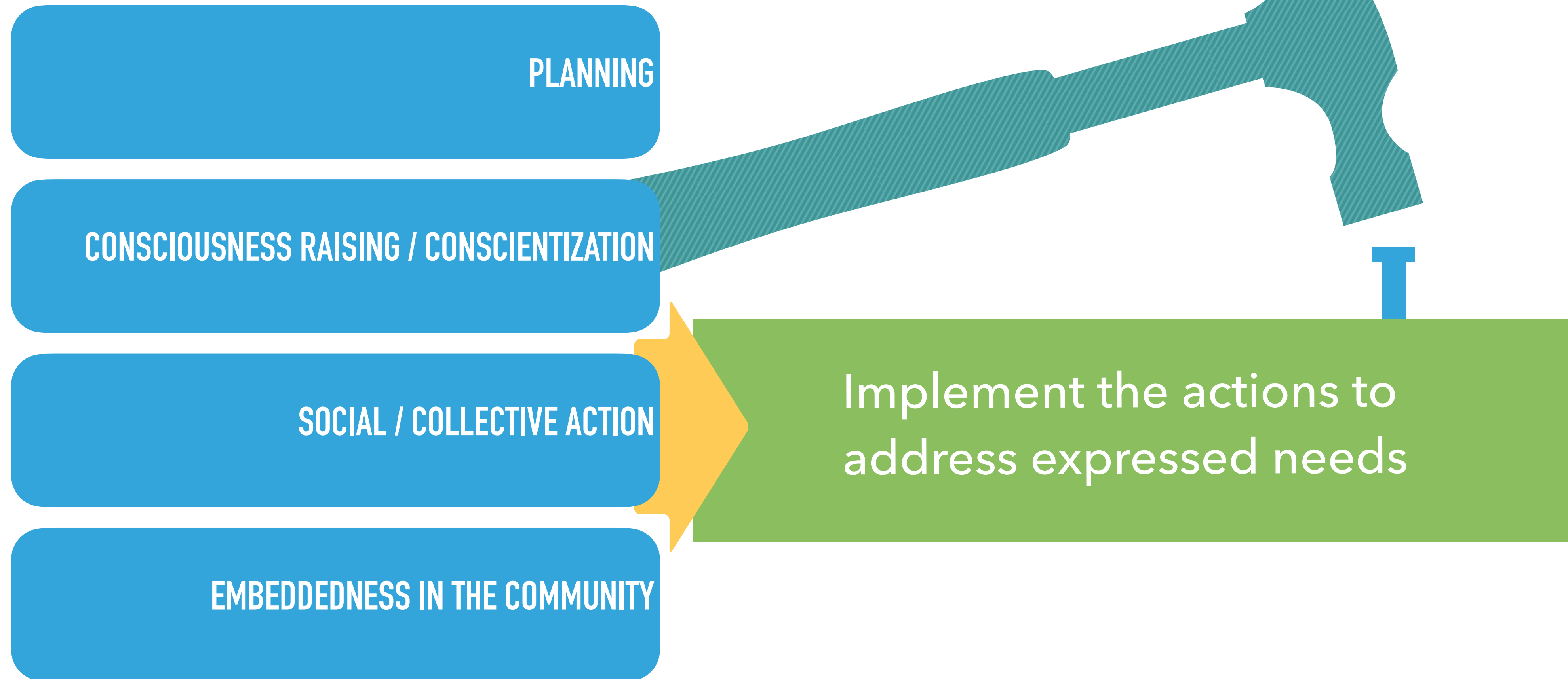


This is when the start of the collaborate action...

- ▶ Mutual aid model
- ▶ Developing actions to address needs expressed



INTERVENTION/COLLABORATIVE ACTION



INTERVENTION/COLLABORATIVE ACTION



- ▶ Poststage portion of the group
- ▶ What does it look like when you are finished or end
- ▶ How do we consolidate changes made



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

