



ARE YOU  
PONDERING WHAT  
I'M PONDERING?



THEORETICAL AND PHILOSOPHICAL

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FOUNDATIONS OF GROUPS

PART II

ACME  
LABS

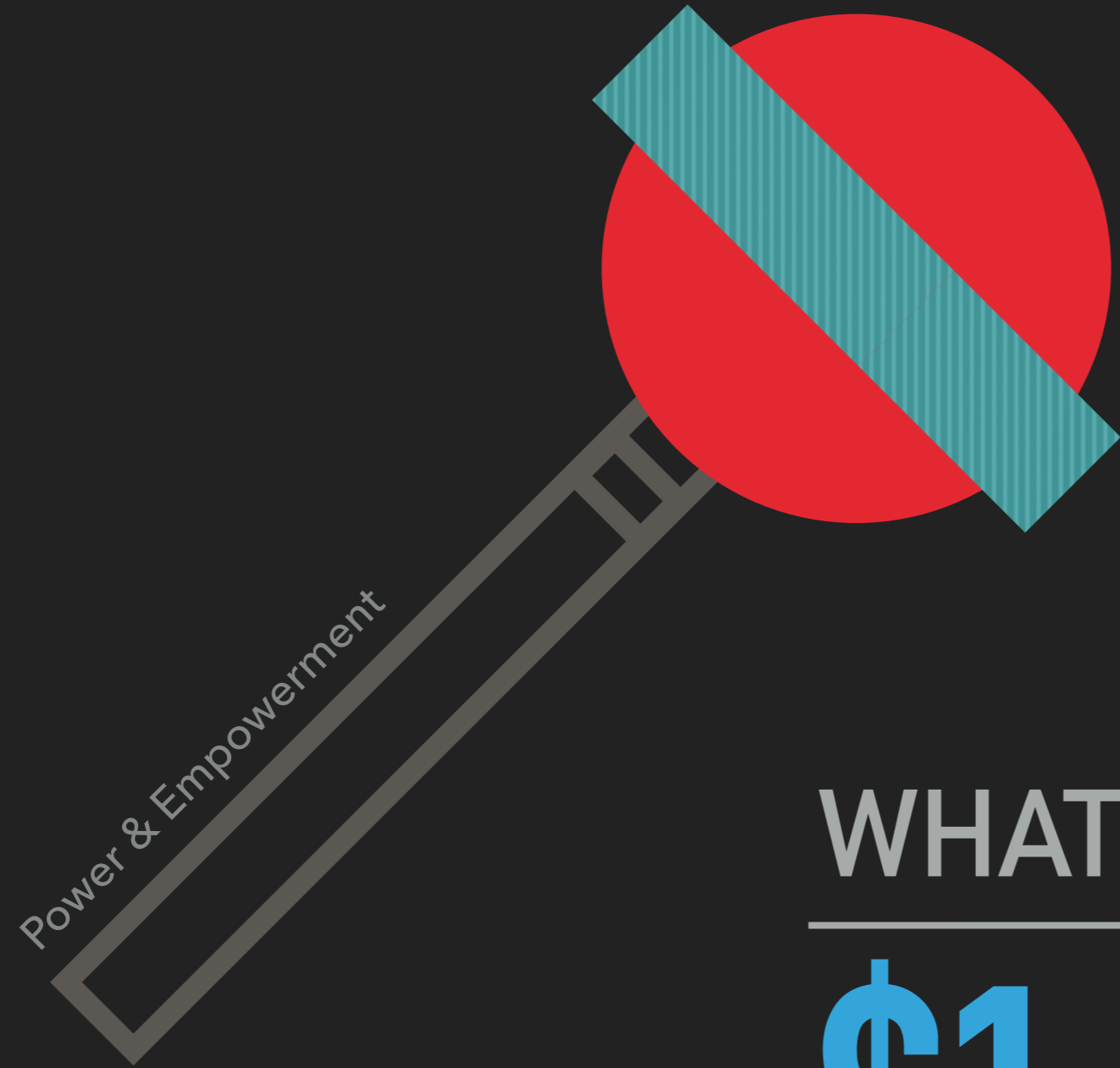
STEVEN SPIELBERG PRESENTS

PINKY and  
the BRAIN

# AGENDA

- ▶ Empowerment theory
- ▶ Ethics and social justice





# WHAT WOULD YOU DO

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# \$1 MILLION

(Berks County Transition, 2012)



Jacob Campbell, MSW  
Heritage University

Foundations of Groups Part II

SOWK 487  
Fall 2018



## 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

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

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

CONSCIOUSNESS RAISING / CONSCIENTIZATION

- ▶ Mutual aid model

SOCIAL / COLLECTIVE ACTION

- ▶ Developing actions to address needs expressed

EMBEDDEDNESS IN THE COMMUNITY



# INTERVENTION/COLLABORATIVE ACTION

PLANNING

CONSCIOUSNESS RAISING / CONSCIENTIZATION

SOCIAL / COLLECTIVE ACTION

EMBEDDEDNESS IN THE COMMUNITY

Implement the actions to address expressed needs



## 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



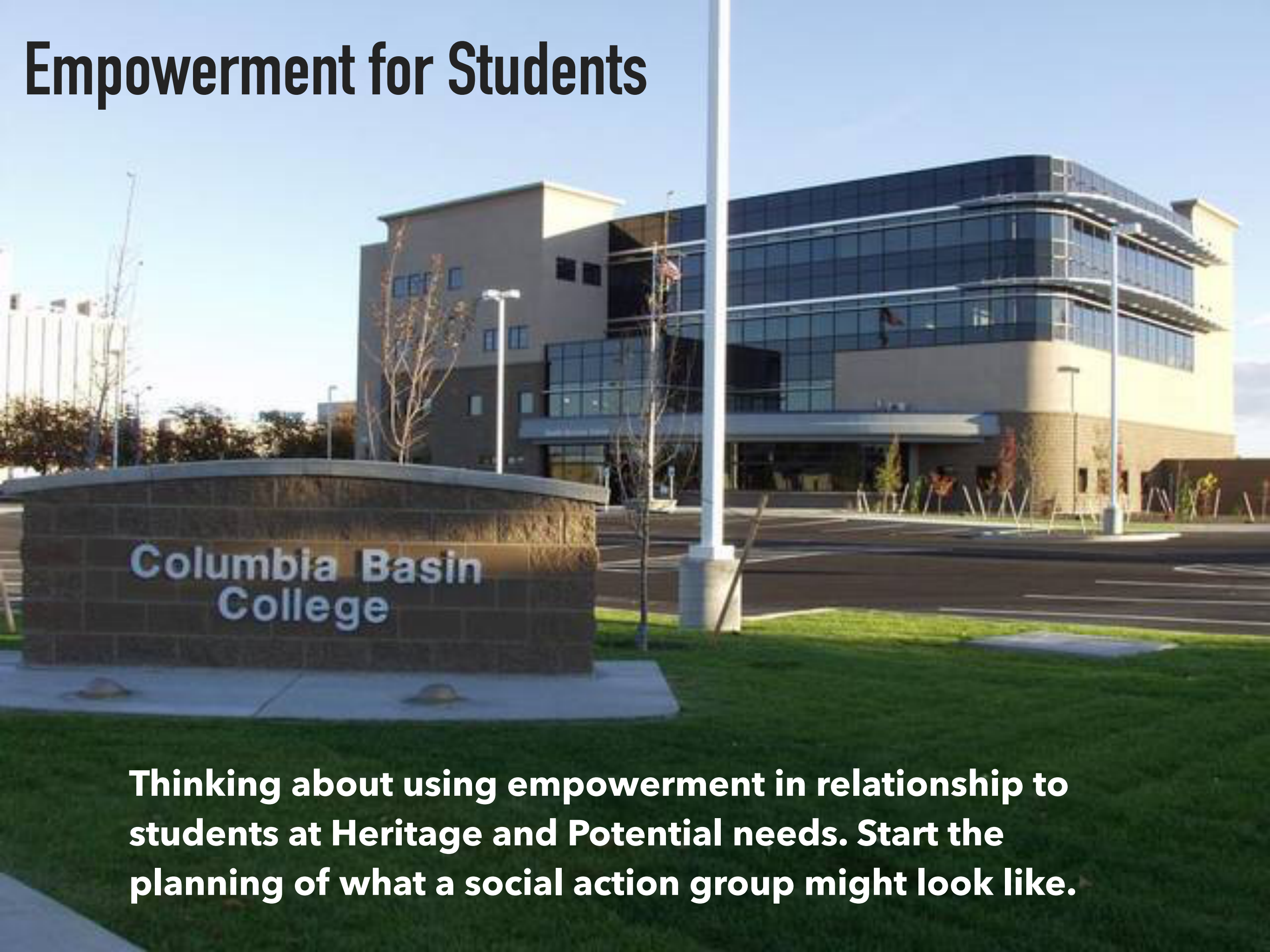
# DR. ANDREA MONTGOMERY DI MARCO, PH.D.

- ▶ 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





# Empowerment for Students

A photograph of Columbia Basin College. In the foreground, a large, dark stone sign with the college's name is set on a concrete base. Behind it is a modern, multi-story building with a mix of brick and large glass windows. The scene is set outdoors on a clear day with a blue sky and some trees in the background.

Columbia Basin  
College

**Thinking about using empowerment in relationship to students at Heritage and Potential needs. Start the planning of what a social action group might look like.**

## TASKS IN THE EVENT OF AN ETHICAL DILEMMAS

- ▶ Identify ethical issues
- ▶ Determining appropriate help
- ▶ Thinking critically
- ▶ Managing conflict
- ▶ Planning and implementing decisions
- ▶ Evaluating and follow-up



# UNDERLYING VALUES ORIENTATIONS FOR SOCIAL JUSTICE GROUP WORK

**Solidarity**

**Tolerance**

**Inclusion**

**Trust**

**Cultural Humility**

**Empowerment**

**Shared  
leadership**

