

From Prevention to Wellness Through Group Work

Edited by
Joan K. Parry



Joan K. Parry, DSW
Editor

From Prevention to Wellness Through Group Work

*Pre-publication
REVIEWS,
COMMENTARIES,
EVALUATIONS . . .*

This volume offers a rich collection of ideas on social group work practice, providing a well-grounded integration of philosophy and theory with creative group programs and activities. Each chapter captures one's imagination by offering a different, yet related, facet of social group work intervention. The practical nature of the discussions and the illustrations of practice processes provide a stimulating and encouraging boost to one's own efforts.

It is rewarding to see the integration of theory and basic practice philosophy with worker activity and successful individual and group outcomes. The selections demonstrate that a high level of social group work practice not only exists, but can be described in terms that make it accessible to

beginning practitioners. Workers with the most needful group participants will uncover the marvelous capacity of the human spirit to grow and thrive through the social processes of small group participation.

Some nice additions to the collection are Alice Home's discussion of the integration of practice and research and Cyrus S. Behrooz's analysis of structural impediments to the inclusion of social group work practice content in the social work curriculum.

This collection well illustrates the theme of the symposium on which it is based, 'From Prevention to Wellness Through Group Work.'

Elizabeth Lewis, PhD
*Professor Emerita,
Department of Social Work,
Cleveland State University*



More pre-publication

REVIEWS, COMMENTARIES, EVALUATIONS . . .

"From *Prevention to Wellness Through Group Work* includes a wide range of articles addressing approaches, issues, and populations in group work practice. Constructivism, empowerment, psycho-education, conflict, scapegoating, the homeless, the elderly, persons with AIDS, and children with emotional disabilities are some of the book's subjects.

The article by Gale Goldberg-Wood and Ruth R. Middleman on constructivism and group work is especially thought-provoking and original. The contribution by Marcia B. Cohen and Julie M. Johnson about a community poetry group for homeless people is quite beautiful and the work of George S. Getzel on services with people with AIDS is an excellent discussion of social group work with this population.

The book well reflects group work practice with vulnerable populations. Both practitioners and educators will find interesting material here."

Roselle Kurland, PhD

Professor, Hunter College

School of Social Work;

Editor, Social Work with Groups

"Clearly and incisively written, the chapters in this book include the very best presentations from the 17th annual AASWG symposium. The book expands and enriches social work practice with groups by focusing on prevention, wellness, and the empowerment of people and societies as the field of social work approaches the twenty-first century. Including far-ranging content on group work practice with children, youth, adults, and older adults, *From Prevention to Wellness Through Group Work* is essential reading for anyone interested in the empowerment of vulnerable populations by using prevention and wellness promotion strategies."

Ronald W. Toseland, PhD

Director and Professor,

Ringel Institute of Gerontology,

School of Social Welfare,

State University of New York

at Albany



The Haworth Press, Inc.

***NOTES FOR PROFESSIONAL LIBRARIANS
AND LIBRARY USERS***

This is an original book title published by The Haworth Press, Inc. Unless otherwise noted in specific chapters with attribution, materials in this book have not been previously published elsewhere in any format or language.

CONSERVATION AND PRESERVATION NOTES

All books published by The Haworth Press, Inc. and its imprints are printed on certified ph neutral, acid free book grade paper. This paper meets the minimum requirements of American National Standard for Information Sciences—Permanence of Paper for Printed Material, ANSI Z39.48-1984.

This page intentionally left blank

From Prevention to Wellness Through Group Work

HAWORTH Titles of Related Interest

Voices from the Field: Group Work Responds, Selected Proceedings of the 16th Annual Symposium of AASWG, edited by Albert S. Alissi and Catherine G. Corto Mergins

Group Work Practice in a Troubled Society: Problems and Opportunities, Selected Proceedings of the 15th Annual Symposium of AASWG, edited by Roselle Kurland and Robert Salmon

Social Group Work Today and Tomorrow: Moving from Theory to Advanced Training and Practice, Selected Proceedings of the 14th Annual Symposium of AASWG, edited by Benj. L. Stempler and Marilyn Glass with Christine M. Savinelli

Capturing the Power of Diversity, Selected Proceedings of the 13th Annual Symposium of AASWG, edited by Marvin D. Feit, John H. Ramey, John S. Wodarski, and Aaron R. Mann

Group Work: Skills and Strategies for Effective Interventions
by Sondra Brandler and Camille P. Roman

Elements of the Helping Process: A Guide for Clinicians by Raymond Fox

Clinical Social Work Supervision, Second Edition by Carlton E. Munson

Intervention Research: Design and Development for the Human Services
edited by Jack Rothman and Edwin J. Thomas

Building on Women's Strengths: A Social Work Agenda for the Twenty-First Century edited by Liane V. Davis

Environmental Practice in the Human Services: Integration of Micro and Macro Roles, Skills, and Contexts by Bernard Neugeboren

Basic Social Policy and Planning: Strategies and Practice Methods
by Hobart A. Burch

Social Work Intervention in an Economic Crisis: The River Communities Project
by Martha Baum and Pamela Twiss

Feminist Theories and Social Work: Approaches and Applications
by Christine Flynn Saulnier

Principles of Social Work Practice: A Generic Practice Approach
by Molly R. Hancock

Social Work in Health Settings: Practice in Context, Second Edition
by Toba Schwaber Kerson and Associates

From Prevention to Wellness Through Group Work

Joan K. Parry, DSW
Editor

 **Routledge**
Taylor & Francis Group
LONDON AND NEW YORK

First published 1997 by
The Haworth Press, Inc.

Published 2013 by Routledge
711 Third Avenue, New York, NY, 10017, USA
2 Park Square, Milton Park, Abingdon, Oxon OX14 4RN

Routledge is an imprint of the Taylor & Francis Group, an informa business

© 1997 by The Haworth Press, Inc. All rights reserved. No part of this work may be reproduced or utilized in any form or by any means, electronic or mechanical, including photocopying, microfilm, and recording, or by any information storage and retrieval system, without permission in writing from the publisher.

Cover design by Monica L. Seifert.

Library of Congress Cataloging-in-Publication Data

Parry, Joan K.

From prevention to wellness through group work / Joan K. Parry.

p. cm.

Includes bibliographical references and index.

1. Social group work. I. Title.

HV45.P38 1997

361.4-dc21

96-48820
CIP

ISBN 13: 978-0-789-00164-1 (hbk)

CONTENTS

About the Editor	x
Contributors	xi
Preface	xv
Chapter 1. Constructivism, Power, and Social Work with Groups	1
<i>Gale Goldberg-Wood</i>	
<i>Ruth R. Middleman</i>	
Language	4
Power	5
Practice Implications	6
Multilogue	6
Decision Making/Turntaking	7
Subtle Oppression	10
Consciousness Raising	11
Conclusion	11
Chapter 2. The Empowerment Group: The Heart of the Empowerment Approach and an Antidote to Injustice	15
<i>Judith A.B. Lee</i>	
Introduction	15
The Empowerment Approach As Paradigm	17
Personal and Political Power Are Interrelated	18
Empowerment Theory and Groups	21
The Interactionist Approach and the Mutual-Aid Group	22
Communications and Workers' Roles	23
Critical Education and Conscientization	24
The Empowerment Group Approach	24
Group Examples	24
The "Successful Women's Group"	25
Conclusion	29

Chapter 3. Groups for the Socialization to Old Age	33
<i>Margaret E. Betty Hartford</i>	
<i>Susan Lawton</i>	
Senior Centers	37
Administrative Groups	37
Education, Personal Enhancement, and Support Groups	38
Activity Groups	39
Groups for Senior Participation	40
System Maintenance Groups	42
Service Provision Groups	43
Groups for Providing Social Relationships	44
Personal Growth Groups	44
Conclusion	44
 Chapter 4. Psychoeducational Groups: A Model for Recovery and Celebration of the Self	 47
<i>Carol F. Kuechler</i>	
Definition and Model in Context	47
From "Pure" Education to Psychotherapy, Hospitalization, and Medication	50
Case Example: Implementation and Evaluation of This Model	52
Focus Group Questions	56
 Chapter 5. Conflict Management in Group Treatment: "Get Out of My Face, You S.O.B.!"	 61
<i>Kenneth E. Reid</i>	
Defining Conflict	61
Worker Ambivalence	62
Positive Effects of Conflict	63
Personal Conflict-Response Modes	65
Sources of Group Conflict	68
Anger Toward the Leader	69
Conflict Management Strategies	70
Summary	75

Chapter 6. Research and Groups: A Mutual Aid System?	79
<i>Alice Home</i>	
Enhancing Research Through Group Techniques	79
Using Research to Improve Group Practice	84
Conclusion	87
Chapter 7. Bullying and Scapegoating in Groups:	
Process and Interventions	89
<i>Hisashi Hirayama</i>	
<i>Kasumi Hirayama</i>	
Functions of the Scapegoat	91
Interventions	93
Preventing Scapegoating	97
Conclusion	99
Chapter 8. Helping Long-Term Homeless Men Regain Their Personhood Through Social Group Work	101
<i>Janet S. Elder</i>	
Background	101
Involvement with Others	101
Developing Skills	104
Increasing Self-Efficacy	105
Developing a Critical Consciousness	106
Chapter 9. Developing Social Skills Programs for Children with Emotional Disabilities	109
<i>Juanita B. Hepler</i>	
Importance of Social Interactions	111
Implementation of the Study	112
Summary	119
Chapter 10. Group Work Education and the CSWE Curriculum Policy Statement: Capitulation or Coexistence?	123
<i>Cyrus S. Behroozi</i>	
Transformation of the Curriculum Policy Statement	123
Response to the Curriculum Policy Statement	127
Obstacles to Group-Work Education	129

Chapter 11. A Self-Directed Community Group for Homeless People: Poetry in Motion	131
<i>Marcia B. Cohen</i>	
<i>Julie M. Johnson</i>	
Introduction	131
Background and Organizational Context	132
Structure and Composition	133
Group Purpose and Goals	134
Internal Leadership	136
Community Building Through Poetry	138
The Role of the Worker in Self-Directed Groups	140
Summary	141
 Chapter 12. Social Group Work with the Elderly Mentally Ill: Beauty in the Beast	 143
<i>John L. Hart</i>	
Poetry in the State Hospital Setting: "Fresh Red Strawberries"	143
The Poetry Writers' Workshop Group	144
How to Write a Poem	145
Special Projects	147
Conclusions and Recommendations	147
 Chapter 13. Refiguring Group-Work Services with People with AIDS	 151
<i>George S. Getzel</i>	
Review of the Literature	152
Clash of Ideologies	152
Design Changes in the 1990s	153
A Comprehensive Group Program	154
Orientation Support Group as Linchpin	155
Conclusion	158
 Chapter 14. Post-Transplant Group . . . Five Years On	 161
<i>Joanne Avery</i>	
Introduction	161
Background	161

History	161
Importance of Group Support	162
Role of Facilitator	163
Nature of Group Support	165
Membership and Format	166
Supportive Elements and Themes	167
Elements Important to Staff/Group Relationship	168
Preventative Aspects	169
Challenges	170
Index	173

ABOUT THE EDITOR

Joan K. Parry, DSW, has 20 years' experience as a social work practitioner and teacher and is Professor Emeritus from the San Jose State University School of Social Work. Dr. Parry served on the five-member National Task Force of the National Association of Social Workers to write continuing education standards for 100,000 professional social workers. She has held numerous other positions in NASW in both the New York and California state chapters and is also a member of the Council on Social Work Education. Dr. Parry is the author of several articles, chapters, and books, including *Social Work Practice with the Terminally Ill* (1989) and *A Cross Cultural Look at Death, Dying, and Religion* (1995).

CONTRIBUTORS

Joanne Avery, BA, BSW, MSW, CSW, is currently a social worker in the Autologous Blood and Marrow Transplant Program at Toronto Hospital, Toronto, Ontario.

Cyrus S. Behroozi, DSW, is a professor of social work at Indiana University, Indianapolis. He has served as chair of the AASWG Chapter Development Committee and as a member of the CSWE Commission on Accreditation. He has presented at many conferences and has published in several journals, including *Social Work with Groups* and *Groupwork*.

Marcia B. Cohen, MSW, PhD, is an associate professor at the University of New England School of Social Work in Biddeford, Maine, where she teaches courses in group work, generalist practice, social welfare policy, and homelessness. Marcia has published extensively in the area of mutual aid and social action groups for homeless people. She is very interested in the role of the group worker in self-directed groups and currently serves on the board of a consumer-run, mental health social club.

Janet S. Elder, MSW, is currently employed at Ten Broeck Hospital in Lyndon, Kentucky as a social worker on the adult unit. Ten Broeck Hospital is an acute-care facility.

George S. Getzel, DSW, is a professor at the Hunter College School of Social Work of the City University of New York, and teaches social group work and chairs the Group Work Sequence. He is a consultant to the Gay Men's Health Crisis, the oldest and largest voluntary agency in the world serving people with AIDS.

Gale Goldberg-Wood, MSW, EdD, is a professor of social work in the Kent School of Social Work, University of Louisville, Kentucky. She has authored and co-authored numerous books and articles dealing with the structural approach to direct practice, skills for work with individuals and groups, perception and cognition, constructivism, power, interpersonal violence, social group work,

and teaching in social work education. She has a small private practice and serves on the editorial boards of three journals.

John L. Hart, PhD, BCD, is an associate professor at Alabama A&M University in the Graduate Social Work Program. He is the former chief geropsychiatric social worker at Camarillo State Hospital in California. He is a poet and makes use of poetry in his teaching and training of mental health professionals. His current research interests are groups with men, the National Fathering Project in Norway, and training group workers in Alabama and Norway.

Margaret E. Betty Hartford, AB, MSSA, PhD, is a community volunteer in Claremont, California, working with senior programs including the Committee on Aging. She is a resident of Mt. San Antonio Gardens retirement community, where she chairs the Residents' Health Services Committee. She also serves on the boards of several senior programs, writes a monthly column on successful aging, and teaches a class on transitions to retirement. She is an Emeritus Professor of the University of Southern California in gerontology and social work, and taught group work at Case Western Reserve for 25 years.

Juanita B. Hepler, PhD, is professor and director of the MSW Program in the School of Social Work at Boise State University. Her research interests have focused on families and children, with a special emphasis on the social development of children and the implementation and evaluation of social skills programs.

Hisashi Hirayama, DSW, is the associate dean/director and a professor at the University of Tennessee, Knoxville, College of Social Work.

Kasumi Hirayama, DSW, is an associate professor at the University of Connecticut, School of Social Work, in West Hartford, CT.

Alice Home, MSW, PhD, is a professor of social work at Ecole de Service Social, University of Ottawa, Canada, where she teaches group work and research methods. She has also taught intercultural practice, preventive methods, women and social work, and community work. While her current teaching is entirely at the graduate level, she has also taught undergraduates at the University of Montreal and Laval University. Her main group work interests are

women's groups focused on empowerment, and she has done extensive research on women's issues.

Julie M. Johnson is the Street Outreach Case Manager at Holy Innocents in Portland, Maine. She is also a graduate student at the University of New England in Biddeford, Maine. She has cofacilitated political action groups with people who attended a homeless drop-in center in Portland, Maine.

Carol F. Kuechler, PhD, is an assistant professor in the School of Social Work at the College of St. Catherine/University of St. Thomas. Her interests include group work, supervision/consultation, and research.

Susan Lawton, BA, has worked in social services for over 14 years, the last seven of which have been as a supervisor of senior citizen programs for the City of Claremont, California. She has completed course work for an MSW degree and will finish her thesis in 1996.

Judith A. B. Lee, DSW, is a professor of social work at the University of Connecticut School of Social Work and chair of the Casework Sequence. She has also taught at Columbia University and New York University and was chair of the Group Work Sequence at NYU. She is the past president of AASWG. Also she is the author of *The Empowerment Approach to Social Work Practice* (1994) and the editor of *Group Work with the Poor and Oppressed* (1989).

Ruth R. Middleman, EdD, is Professor Emerita in the Raymond A. Kent School of Social Work, University of Louisville, Kentucky. She is the author of many books and multiple articles in all known social work journals and other journals.

Kenneth E. Reid, PhD, ACSW, is a professor in the School of Social Work at Western Michigan University in Kalamazoo, Michigan. He teaches group work in the graduate program and regularly leads groups in the community.

This page intentionally left blank

Preface

This book represents the most advanced thinking and practice in the arena of social work with groups. There are two plenary papers in this volume: Chapter 1 from Ruth Middleman and Gale Goldberg-Wood and Chapter 2 from Judith A. B. Lee. Middleman and Wood present new ideas and theory using the constructivism and power model. Lee elaborates on the empowerment theme. The remaining 12 chapters in this book represent a mix of academics and practice authors. These authors provide chapters that describe practices in both Canada and in the United States, where the authors reside in the West, the Midwest, the South, and the East. The subjects vary, including conflict management, research in groups, socialization to old age, poetry groups in a mental hospital for the elderly, a social skills program for emotionally disturbed children, bullying and scapegoating in groups, groups for patients who have experienced transplants, and groups for people with AIDS.

This book will enable social group workers in the United States, Canada, and around the world to read about the new and interesting ideas presented at the 1995 Annual Symposium of the Association for the Advancement of Social Work with Groups in San Diego, California.

This page intentionally left blank