

**Vocational Counsellor in Tamil Nadu Medical Subordinate Service**

**Social Work with Medical and Psychiatric Social work**

**(Post Graduate Standard)**

**Code No.: 384**

**UNIT-I: SOCIAL WORK PROFESSION**

**Definition and meaning;** Historical evolution of Social Work – UK, USA and India; Growth of Social Work as a Profession; Social Work concepts, methods, fields; international and national professional bodies/ forums; status and problems of the profession in India.

**Social Work ideologies:** Socialism, marxism, equality, equity, social justice and humanitarianism; Indian socio-cultural and religious thought, social reforms purusharthas; Gandhian Social Work; contributions of religions- Hinduism, Buddhism, Jainism, Islam and Christianity; Rights based approach.

**Philosophy of Social Work Profession** – Values, beliefs, principles and code of ethics; Social Work theories; International Social Work – basic concepts, Global Agenda and Global standards for practice; Human Rights and Social Work; Constitutional safeguards; India as a welfare state; role and contributions of voluntary organizations, INGOs, NGOs and CSOs.

**UNIT-II: FUNDAMENTALS OF SOCIOLOGY AND PSYCHOLOGY**

**Sociology:** Definition, meaning, scope and relevance to social work; basic sociological concepts: Society-meaning, definition and types, structure, features; social institutions; concept of social system and sub system, classification of social systems, culture: concept, characteristics, social stratification, social processes-social control, social change in India, social movements, crime and delinquency; social problems-poverty, inequality, casteism, causes and consequences.

**Psychology:** Definition, meaning and scope, Psychology and Social Work; lifespan, phases of human growth and development (Erik Erikson and Freud) needs, tasks and challenges, influence of hereditary and environment; psychological processes for understanding behaviour, intelligence, sensation, emotions, learning, memory, attitudes, behaviour, perceptions and prejudices; life events and their impact on behaviour.

### **UNIT-III: DIRECT METHODS OF SOCIAL WORK PRACTICE-I**

**Social Case Work:** Historical development, CW as a direct method of Social Work, definition and meaning, philosophy, values, principles, skills, components of social case work, case work relationship; empathy, skills in building relationship, transference and counter transference; difference between casework, counseling and psychotherapy for different target groups, the helping process, approaches: Skills-referrals, interview, observation, collateral contact; types of recording, application of CW in various settings; limitations of the method.

**Social Group Work:** Definition of group, types and characteristics of groups; Historical development of GW as a direct method in Social Work, definition and meaning, purpose, objectives, values, skills, principles of GW, phases of group work process-group processes and dynamics-stages in group development, the influence of new comers on group processes, isolation, rejection in groups, group-bond, subgroups, clique, dyad, triad, group norms, group membership, group cohesiveness, group pressure, group morale, leadership, team building, decision making, problem solving, conflict management, communication; role clarity in a group; use of sociometry; Group Work models; social goals model, remedial model, reciprocal model, Application in various settings; types of recording in Group Work.

### **UNIT-IV: DIRECT METHODS OF SOCIAL WORK PRACTICE-II**

**Community Organisation:** Definition, philosophy, principles, goals, scope of CO; community as a social system; subsystems; types and characteristics community power structure, community dynamics, evolution of CO as a direct method in social work, community organization models: Rothman- social planning, locality development and social action; Murray Ross-general content, specific content and process objective; process and skills in community organisation.

**Social Action:** Concept, definition, aims and objectives, scope, social action as a method in social work, paradigm of five elements: causes, change agent, change target, change channels, change strategy, strategies and tactics for social action: channels topology; skills of a social activist, models and approaches to social action: Paulo Freire- Martin Luther King, Saul Alinsky, social action movements in India-Narmada Bachao Andolan, Chipko movement, Dalit movements, women's movements, Contemporary Social Reforms movement.

## **UNIT-V: INDIRECT METHODS OF SOCIAL WORK PRACTICE-I**

**Social Work Research:** Definition, objectives, scope, characteristics and functions– scientific method, concepts, variables, types of research, research as an indirect method of social work, qualitative methods – case study, Ethnography, Grounded, Theory, Content Analysis, Narrative, SWOC; quantitative research Methods-Tools and techniques in qualitative data collection: Observation, focus group discussion, unstructured in-depth Interview; iteration, triangulation and saturation. Mixed Methods: problem formulation: formulation of hypotheses; typology of research designs; ethical issues; sampling: definition, types, techniques: probability and non-probability sampling; sampling errors; data sources; types of data-nominal, ordinal, discrete numeric, continuous, sources of data; methods, tools and techniques of data collection, classification and coding, tabulation, analysis and interpretation–research reporting.

**Statistics:** Meaning, definition, limitations and uses- frequency distribution- construction of frequency tables–diagrammatic and graphical representation; measures of central tendency – mean, median, mode, measures of dispersion- standard deviation, variance, quartile range, measures of correlation and regression; tests of significance: hypothesis testing; Type I & Type II errors, Level of confidence, degrees of freedom Chi square, 't' test, reliability and validity methods; Scales: Rating scales, Attitude scales–Likert, Thurstone, Guttman; using software for data analysis;

## **UNIT-VI: INDIRECT METHODS OF SOCIAL WORK PRACTICE-II**

**Social Work Administration:** Concept, definition, characteristics, Social work Administration as an indirect method of Social work; Organizational structure, boards and committees: executive: functions and qualities - administrative process: policy formation, planning, decision making, coordination, communication; Human Resource Management: selection of staff, orientation, placement, service conditions, promotions, discipline, welfare programmes for staff-financial administration: budgeting, accounting, book keeping and fund-raising-office administration: office management and maintenance of records- supervision, evaluation and public relations; Central Social Welfare Board, State Social Welfare Board, Nehru Yuvak Kendra, Ministry of Social Defence Department of Social Welfare; Role of Voluntary Agencies, Board, Trustee, Committees, Executives –Roles and Functions; Laws related to NGOs; Registration of organizations: Tamil Nadu Societies Registration Act 1975, Trust Act 2001, Foreign Contribution (Regulation) Act 1976, Tax Exemptions and Foreign

grants; Role and contribution of international funding organizations; Project and Project Cycle Management; Project Proposal Writing, Overview of Logical Framework Analysis; Types and Steps, Format; Fund-Raising (Types, Methods, Skills); Monitoring and Evaluation of Projects.

## **UNIT-VII: HEALTH, COMMUNITY HEALTH AND POLICIES AND PROGRAMMES IN HEALTH CARE**

**Health**-Definition and concept; Healthcare approaches: patient as a person, psychosomatic approach, holistic approach. Problem assessment process: levels-prevention, promotion and tertiary; Disability & gender dimensions in disability, rehabilitation in various settings – UN convention on the rights of persons with disabilities; policies and programmes.

**Community health;** Definition, health indicators, disease, sickness/illness, definition of public health, changing concepts, primary healthcare: preventive, curative and social medicine, Health Committees, Concepts related to Wellbeing, Health indicators, Human Development Index (HDI), Millennium Development Goals (MDGs) and Sustainable Development Goals (SDGs), Health Education; Skills of Social Worker in healthcare.

### **Health Policies and Programmes:**

**Health Policies:** Constitutional Provisions for Health and Right to Health. Policy Analysis, National Health Policy, National Rural Health Mission, Health for All (HFA), State Health Insurance Scheme.

**Health Programmes:** National Leprosy Eradication programme, National Malaria & Filariasis Control programme, National Tuberculosis Elimination Programme (NTEP), National Tobacco Control Programme, National Programme for Control of Blindness, School Health Programmes, National AIDS Control Programme, National Mental Health Programme, Integrated Child Development Scheme, National Programme for Health Care of the Elderly (NPHCE) and National Vector Borne Diseases control programme.

## **UNIT-VIII: MENTAL HEALTH AND PSYCHIATRIC SOCIAL WORK PRACTICE**

**Concept related to mental health and psychiatric Social Work:** Normality & Abnormality, Mental Health, Psychiatric Social work, Community Mental Health and Community Psychiatry. Magnitude of mental health problems, changing trends in mental healthcare, history and scope of psychiatric social work, changing perspectives of psychiatric social work and Mental Health Care Act 2017.

## **Classification and Assessment of Mental Health Disorders:**

**Classification:** Diagnostic Statistical Manual (DSM) & International Classification of Diseases (ICD) – history, classifications, rationale and its application. Psychiatric assessment: Interviewing, case history taking, sources of intake, Mental Status Examination (MSE), Formulation of psychosocial diagnosis.

## **Psychiatric Illness and Disorders:**

**Types and Classification:** Minor & Major: organic, Toxic (Drug) and Functional (Non-organic) disorders - Symptoms, signs, etiology, management and follow up. **Behavioral Disorders and Childhood Disorders:** Eating disorders – Anorexia Nervosa, Bulimia Nervosa: causes, prevention, intervention, Non Organic sleep disorders. **Common Mental Health disorders:** Intellectually challenged or mentally retarded, disorders of psychological development: speech disorder, developmental disorders and autism, behavioral and emotional disorders.

## **UNIT-IX: MEDICAL SOCIAL WORK**

**Concept:** Health, Hygiene, diseases, illness and Handicap.

**Medical Social Work:** Meaning, objectives and scope, Disability and Geriatric care

## **Communicable and Non-Communicable Diseases:**

**Communicable Diseases:** TB, STD, HIV/AIDS, STI, UTI, Polio, Diarrheal diseases, Vector Borne Disease, Typhoid, Leprosy and Leptospirosis.

**Non-Communicable Diseases:** Cancer, Diabetes, Hypertension, Cardiac Disorders, Neurological disorders, Asthma.

**Other disorders:** Physically Challenged, Nutritional Disorders, Occupational Health, Adolescent Health problems, Women's Health and Geriatric Health problems.

**Roles and functions of Medical Social Worker:** Concept of patient as a person, Social Assessment of patient's family and environment, Counseling and Rehabilitation – organ transplantation, spinal cord injuries, epilepsy, Ambulance and Emergency crisis care and medico-legal cases. Institutional and non-institutional, Palliative care and pain Management, patient's rights and medical ethics in health care. Team work and multidisciplinary approach. Roles in hospitals, Out Patient departments, ART centres, Hospice & Special Clinics.

## **UNIT-X: THERAPEUTIC INTERVENTION IN SOCIAL WORK**

**Counselling:** concept, process, principles, values and ethics.

**Therapy:** Meaning, types – Medical, psycho and Behavioral therapy & skills. Difference between therapy, theory and intervention.

**Phases of therapy:** Early, middle and final phase.

**Psycho Social Therapies:** Therapeutic Counseling-meaning, techniques, goals, process and procedures.

**Types of therapies :**

**Cognitive & Behavioural therapies:** Cognitive therapy, Cognitive Behavioural therapy (CBT), Cognitive Analytic Therapy (CAT), Acceptance and commitment therapy (ACT) & Behavioural Therapy.

**Psycho analytical and psycho dynamic therapies:** Jungian, Psycho analytic and Psycho dynamic therapy.

**Humanistic therapies:** Getalt, Person centered/Client centered therapy, Solution focussed brief therapy, Transactional analysis and transpersonal psychology.

**Arts and Other Therapies : Arts therapies:** Art therapy, Expressive Arts therapy, Drama Therapy, Music therapy.

**Other therapies :** Couple Therapy, Family therapy, Group therapy, Rational Emotive therapy, Rational Emotive Behaviour therapy, Psycho drama, Eye movement desensitisation and reprocessing (EMDR) and interpersonal therapy.

**Indegenious therapies :** Yoga, Meditation, spiritual healing and relaxation therapy, Positive imaging, Pain management techniques, trauma counseling and PTSD therapy.

**Rehabilitation:** Concept, principles, options of rehabilitation, hospital based-quarter way home, vocational and occupation rehabilitation, half way homes, therapeutic communities, day care centres and work place rehabilitation.

**Community Based Rehabilitation:** Concept, objective, approaches, components and scope in mental health and psychiatric social work.

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