

One-to-one versus group-based

Social work often focuses on one-to-one relationships between social care providers and care seekers. Individual support offers many advantages, such as intensive and tailor-made counselling. In addition, **social group work** offers a number of **advantages** that are more difficult to achieve individually:

- ⊕ the **focus** is on the **experiences** and background of the participants, which has a non-stigmatising effect. This creates an atmosphere of recognition and mutual understanding;
- ⊕ group members **learn from each other** by exchanging tips on how to deal with difficult situations;
- ⊕ there is often a greater **willingness to learn** from group members than from care providers;
- ⊕ teaching and training skills in group usually **saves time** for the care providers.

"It was a learning experience on all levels, you learn from the course, from the people sitting around the table and from the care providers".



Conditions for successful social group work

A number of conditions have to be met in order for social group work to be successful:

- ⊕ The participants are motivated.
- ⊕ There is a good match between the objectives of the course and those of the participants.
- ⊕ The group coach has sufficient substantive knowledge and skills with regard to group processes.
- ⊕ There is a good preparation beforehand.
- ⊕ The emphasis is on knowledge, attitudes and skills.
- ⊕ The number of participants is limited to a maximum of twelve.

Want to organise social group work yourself?

Earlier, CEBUD carried out research into the factors that make social group work successful. This resulted in a useful roadmap 'Omdat je geld telt!', which can be used to organize social group work on strengthening budgeting skills.

The roadmap contains twelve ready-made sessions with teaching materials, exercises and tips on various themes, including paperwork management, overview of income and expenditure, shopping, energy use, debts, advertising and pitfalls. It can be downloaded free of charge from www.cebud.be.



"You are much more conscious about everything, in the shop, how you deal with energy use, you start comparing more in all areas, use the internet more often, look up things, observe, listen, search."



Peeters, N. et al. (2018). A Systematic Review to Identify Successful Elements for Financial Education and Counseling in groups. In The Journal of Consumer Affairs. Vol. 52, 2, pp. 415-440.

SOCIAL GROUP WORK