



UNIVERSITY OF ESWATINI

FIRST SEMESTER RE-SIT EXAMINATION PAPER, JANUARY 2020

FACULTY OF SOCIAL SCIENCES

DEPARTMENT OF SOCIOLOGY AND SOCIAL WORK

COURSE CODE: SWK105

TITLE OF PAPER: SOCIAL WORK THEORIES

TIME ALLOWED: 2 HOURS

Instructions

1. The paper consists of six questions
2. Answer any three questions
3. All questions carry equal marks

Candidates may complete the front cover of their answer book when instructed by the Chief Invigilator and sign their examination attendance cards but must not write anything else until the start of the examination period is announced.

No electronic devices capable of storing and retrieving text, including electronic directories and any form of foreign material may be used while in the examination room.

Special Requirements

None

Additional Material (s)

None

DO NOT turn examination paper over until instructed to do so.

QUESTION 1

Case study: Anna

Anna is an 18-year-old female who has been referred to social services by her general practitioner (GP) due to an eating disorder. On your first meeting with Anna, she discloses that she has been struggling with bulimia nervosa for the past four years and would like to quit bingeing and purging and using laxatives. Anna reports that she binges and purges at least once a day and uses up to eight laxatives a day in order to control her weight. Anna expresses feelings of guilt and shame about her behavior, but also reports receiving feelings of accomplishment and control when she purges. Anna discloses that she is beginning to see some changes to her teeth and mouth, which she knows is a direct result of purging. Social activities have been scarce for Anna as she refuses invitations to go out with friends or family if food is involved. Anna describes wanting to make a change as she knows that her actions are affecting her health and social life, but does not want to gain weight or lose control of her eating habits.

- a) Describe how you would utilize the motivational interviewing approach with Anna.
- b) Discuss the strengths, limitations and ethical considerations when using motivational interviewing approach.

QUESTION 2

Case study: Tanya

Tanya is a 20-year-old female who comes to see you due to self-harming behaviors. Tanya is employed as a retail clerk and is attending university to work towards a management degree. Tanya's family resides over an hour away from the university and she resides with two other students from her degree programme during term times. Tanya's roommates have grown increasingly concerned for her mental health and safety as they have noticed numerous cut marks on her forearms and have found razor blades in the bathroom rubbish bin. Tanya's roommates have confronted her with their concerns and encouraged Tanya to seek help to address her self-harming behaviors. Tanya comes to see you and reports that she does participate in self-harm by cutting herself whenever she feels stressed, over-worked or unable to accomplish all the tasks she has to do between work and school. In your discussion with Tanya, you uncover that Tanya comes from a very successful family where her father is a general practitioner and her mother is a prominent business executive. Tanya discloses that she feels unable to live up to her parents' expectation of her and is ultimately unhappy because she is the 'failure of the family'. Tanya reports her last self-harming experience was two days ago when her boss relayed to her that she would be fired if she were late to work in the future.

- a) Describe how you would utilize the cognitive behavioral approach with Tanya, particularly in regard to assessment, intervention and evaluation.
- b) Discuss the strengths, limitations and ethical considerations when utilizing cognitive behavioral approach.

QUESTION 3

Case study: Isabel

Isabel, age 32, arrived at a local community centre. About three months before, she had lost her job of 12 years where she had been a supervisor in a steel mill. Isabel had not attended university and has no formal qualifications. She states that she has tried to look for work, but has been unsuccessful. Recently, Isabel has found it difficult to get out of bed, eat food or even leave her flat. When she does leave her flat, she gets heart palpitations and starts to sweat. She feels hopeless and does not expect to find a job. Isabel's friend has recommended she come to the local community centre to see a social worker.

- a) Describe how you would use solution-focused practice with Isabel.
- b) Highlight the strengths, weaknesses and ethical considerations when utilizing solution-focused practice.

QUESTION 4

Case study: Frank

Frank is a 43-year-old, married male who has been referred to you by his general practitioner after expressing feelings of depression and hopelessness. The referral form states that Frank was made redundant nearly five months ago from his place of employment where he had worked for 23 years. Frank was a school-leaver and does not have any formal qualifications. Frank's wife, Sue, is a stay-at-home mom who cares for their two children, George, 15, and Clare, 12; Sue does not have any formal qualifications. The bank is threatening to foreclose on Frank and Sue's home, as the mortgage has not been paid for the past three months. Frank has reported that his relationship with Sue is deteriorating due to the financial stress and he has increased his alcohol consumption over the past five months in order to cope.

- a) Describe how you would carry out the task-centered approach in working with Frank.
- b) Discuss the strengths, limitations and ethical consideration when using the task-centered approach in social work practice.

QUESTION 5

Case study: Caroline

Caroline is a 19-year-old single mother of two children, ages 2 years and 4 months. Caroline and her two children live in a two-bedroom flat in a town approximately 30 minutes away from her family and friends. Caroline has minimal contact with the father of her children and he does not support her financially, nor does he visit or assist in caring for the children. Caroline has suffered from depression since she was 16 years old and has received counseling and support through her general practitioner's office, although Caroline has not seen the counselor since she had her

youngest child four months ago. One day, Caroline calls 999 and states that she needs help immediately as she 'can't take it anymore'. Caroline is crying and reports that someone needs to come out and help her, as she is afraid she is going to hurt her children. Caroline states, 'I can't do it anymore. My baby won't stop crying. Someone better come out before I do something stupid!' You are a social worker who is called to report to the house with the police.

- a) Describe how you would implement the seven-stage crisis intervention model with Caroline.
- b) Highlight the strengths, weaknesses of the crisis intervention approach as well as ethical consideration to consider as you work with clients.

QUESTION 6

Theory is an essential ingredient in practice that guides the way in which social workers view and approach individuals, groups, communities and society. Using examples, discuss this statement.