

de Mönnink

Kamplaan 10 9722 SH Groningen, The Netherlands
 Telefoon +31 50 526 91 11 Fax +31 50 5269110 E-mail monnik@home.nl

OVERVIEW CLIENTCENTERED MULTIMETHOD SOCIAL WORK MODEL:

Three steps Social Work approach = 1. PAB + 2. PSA + 3. PST

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1. PAB = Personal Archive-Box	2. PSA = <i>Psycho Social Stress Analysis</i> <i>Analysis of positive and negative stress-forces in every specific client situation</i>		C O U N S E L L I N G M E T H O D	3. PST = <i>Psycho Social Stress Treatment</i> <i>stress reduction -- << empowerment ++ >></i>
Client-story in client language	Positive strengths	Negative Stressors		Social Work-Methods
Clients tell about	Life-events with flow + strength	Life-events with negative stress – burden		Individual methods = individual balance
LIFE-EVENTS?	+ <i>Kick of newborn, growth, good figures, life-wisdom etc?</i>	– <i>Transitional stressors</i> Life changes during transitions like in adolescence, adulthood, old age?		<i>Non-directive counselling method</i> (Ch. 10): Listen to client's story & take inventory & categorize stressors/strengths
	+ <i>Energy from a new relation, eureka from discoveries, profit from success, etc?</i>	– <i>Incidental stressors</i> Life-events such as illness, accident, divorce, unemployment, , loss of children or parents,		Idem
	+ <i>Learning to live with chronicity and with rest capacity?</i>	– <i>Chronic stressors</i> Chronic illness, handicap, unresolved conflict, reorganisation?		Idem
CONDITION?	+ Physical / psychic strength	– Physical / psychic weakness		idem
	+ Strong physical/ psychological condition	– <i>Weak physical /psychological condition?</i>		Idem
INDIVI DUAL COPING?	+ Personal strength	– Personal burden		Idem
	+ <i>Problem coping</i>	– Denial? Insufficient insight into problem?		Idem
	+ <i>Existential coping</i>	– Questioning the meaning of life?	Idem	
	+ <i>Cognition coping</i>	– Information deficiency / unrealistic thinking?	Cognitive method (Ch. 11)	
	+ <i>Emotional coping</i>	– Suppressing grief / fear / anger?	Grief-method (Ch.12)	
	+ <i>Practical / materialistic coping</i>	– Financial-/ housing-/ employment- stressors?	Practical-material method (Ch. 13)	
	+ <i>Body coping</i>	– Physical stress / vulnerability?	Body-work method (Ch.14)	
	+ <i>Behavioral coping</i>	– Socially clumsy / unassertive/aggressive?	Behavioral method (Ch.15)	
	+ <i>Expressive coping</i>	– Inadequate verbal-skills?	Expressive method (Ch 16)	
	+ <i>Trauma coping</i>	– Traumatic experience?	Trauma-debriefing method (Ch 17)	
SOCIAL INTER- ACTION?	+ Social support	– Social burden	Systemic methods = systemic balance	
	+ <i>Relationships</i>	– Stress within relationship?	'Couple' method (Ch. 19)	
	+ <i>Conflict-resolution</i>	– Desire for mediation?	Mediation method (Ch. 20)	
	+ <i>Nuclear family support</i>	– Nuclear family stress?	Nuclear family method (Ch. 21)	
	+ <i>Family support</i>	– Stress within extended family?	Extended-family method (Ch. 22)	
	+ <i>Social network-support</i>	– Loneliness/ isolation?	Social-network method (Ch. 23)	
	+ <i>Fellow victims-support</i>	– 'Am I normal? / Am I the only one?	Group work method (Ch. 24)	
	+ <i>Care coordination</i>	– Insufficient coordination between professionals in the case?	Case management method (Ch. 25)	
SERVICES / SOCIAL PROGRAMS?	+ Macro-support	– Service-burden	Macro-methods = macro balance	
	+ <i>Screening of structural signals</i>	– More clients facing same-structural bottleneck?	Screening method (Ch. 26)	
	+ <i>Improvement societal services</i>	– Threat of deterioration on the part of more clients?	Prevention method (Ch. 27)	
	+ <i>Protest against societal deterioration</i>	– Group of clients angry about the same structural bottleneck?	Social policy method (Ch. 28)	
	+ <i>Need for knowledge to improve quality of social work</i>	– Insufficient quality through lack of knowledge on the part of society?	Practice research method (Ch. 29)	