

## **Workshop Nr. 1:**

### **Working with individuals in an empowering way:**

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#### **The challenges to the social worker in working with empowerment.**

1. *Introduction to the topic and empowerment.*
  
2. *Empowerment is:*
  - a. a way of thinking and a ethical approach to working with clients,
  - b. a process of change
  - c. which enable the creating of power to change one's own life
  - d. a process which takes time and patience,
  - e. necessary to see the resources in every person
  - f. and help these resources appear and be used,
  - g. a respect for the individual,
  - h. and an understanding of what produces powerlessness and therefore social problems
  
3. *What is empowerment and how can it be used in social work practice;*
  - a. The difficulty in sophisticated welfare states with a professional training,
  - b. Which emphasizes the importance of a public authority with a specific range of power,
  - c. empowerment is a different approach to working with clients and can best be used in informal organizations, NGO's and organizations which do not necessarily have their authority from social political legislation
  
4. *Empowerment is a process*
  - a. which helps one to see their own resources
  - b. and to use the existing resources,
  - c. learning how to ask for help and
  - d. to use the assistance of a social worker
  - e. to develop further resources and "social capital"

5. *The social worker has to be*

- a. aware of own resources and
- b. has to learn to function as a “facilitator”
- c. to help create processes which produce
  - i. awareness
  - ii. change,
  - iii. the ability to change one owns life,
  - iv. to see that these processes can be used to make a better life,
  - v. and develop resources which
  - vi. are able to develop social contacts and eventually
  - vii. cultural contacts or a contact with the work force or
  - viii. an education or training,

6. *The social worker has to be aware*

- d. own resources,
- e. own empowering in order to help others develop their resources,
- f. of how to give other people the power of creating knowledge and change,
- g. and their own resources
- h. to be able to develop change themselves

7. *Conclusion*

- i. empowerment is a process,
- j. where the social worker is a facilitator to help
- k. develop resources in those who are not able to see their own resources,
- l. requires respect and an understanding that everyone has resources
- m. and that they can develop and use these resources to develop new resources
- n. and that these resources can be social and cultural resources
- o. which are necessary in everyday life.