

Tribhuvan University
Faculty of Humanities and Social Sciences

Bachelor of Arts in Social Work (BASW)

Courses of Study 2019

Tribhuvan University
Faculty of Humanities and Social Sciences

DEPARTMENT OF SOCIAL WORK

Kirtipur, Kathmandu, Nepal

Phone: 01-4333688

2019



Bachelor of Arts in Social Work

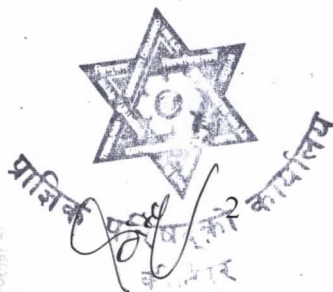
Bachelor of Arts in Social Work is a four year academic program under Faculty of Humanities and Social Sciences of Tribhuvan University. Major aim of this program is to produce generalist social workers to fulfill the need of contemporary Nepal as well as the world. In order to achieve this goal, it offers altogether 8 papers including compulsory field work, research work, academic writing and report writing courses in different semesters. These courses, apart from core courses of social work, also include various required courses from related disciplines, and some optional courses in the third and fourth year including some specialization courses. In addition, there are few compulsory courses such as Nepali, English, Nepal Studies, and Academic Writing.

Objectives

The overall objective of the courses of bachelor level is to impart up-to-date knowledge of the basic theories and methods of Social Work to the students along with skills developed through intensive field-work. The main objective is to provide general skilled human resources for social work in the context of Nepal. In addition, it also aims to inculcate in the students the spirit of human rights and social justice. Thus, the overall objective of this level is to produce skilled human resource through developing professional skills among the students of this discipline at a par with those of other countries.

In specific the bachelor level Social Work program aims to develop the following:

- Understanding of the basic concepts of Social Work; principles, methods, and practice.
- Carry out research to identify the problems faced by the community people and possible solutions to those problems.
- Developing ability to identify major social problems in the context they are situated.
- Managing and utilizing the service system to solve the problem among those affected people.
- Developing self-awareness in relation to one's own capability responding to problem situations.



A handwritten signature in blue ink.

Admission Criteria

A student holding a higher secondary level degree (+2, PCL or any) in any of the subjects recognized by Tribhuvan University is considered eligible to apply for admission at bachelor level.

An applicant seeking admission to Bachelor in Social Work may appear in an Entrance Examination, if provisioned, of one hour's duration conducted by the Office of the Dean, Faculty of Humanities and Social Sciences, Tribhuvan University or managed by Department of Social Work. The students who pass the Entrance Examination, if provisioned, will get an opportunity of getting admission in the campus/college of their choice if possible, otherwise he/she will be assigned to a particular campus/college. The applicant who fails to appear in the Entrance Examination or to obtain a minimum qualifying score will not be given admission. Admission of the students will be based strictly on the merit list and on the enrollment quota; as per rule of FOHSS, TU, based on approval provided to the Campus/College through Dean's Office. However, Dean's Office in coordination with Department of Social Work may apply any relevant and feasible policy for enrollment in BASW.

Course Effective Date

This course of BASW will be implemented as soon as the course is approved by the concerned authority of Tribhuvan University. After the implementation of 4 years BASW program there won't be three years BA program running under FOHSS, TU.

Duration of the Course and Examinations

The duration of the course is of four academic years. There will be a final examination, in each year, at the end of each year. Regularity of the students will be an important and primary criteria to be eligible to appear in the internal as well as final examination.

Approval Criteria for Implementing BASW Program

Since the BASW is four years' annual program it requires some pre-conditions to run this program. At least 3 faculties with MSW or equivalent degree approved by Tribhuvan University and a Computer Lab with at least 25 computers are the necessary pre-conditions to run this program.



सामाजिक
न्याय
सामाजिक
शान्ति
वि. वि., कतिपुर

Distribution of Courses by Years

First Year

Paper	Code No.	Title of Course	Full Marks	Remarks
1.	SW 421	Introduction to Social Work	100	Required
2.	SW 422	Basic Sociology for Social Work	100	

Second Year

Paper	Code No.	Title of Course	Full Marks	Remarks
3.	SW 423	Basic Psychology for Social Work	100	Required
4.	SW 424A	Social Case Work Practice	50	
	SW 424B	Social Work Practice with Groups	50	

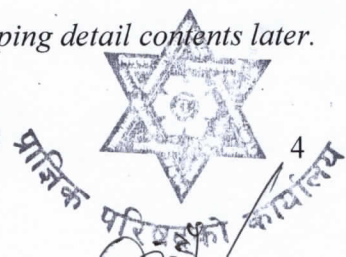
Third Year*

Paper	Code No.	Title of Course	Full Marks	Remarks
5.	SW 425	Social Issues and Leadership Development	100	Required
6.	SW 410	Social Issues and Leadership Development	100	Elective

Fourth Year*

Paper	Code No.	Title of Course	Full Marks	Remarks
7.	SW 426	Theoretical Ideologies of Social Work	100	Required
8	SW 427	Social Problem, Identifications and Interventions	100	

Note: The courses in the third year and fourth year are proposed. The title of these courses can be changed while developing detail contents later.



4

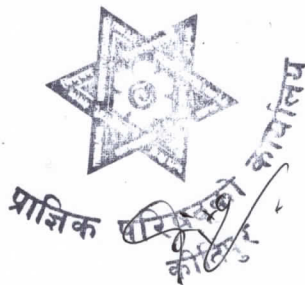
[Signature]

Evaluation

Evaluation will be on the basis of 30 percent internal and 70 percent external. Forty percent internal evaluation will be done by the Social Work Department/Campus on the basis of the following criteria:

- A. Class attendance 5 marks
- B. Class participation, discussion and presentation 5 marks
- C. Assignment 10 marks
- D. Class test (writing) 10 marks

The 70 percent external evaluation will be done by the Dean's office through Controller of Examinations, Tribhuvan University which will be written examination. However, in case of Social Work Practicum and Field Work courses 70 percent external will also be done practically by the department/Campus under the coordination of Department of Social Work TU.



First Year

SW421: Introduction to Social Work

(Theory and Practical)

Teaching hours: 150 (70+30)

Course Description:

This paper is about the basic knowledge of social work as its introduction to students. It primarily focused on contents that help to be generalist social work practitioner. The course develops from the focus of social work as a profession from the very beginning of its roots. This course also deals with the western and eastern philosophy of social work as a profession. These all contents are expected to build up the capacity and the ability of students in the field of indigenous social work practice in the world in general and in Nepali context in particular.

Course Objective

1. To introduce students with the basics of social work discipline,
2. To enable the students to realize the mission of social work and its role in producing professional social worker,
3. To enable the students to understand and perceive the code of ethics and principles required to practice social work, and
4. To identify and analyze the contemporary issues in social work discourses

Course Contents

Unit I: Introduction of Social Work

(15 LH)

a. Concept of Social Work:

- Social Work as an independent discipline
- Social work as a profession
- Basic elements and goals of social work practice
- Fields of social work practice
- Role of social workers

b. Mission of Social Work

- Preventive



- Curative

c. Relationship of social work with other disciplines of social sciences – Sociology, anthropology, history, political science, economics

Unit II: The Profession of Social Work: History, Perspectives and Methods (25 LH)

a. The emergence of social work as a profession

- Historical antecedents
- Social work practice (academic and professional) in:
 - United Kingdom
 - United States of America
 - Australia
 - India
 - Nepal

b. Social work, social systems and social work perspectives

- Ecosystems perspective
- Four Practice systems- Client, Action, Target and Change agent system
- Levels of Intervention – Micro, Mezzo and Macro Level

c. Social Work methodology

- Primary Methods : Casework, Groupwork, Community Organization
- Secondary Methods : Social Action, Social Welfare Organization, Social Work Research

d. Social Service delivery systems

- Social service settings
- Funding for services
- Service delivery issues

Unit III: Social Work Values and Ethics

(10 LH)

- Values and Ethics defined
- Foundation of professional social work values
- IFSW and NASW code of Ethics



- Ethical Dilemmas in social work practice

Unit IV: Ethical principles for social work

(10 LH)

- Principles of Social work Practice
 - Acceptance
 - Confidentiality
 - Controlled emotional involvement
 - Individualization
 - Non-judgmental Attitudes
 - Purposeful expression of feelings
 - Self determination

Unit V: Empowering processes for social work practice

(10 LH)

- Intake,
- Assessment,
- Planning,
- Intervention,
- Evaluation,
- Integrating gains/termination,
- Follow-up

Unit VI: Contemporary issues in Social work

(15 LH)

- Social work in Public domain : poverty, homelessness, hunger, unemployment; divorce;
- Social work in Health, Social Rehabilitation and Mental Health
- Social work with families and youth
- Social work with Older Adults and Persons with disabilities: Elderly people and Disable people
- Social work and Criminal Justice: girls trafficking, drug cases,
- Education and School Social Work



Unit VII: Social Work Practice in Nepal

(10 LH)

- Scope
- Institutional practice of social work
- Structure of social work practice
- Present practice of social work – Voluntary Social work and Professional Social work
- Social work education – Initiation of social work as a discipline.
- Opportunities and challenges in the area of social work

Unit VIII: Practicum: Project Work and Report Writing

[50 LH]

Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social work principles, values, ethics, issue, practices in the world and Nepal and so on. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 30 marks allocated to this practicum.

Essential Readings

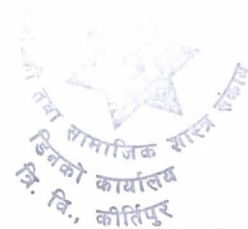
• Unit I

- Bhattacharya, Sanjay (2008). Social Work: An Integrated Approach. Deep and Deep Publication, New Delhi.
- Bisno, Herbert – The Philosophy of Social Work.

• Unit II

- Friedlender, W.A. (1958) – Concept & Methods of Social Work, Eaglewood Cliffs: Prentice – Hall.
- Milly, K.K., O.Melia, M. and Dubois, B. (2007). Generalist Social Work Practice– An empowering approach, New York: Pearson, Allyn & Bacon.

• Unit III



- Congress, E.P. (1998) – Social Work Values and Ethics, Chicago: Nelson – Hull Publishers
- Banks, S. (1995) – Ethics and Values in Social Work: Practical Social Work Series, London: Macmillan Press Ltd.
- **Unit IV**
 - IFSW and NASW code of Ethics, 2012
- **Unit V**
 - Bertlett, Harriett (1970) – The Common Base of Social Work Practice, National Association of Social Workers, 2 Park Avenue, N.Y.
 - Dubois, Brenda & Miley, Karla Krogsrud – Social Work: An Empowering Profession, Boston: Allyn and Bacon.
- **Unit VI**
 - Karen kay kirst-Ashman et al. (2012) Understanding Generalist practice, Belmont CA, United States of America
 - Adhikari, Dilli ram (2001) An Introduction to social work, Kathmandu, Nepal
- **Unit VII**
 - Shrestha, S. K (2013) Introduction to social work, Tajelu Publication, Kathmandu
 - Yadav, R.K (2012) Integrated social work, Amisha-shivanshi Distributors, Kathmandu



[Handwritten signature]

SW422: Basic Sociology for Social Work

(Theory and Practical)

Teaching hours: 150 (70+30)

Course Description

The paper has been designed to familiarize the students with the basics of sociology which are essential to be social worker and enable them to comprehend and analyze social relationship, social structure, social system, social stratification, social change, social institutions, social processes and social problems in the context of Nepal. The course also deals with the applied Sociology that helps the students to work in the field of social work as professional social workers in future.

Course objectives:

This course aims to enable the students:

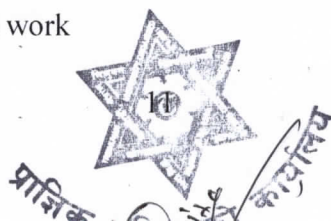
- To comprehend the basic sociological concepts,
- To understand and apply the basic theoretical perspectives on social relationship, social structure, social institutions, social change, social stratification, social problems, etc. in the context of Nepal,
- To identify and analyze the social problems in contemporary Nepal,
- To develop the skill related to applied sociology in solving social problems.

Detail Course Contents:

Unit I: What is Sociology?

[10 LH]

- Developing a sociological outlook: studying sociology
- How can sociology help us in our lives? Awareness of cultural differences; assessing the effects of policies; self-enlightenment
- The development of sociological thinking; early theorists; Auguste Comte; Emile Durkheim; Karl Marx; Max Weber
- More recent sociological perspectives; functionalism, conflict perspective, social action perspectives; symbolic interactionism
- Sociology and social work



Handwritten signature.

Unit II: Individual, Society and Culture

[15 LH]

- Culture and behavior
- Norms and values
- Status and roles
- Social change

Unit III: Social Interaction and Everyday Life

[15 LH]

- The study of daily life
- Non-verbal communication
- The social rules of interaction
- Face, body and speech in interaction
- Interaction in time and space
- Interaction, groups and organization

Unit IV: Families, Socialization, the life-Course and Ageing

[15 LH]

- The family in history
- Families and intimate relationships in Nepal
- Culture, society and child socialization
- Gender socialization
- Socialization through the life-course

Unit V: Health, Illness and Disability

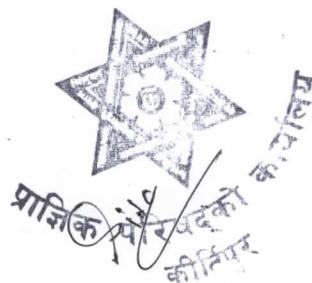
[10 LH]

- The sociology of body
- The social basis of health
- The sociology of disability

Unit VI: Social Institutions

[15 LH]

- The economy and work
- Politics and government
- Marriage and family
- Religion: belief
- Education



- Health and medicine

Unit VII: Social Stratification and Inequality

[10 LH]

- Stratification
- Caste, class, gender, region based inequality

Unit VIII: Application of Sociology in Social Work

[10 LH]

- Identifying social problems: urban crime; suburban crime; gang violence; juvenile delinquency; mental health, poverty, unemployment, etc.
- Applied sociology in practice: identification, assessment, planning, implementation, monitoring and evaluation of projects

Unit VIII: Practicum: Project Work and Report Writing

[50 LH]

Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social institutions; family, marriage, economy, social inequality, social change, etc. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 30 marks allocated to this practicum.

References:

Unit I

Giddens, Anthony. 2004. *Sociology*. 4th Edition. Chapter 1. Pp. 1-19. UK: Blackwell Publishers.

Curry, Tim, Jiobu, Robert and Schwirian, Kent. 2008. *Sociology for the Twenty First Century*. Fifth Edition. Chapter 1, pp. 1-19. New Jersey: Pearson Prentice Hall.

Ogundipe, Ayodele & Edewor, Patrick. 2012. Sociology and Social Work in Nigeria: Characteristics, Collaborations and Differences. *African Sociological Review / Revue Africaine de Sociologie*, Vol. 16, No. 2 (2012), pp. 40-55. Published by: CODESRIA Stable URL: <http://www.jstor.org/stable/afrisociirevi.16.2.40> Accessed: 29-06-2017 15:00 UTC.



[Handwritten signature]

Unit II

Haralambos, M. & Holborn, M. 1995. *Sociology: Themes and Perspectives*. Fourth Edition.

Chapter 1. Pp. 3-7. London: Collins Educational.

Curry, Tim, Jiobu, Robert and Schwirian, Kent. 2008. *Sociology for the Twenty First Century*.

Fifth Edition. Chapter 6, pp. 140-169. New Jersey: Pearson Prentice Hall.

Unit III

Giddens, Anthony. 2006. *Sociology*. 5th Edition. Chapter 5. Pp. 126-159. First Indian Reprint.

UK: Polity Press.

Curry, Tim, Jiobu, Robert and Schwirian, Kent. 2008. *Sociology for the Twenty First Century*.

Fifth Edition. Chapter 6, pp. 140-169. New Jersey: Pearson Prentice Hall.

Unit IV

Giddens, Anthony. 2006. *Sociology*. 5th Edition. Chapter 6. Pp. 160-201. First Indian Reprint.

UK: Polity Press.

Curry, Tim, Jiobu, Robert and Schwirian, Kent. 2008. *Sociology for the Twenty First Century*.

Fifth Edition. Chapter 4, pp. 82-107. New Jersey: Pearson Prentice Hall.

Unit V

Giddens, Anthony. 2006. *Sociology*. 5th Edition. Chapter 8. Pp. 250-291. First Indian Reprint.

UK: Polity Press.

Unit VI

Macionis, John J. 2001. *Sociology*. Eighth Edition. Part IV. Pp. 409-564. New Jersey: Prentice

Hall.

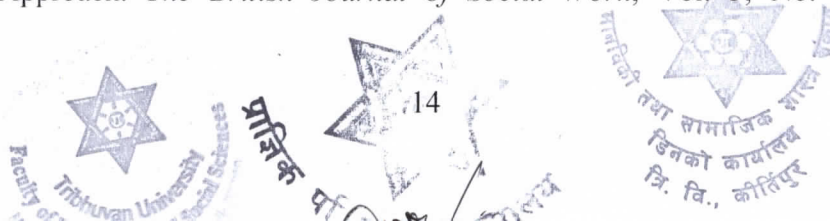
Unit VII

Giddens, Anthony. 2004. *Sociology*. 4th Edition. Chapter 1. Pp. 1-19. UK: Blackwell Publishers.

Unit VIII

Lees, Ray & Lees, Sue. 1975. Social Science in Social Work Practice: The Case for an Action

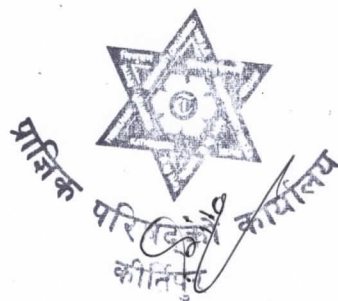
Research Approach. *The British Journal of Social Work*, Vol. 5, No. 2, pp. 161-174



Published by: Oxford University Press Stable URL: <http://www.jstor.org/stable/23693202>

Accessed: 29-06-2017 15:01 UTC.

Ballantine, Jeanne. 1989. Developing Applied Content in Sociology Courses. *Journal of Applied Sociology*, Vol. 6 (1989), pp. 89-94 Published by: Sage Publications, Inc. Stable URL: <http://www.jstor.org/stable/43481313> Accessed: 29-06-2017 15:01 UTC.



SW423: Social Case Work Practice

(Theory and Practical)

Teaching hours: 150 (70+30)

Course Description

The course aims to enhance understanding of students on how to apply selected theoretical frameworks to engagement, assessment and interventions in practice with individuals in an ecological context from the perspectives of problem definition, intervention strategies, which encourages students to develop the details of his or her own approach to practice which incorporates professional values and focus, ethics, theories, intervention strategies, evaluation approaches by application of theoretical learning.

Course Objective

1. To enhance the basic knowledge on the concept, values, principles of Social Casework
2. To enhance psychosocial analytical and practical skills and knowledge of students understand case work process, methods and techniques.
3. To enhance skills and knowledge of students on clients empowering approach, methods and interview techniques, planning, strategic interventions and practice.

Unit I: Introduction of Casework

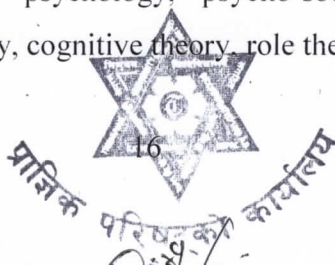
(20 LH)

- Casework : Concept, objectives, characteristics
- Development of casework practice,
- Knowledge, skills and values and principles needs for social case work,
- Relationship in social casework ,
- Phases of Casework(social investigation, problem diagnosis and treatment)
- Components of Casework

Unit II: Concepts and Theoretical approaches in Social Casework

(25 LH)

- Functional and Diagnostic schools in Social casework.
- Psychanalytic theory, Ego psychology, psycho-social theory, functional theory, behaviour modification theory, cognitive theory, role theory, Developmental theory



- Crisis intervention approach, task centered approach, vedantic approach, system approach, social psychological approach, integrated model approach
- Rational Emotive Therapy (RET), Self-Control and Self Management Therapy, Family Therapy, Psychotherapy, Transference

Unit III: Causes of Human Problems and the role of Case Worker (15 LH)

- lack of material resources, misconceptions about situations and relationships and lack of appropriate information, illness or health related handicaps, emotional distress resulting from stressful situations, personality features or deficiencies
- Three roles of caseworker

Unit IV: Interview, communication and Recording in social Case Work (20 LH)

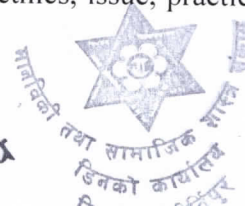
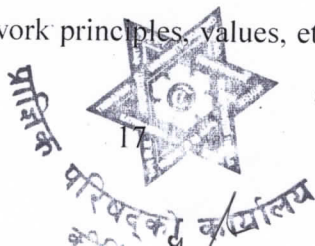
- Interviewing: concept, purpose, skills in interviewing: listening, observation, giving feedback; multiple interviewing, home visits, collateral contacts.
- Communication: Definition and principles, messages (clear, contradictory, incongruent), Feedback, Double-level messages, Receiving messages, Interpreting and Evaluating messages, Active listening
- Recording: principles and types, structure and content, narrative, condensed, analytical, process, summary. Use of Genogram and eco-map.

Unit V: Intervention Techniques in Social Case Work (20 LH)

- Supportive techniques: acceptance, assurance, ventilation, emotional support, ego support, action oriented support and advocacy.
- Enhancing resources techniques: procuring material help, environment modification and enhancing information.
- Counseling techniques: Reflective discussion, advise, motivation, clarification, modeling, role-playing, reality orientation, partialization, confrontation, and reaching out.

Unit VI: Practicum: Project Work and Report Writing (50 LH)

Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social work principles, values, ethics, issue, practices in the world



and Nepal and so on. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 30 marks allocated to this practicum.

Essential Readings

Upadhyay, R.K.(2012).*Social Casework*. New Delhi:Rawat Publication

Bhattacharya, Sanjay(2012).*Social Work:An Integrated Approach*.New Delhi: Deep & Deep Publication

Perlman, H.H (1959). *Social Case Work: A Problem Solving Process*. Chicago: University of Chicago Press.

Bellack, A.S. & M. Harsen (eds.) (1998). *Behavioral Assessment: A practical Handbook* 4th ed. Boston: Allyn & Bacon.

Turner, F.J (Ed) (1979). *Social Work Treatment Inter-looking Theoretical Approaches*. New York :The Free Press

Richmond, M. (1922). *What Is Social Case Work. An Introductory Description* .N.Y. Russell Age Foundation.

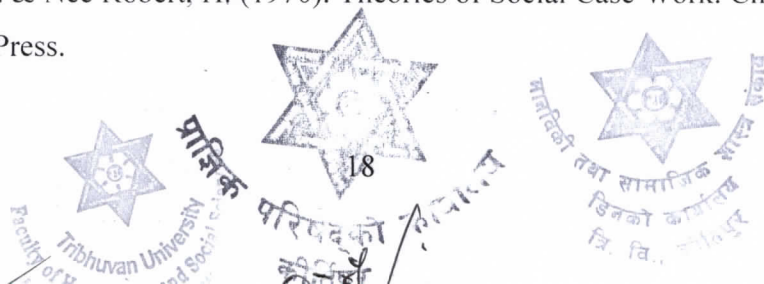
Cournoyer, Barry (2000). *The Social Work Skills Work Book* (3rd. ed.). US: Wads Worth Publishing Comp.

Connolly, Mari, & Harms, Louise (2009). *Social Work: Context and Practice* (2nd. eds.). Honkong: Sheck Wah Tong Printing Press Ltd.

Hamilton, Gordon (1970). *Theory and Practice of Social Case Work*. New York and London : Columbia University Press.

Hamilton, Gordon(2013).*Theory and Practice of Social Case Work*(2nd.eds.).New Delhi: Rawat Publication.

Roberts, Robert, W. & Nee Robert, H. (1970). *Theories of Social Case Work*. Chicago: The University of Chicago Press.



Payne, Malcolm, (1997). *Modern Social Work Theory* (2nd. ed.). Hampshire: MacMillam Presss Ltd.

Roberts & Nee (eds.) (1970). *Theories of Social Case Work*. Chicago: University of Chicago Press

Reference

Nelson Jones, Richard, (1984). *Practical Counseling and Helping Skills*. London : Harper and Row

Grace,M., (1992). *An introduction to Social Case Work*. Bombay: Tata Institute of Social Sciences.

Biestek, Felix (1968). *The Casework Relationship*. London : Unwin University Book

Richmond, Mary (1970) .*Social Diagnosis*. New York: Free Press

Reamer, Frederic, G.(2005). *Social Work Values and Ethics* (2nd ed.). New Delhi: Rawat Publication.

Orme, Joan & Coulshed, Veronica, (1998). *Social Work Practice* (3rd eds.): An introduction. New York: Palgrave Publication.

Bogo, Marion (2007). *Social Work Practice: Concept, processes, & Interviewing*. Jaipur: Rawat Publication.

Segal, Elizabeth, A., Gerdes, Karen, E. & Steiner, Sue (2004). *Social Work: In Introduction to the Profession*. US: Thomsom Learning Inc.



[Handwritten signature]

SW424A: Basic Psychology for Social Work

(Theory and Practical)

Teaching hours: 75 (50+25)

Course Description

This course will introduce the students about the fundamental concepts of psychology. It has been designed to make students familiar with the basic psychological concepts, processes and its scope and fields particularly relevant to social work practice.

Course Objectives:

1. To introduce students with basic psychological concepts and processes regarding human behavior.
2. To help students find relevant application of psychology in social work practice.
3. To make student find areas of their interest for further exploration

Unit I: Introduction to Psychology

(10 hr)

- a. Definition and Scope of Psychology
- b. Branches and Fields of Psychology – Clinical, Educational, Social, Community, Developmental.
- c. Major theoretical orientations in Psychology (Biological, Psychodynamic, Behaviorist, Cognitive, Evolutionary, Humanistic)

Unit II: Determinants of human behavior

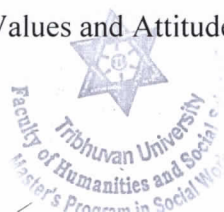
(10 hr)

- a) Biological determinants: Genetics, Nervous System and Glandular System
- b) Social-cultural determinants: Family, Neighborhood, School, Work, Norms etc.

Unit III: Basic Psychological Concepts

(15 hr)

- a) Sensation and Perception
- b) Emotions and Motivation
- c) Memory and Forgetting
- d) Learning
- e) Intelligence
- f) Personality, Values and Attitude



Unit IV: Application of Psychology in Social Work

(15 hr)

- a) Psychopathology, Mental Health and the Psychosocial: Meaning and Definition, Causes of Psychopathology and Varieties, Concept of Health, Mental Health and Psychosocial Wellbeing
- b) Developmental Hazards and Adjustment: Age related physical and psychological changes, Developmental Tasks, Hazards and Adjustments
- c) Stress, Coping and Well being: Meaning and Definition, Types of Stress and Coping, Causes and Management of Stress, Psychology of Well being.
- d) Positive Psychology and Happiness: Strength based approach, Subjective Well Being, Positive Thinking
- e) Psychology of Child, adolescence, elderly people: Problems, Prevention and Support

Unit V: Practicum: Project Work and Report Writing

[25 LH]

Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social work principles, values, ethics, issue, practices in the world and Nepal and so on. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 15 marks allocated to this practicum.

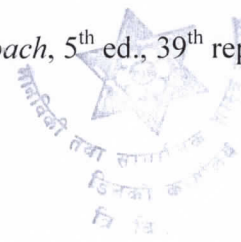
Readings

Baron, R.A. (1999). *Psychology*. Allyn & Bacon

Diener, E. (2000). Subjective Well-Being, The Science of Happiness and a Proposal for a National Index. *American Psychologist, Special Issue on Happiness, Excellence and Optimal Human Functioning*. American Psychological Association

Feldman, R. S (2014). *Essentials of Understanding psychology*. 11 th Edition, Delhi: TATA McGraw-Hill.

Hurlock, E. (2007). *Developmental Psychology; life span approach*, 5th ed., 39th reprint



- Niraula, S. (2011). *General Psychology: With O.B. Emphasis*. Buddha Academic Enterprises.
- Nicolson, P. and Bayne, R. (1984). *Applied Psychology for Social Workers*. London: British Association of Social Workers.
- Regmi, M.P. and Dhakal, S.(2007) *General psychology: Organizational Applications*. Quest Publication
- Seligman, M. and Csikszentmihalyi, M. (2000). Positive Psychology, An Introduction. *American Psychologist, Special Issue on Happiness, Excellence and Optimal Human Functioning*. American Psychological Association.
- Subba, S. and Bhatt, K. (2010). *Invitation to psychology*. Psychosocial Multiservice, Pvt. Ltd.
- ARC Resource Pack Study Material Foundation Module 7 Psychosocial Support
(<http://www.arc-online.org>)
- Golightley, M. (2014). *Social Work and Mental Health*, Chapter II.



SW424B: Social Work Practice with Groups

(Theory and Practical)

Teaching hours: 75 (50+25)

Course Description

This course aims at developing knowledge and skills of students on social group work process, methods, interventions skills, and group mobilization. The overall objectives of the course are to help students develop an appreciation for the distinguishing features of social group work and to provide them with the knowledge, skills and values essential to direct practice with groups, family and other variety of settings to achieve social justice.

Course Objectives

1. To enhance knowledge and skills of students on group work methods, techniques, tools needed to practice with groups, families, organizations and communities.
2. To enhance understanding of students in social group work theories, principles, approach, communication skills, and group dynamics.
3. To enhance the ability of students to apply the knowledge and skills learned in the classroom for direct social work practice and act according to social work ethics and values in organizational setting.

Chapter 1: Introduction to Social Group Work

8 hrs

Group, Team, Group Work and Team Work

Social Group Work: Definition, Meaning, Concept, Scope, Objectives

History of Social Group Work

Douglas 14 Principles of Social Group Work

Relationship between Social Case Work, Social Group Work and Community Organization

Chapter 2: Process of Social Group Work and its Practice

8 hrs

Group Work Process - Planning Phase, Beginning Phase, Middle Phase, Ending Phase

Recording in Social Group Work, Types and its importance



[Handwritten signature]

Roles of group worker: Facilitator, Leader, Moderator, Manager, Administrator, Enabler, Therapist, Helper, Resource mobilizer and Evaluator

Approaches and Models in Group Work Practice: Therapeutic / Social Treatment, Developmental Group and Task oriented Group.

Chapter 3: Group Dynamics and Group Development

5 hrs

Group Dynamics

Dynamics in Group Formation

Group Development

Power

Pattern and process of group interaction

Crisis and Conflict in groups, Crisis management, handling conflict in group, conflict resolution,

Chapter 4: Theories of Social Group Work

8 hrs

Contemporary theories and methods of group work practice in social work:

Systems Theory

Psychodynamic theory

Social Learning theory

Conflict theory

Garland, Jones and Kolodny's five stage model

NASW Code of Ethics

Ethics in Social Work, IFSW Standards

Chapter 5: Use of Program Media in Group Work

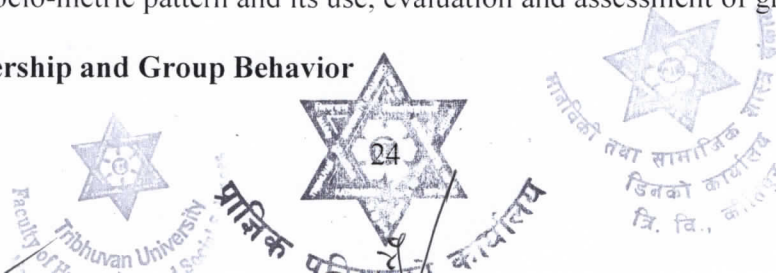
5 hrs

Program Laboratory (Program Media in Social Group Work) Play, Games, Singing, Dancing, Role Play, Story Telling, Puppetry, Group Discussion and Excursion

Group climate, Socio-metric pattern and its use, evaluation and assessment of group functioning

Chapter 6 Leadership and Group Behavior

8 hrs



Leader, Leadership

Types of Leadership

Leadership Theories

Concept of Leadership in the Social Group Work

Centralization and Decentralization

Chapter 7: Social Group Work Practice in Different Settings

8 hrs

Group Work in Nepal

Group Work practices among Children, Youth, Aged, Women

Self Help Groups, Women Group, Cooperative Group, Correctional Setting, and Group Work communities

Group work in institutional settings like educational institutions, hospitals, and youth development settings, child settings, family service agencies, municipality, DDC/VDC, social welfare organizations, labor organizations, NGOs and Community.

Unit V: Practicum: Project Work and Report Writing

[25 LH]

Teaching faculty will divide the students into a number of groups and will assign them writing report/paper, as project work, either based on field work or secondary/archival resources focusing on social work principles, values, ethics, issue, practices in the world and Nepal and so on. Each group of students will submit an independent research report/paper analyzed through sociological perspective under the guidance of assigned faculty in the format provided by the department/campus. The student will present this report in the viva-voce organized by the department/campus at end of academic year. This viva-voce including the report submitted by the student will be the basis of final evaluation of 15 marks allocated to this practicum.

Essential Reading

Balgopal, P.R.& Vassil, T.V.(1983). Groups in Social Work: An Ecological Perspective: New York: Macmillan.



[Handwritten signature]

Douglas, T. (1972). *Group Processes in Social Work: A Theoretical Synthesis*. Chicester: Johan Wiley & Sons.

Epross, P. & Greif, G. (2009). *Group process and group work techniques*. Social workers' desk reference. Roberts, A. (ed). (97) 679-685 New York: Oxford University Press

Gravin, Charles D. and Lorriaie M. Gulier (Ed.) (2007). *A Hand Book of Social Work with Groups*. Jaipur:

Lindsay, A. W. (1952). *Group Work Recording: Principles and Practices*. New York: Women Press.

Phillips, Helen (1962) . *Essentials of Social Group Work Skills*. New York: Associate Press. Rawat Publication.

Toseland, R.W. and Rivas, R.F. (2012). Ch. 3 & 4; *Understanding Group Dynamics*, pp. 67-96, & *Leadership*, pp. 97-134.

Toseland,R.& Rivas, R. (2003). *An introduction to group work practice*. Boston: Allyn & Bacon.

Trecker, H.B. (1972). *Social Group Work: Principles and Practices*. New York: Associates Press.

Wilson, G. & Ryland, G.(1949). *Social Group Work Practice*. Cambridge: Houghton Mifflin Company.

References:

Anderson. J. (1997) *Social work with groups: A process model*. New York: Longman

Barhard (1975) .*The Use of Groups in Social Work Practice*. USA : Routlede & Kegan Paul Ltd

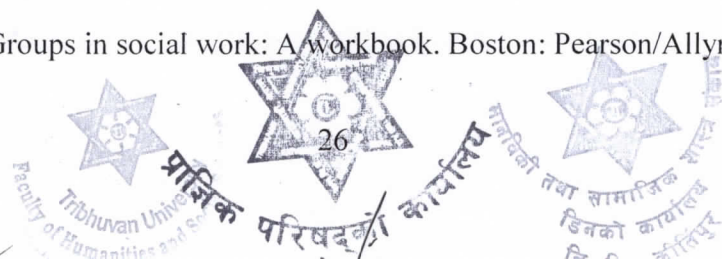
Barker, R.L. (2003) *The Social Work Dictionary*. (5th edn.) Washington, DC: NASW Press

Belmont, CA: Brooks-Cole, Ch. 11, *The Work Phase in the Group* and Ch. 12, *Working with the Individual in the Group*

Borkman,T.J. (1999). *Understanding self-help/mutual aid: Experiential learning in the commons*. New Brunswick, NJ: Rutgers University Press.

Brown, Allan (1994). *Group Work*. Hampshire: Ashgate.

Corcoran, J. (2009). *Groups in social work: A workbook*. Boston: Pearson/Allyn and Bacon



Douglas, Tom (1978). *Basic Group Work*. London : Tavistock Publication

Drumm, K. (2006). The essential power of group work. *Social Work with Groups*, 29(2-3), 17-31.

Epross, P. & Greif, G. (2009). Group process and group work techniques. *Social workers' desk reference*. Roberts, A. (ed). (97) 679-685 New York: Oxford University Press

Erich, S. & Kanenberg, H. (2011). *Skills for group practice: Responding to diversity*. Boston: Allyn and Bacon.

<http://www.aaswg.org> International Association for the Advancement of Social Work with Groups

Johnson, D. & Johnson, F. (2003). *Joining together: Group theory and group skills* (8th ed.). Boston: Allyn and Bacon

Konopka, G. (1963). *Social Group Work: A Helping Process*. Englewood Cliffs: Prentice.

Northern, Helene, Roberts (1976). *Theory of Social Work with Groups*. New York: Columbia University Press.

Reed, K. (1997). *Social work practice with groups: A clinical perspective*. (2nd ed.). Pacific Grove, CA: Brooks/Cole

Reid E. Kenneth (1996). *Social Work Practice with Groups - A Clinical Perspective*. USA: Brook/Cole Publishing Company.

Shulman, L. (2006). The skills of helping individuals, families, groups, and communities. Simon, S. R., and Webster, J. A. (2009). *Social Group Work Today: A Modality and Orientation in Crisis*. Encyclopedia of Social Work with Groups. New York, NY: Routledge. pp.33-38.

Simon, S., Webster, J., and Horn, K. (2007). A critical call for connecting students and professional associations. *Social Work with Groups*, 30 (4), 5-19.

Toseland, R. W. and Rivas, R. F. (2012). An Introduction to Group Work Ch. 1; Introduction, pp. 1-44.

Toseland, R. W. and Rivas, R. F. (2012). Ch. 3 & 4; Understanding Group Dynamics, pp. 67-96, & Leadership, pp. 97-134.



[Handwritten signature]

Zastrow, C. (2012). Social Work with groups: A comprehensive work text. Belmont, CA:

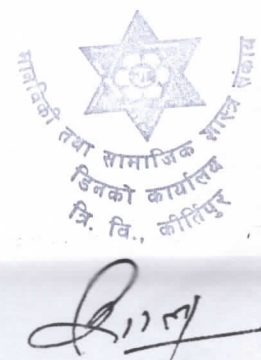
Brooks/Cole Publishing Co



SW425: To be Developed

(Theory and Practical)

Teaching hours: 150 (70+30)



SW410: To be Developed (Elective)

(Theory and Practical)

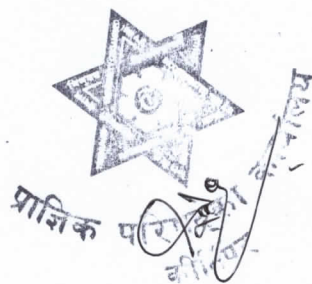
Teaching hours: 150 (70+30)



SW426: To be Developed

(Theory and Practical)

Teaching hours: 150 (70+30)



SW427: To be Developed

(Theory and Practical)

Teaching hours: 150 (70+30)



Social Work Practicum Guidelines

Course Description

The students are placed in social service organizations or any field for internship for 50 hours. Students have to practice theoretical learning and develop their skills so as to prepare a detailed study report. The field work reporting process should cover the comprehension of the overall aspects of issue/theme/topic and in the case of organization organizational structure, working specializations of the organization, policy, program and implementation as well as making process, and financial arrangement. They practice various documentation activities such as proposal development, record keeping, correspondence, event reporting and participation in the events related with in order to assist the clients and the agency in everyday activities voluntarily. The interns have to work under the supervision of the concerned persons from both the university and the agency with regular reporting as per the rule of the given organization.

Objectives

1. To familiarize students with contemporary social work and professional practice.
2. To learn theory-practice by applying classrooms discussions into the field work practice.
3. To enhance professional skills related with the social work profession.
4. To develop networking with the professionals and the agencies.
5. To explore the areas of career development in the social development field.

Note: As mentioned in the description the field work/practicum of social work requires intensive engagement in the activities in the field the allocated hours in terms of 3 credit hours may exceed in the actual practice.

