

PROFESSIONAL SOCIAL WORKER

VISION

To be a center of excellence, nationally and globally in Social Work Education, Training and Research

MISSION

To enhance human resources for social development through the preparation of competent manpower in social work at all levels, generate and disseminate new knowledge and technologies for social work practice, provide specialized services for social welfare and social development.

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NISD

National Institute of Social Development is recognized by the University Grants Commission as a Degree Awarding Institute under Section 25 A of the Universities Act No. 16 of 1978

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**Social Development, Policy, Research &
Publications Division,
National Institute of Social Development
(Ministry of Social Services)
Recognized by the University Grants Commission**



Director General's Message

I am extremely pleased to send this message of felicitation to the readers of our News Letter which is published by the Social Development, Policy, Research and Publications division of my institute. The primary task of this division is to conduct and collaborate research activities pertaining to areas that come within the purview of Social Work Education and Practice, Social Welfare and Social Development. A publication of this nature shall certainly help to upgrade the knowledge base of the students, scholars and well wishers while keeping the readership informed of the activities of the publishing division and the National Institute of Social Development (NISD) The NISD endeavoring to achieve excellence in Social Work Education, Training and Research has launched many research programmes on the subject area of Social Development. This News Letter neatly sums up information on all the activities and events of the Institute I wish to express my sincere gratitude to the editorial board for launching this Publication.

NEWS & EVENTS

Social Development, Policy, Research & Publications Division Publications

1. The Social Development, Policy, Research and Publications Division launched a Publication on Rural Development in the Dry zone area, Mahawilachchiya Divisional Secretariat Division in Madawachchi and a study report on Participatory Rural Appraisal on Probodagama and Alapathgama villages.
2. The Journal of Social Work Volume - 03 Number - shall be published in June, 2012.



Editor's Message

Welcome to our **Professional Social Worker** Newsletter from the Social Policy, Research and Publications Division of the National Institute of Social Development. We proudly present to you volume II Issue No 1 of our yearly publication to maintain par excellence in Social Work Education, Training and Research by providing opportunities to understand and disseminate knowledge on all aspects of Social Work. We hope that you find this newsletter interesting and informative. We are always interested to hear from you and would welcome suggestions to improve our future editions.

Deputy Director's Message

I am very happy to issue this message as the Deputy Director announcing the fact that my division has kept to its goals and produced this most awaited publication with all possible support to reach the expected goals and outcomes of a news letter "Professional Social Worker 2012" I am also proud to announce that the progress made by our division during the last two years has been spectacular. I wish to congratulate the Editorial Board of the Research Division for their dedicated work.

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News Letter

Work Shop on Data Analysis for Research Staff

A Work Shop (3 hrs) on Data Analysis will be held on 21st June 2012 for the faculty of the Research Division and other divisions as well. This is organized by the Social Development, Policy, Research and Publications Division.

This Workshop will be on Qualitative and Quantitative data processing and analyzing. The workshop will discuss in detail the nuances of data processing methods. The agenda covers the introduction to research processes, data base designing, data entry and data analysis using SPSS software. The importance of giving due ethical considerations will be the highlight of the deliberations.

Ongoing Projects

Gerontology for Social Development in Sri Lanka

The project launched for the creation of curricula on Gerontology for Social Development in Sri Lanka was organized by the National Institute of Social Development in collaboration with the Helpage Sri Lanka.

Participatory Action Research on Capacity Building for Social Care Workers in Collaboration with the Salvation Army

This action research project for social care workers is the outcome of a combined effort made by the institute of Salvation Army and the NISD. The idea to commence this programme was mooted by the Salvation Army. It is an International Human Service Organization (INGO). It has been providing caring services to the underprivileged in Sri Lanka for over 125 years in the past.

This project is currently engaged in the subject areas of social development, Human services, child and adult care, poverty reduction, spiritual development etc. This is a one year programme organized by the Social Development, Policy, and Research and Publications Division, of the NISD. This action research project is to be undertaken for the social care workers employed by the Salvation Army.



This programme aims to upgrade the knowledge base and skills of the relevant officers with a view to improve the delivery of social services most efficiently to the needy particularly children and older people.

Sri Lanka School of Social Work (SSSW)

- The SSSW is at present engaged in the vision and development of the curricula of the Diploma in Social Work and Diploma in Counseling. This ongoing project had a meeting with the participation of the Asia foundation on the 21st May 2012, the next program will be held on 06th June 2012.
- 60th anniversary of Social Work Education in Sri Lanka was celebrated on the 4th of April 2012, at the Sri Lanka Foundation Institute under the distinguished patronage of the Minister of Social Services, Hon. Felix Perera.
- Class room teaching and the field presentations of the students who are reading for the Diploma programme on the Empowerment of Women was completed. The final results are to be released soon
- Admission test of the Bachelor of Social Work (BSW) new intake was held on 23rd May 2012.
- Interviews of the selected students will be held on 18th and 19th June 2012.
- The Intensive Course of English will for New Bachelor of Social Work batch will commence on 2nd July 2012.

Sri Lanka School of Social Work

The third Convocation Ceremony of the National Institute of Social Development for the conferment of the degree of Bachelor of Social Work 2007/2011 was held on 11th June, 2012 at the Bandaranayake Centre for International Studies (BCIS) Auditorium, (BMICH Complex). Honorable Minister Felix Perera, Minister of Social Services was the chief guest

News Letter

Training Division

Among the educational programmes the Diploma programme in Counseling and several other sponsored in-house and out-reach training programmes are being conducted by the Training Division.

Short Term Training

The Training Division had organized a Short term training programme on stress management and basic psychological counseling skills for the Special Task Force (S.T.F) officers from the Police Department from May 29, 2012 to June 01, 2012 at NISD.

Long Term Training

Diploma in Counseling Programme at Wariyapola is an ongoing programme for Social service Officers (S.S.O), Child Right Promotion Officers (C.R.P.O) and Probation Officers of Central Province.

Diploma in Counseling Programme (Sinhala and Tamil Medium) at Thalawa, is an ongoing programme for Government and Non Government Officers.

Staff Training Course on “*Social Welfare Pertaining to the Prisons*” was conducted from March to August 2012 at Welikade Prison, Colombo. Welfare officers of the prison attended the programme.



Journal of Social Work

Call for Research Papers – 2013: Volume - IV, Number – I.

A peer reviewed journal published by the Social Development, Policy, Research and Publications Division – functions as a high profile medium publishing the most current, innovative, up to date research in the field of Social Work. The journal publishes original research and reviews articles on Social Development studies relevant to Sri Lanka.

Aims: This journal endeavours to bring together research from diverse quarters on the broad themes of Social Development including areas such as Child Abuse, Adult Care, Conflict Transformation, Disaster Mitigation, Domestic Violence and Mental Health Problems.

Guidelines for Authors on Submissions: Papers must be submitted on the understanding that they have not been published (except in the form of an abstract/ extended abstract) or is being under review for publication in another refereed journal and the Corresponding Authors should hold the responsibility for all legal and ethical issues arising from this publication. All manuscripts are subjected to double-blind peer review.

Deadline for submission: The manuscripts are accepted throughout the year. Please submit your manuscript by 31st December 2012.



For any further information regarding Journal of Social Work please contact:

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CURRENT SOCIAL ISSUES & ABSTRACTS

Psychological Counseling for Human Development

Kumudini Wedisinghe

Training officer

The counseling process reflects the need for one person to seek out help or advice from another person. Counseling as a professional occupation, therefore, derives not from the clinic but from other social settings. It helps persons resolve problems but counseling psychology on the other hand as a sub category of psychology is unique in its attention both to normal developmental issues and to problems associated with physical, emotional, and mental disorders and psychological counseling is used in many situations including the promotion of mental and physical health that contribute to human development

Psychological counseling focuses on therapeutic treatments to clients experiencing a wide variety of symptoms. It is also one of the largest specialty areas with in psychology. Psychological counselor facilitates personal and interpersonal functioning with a focus on emotional, social vocational, education, health-related, development and organizational concerns. Moreover psychological counselor focuses attention particularly on individual, family and group problems. The understanding of this specialty is therefore very essential when launching human development programs

Fundamentals of psychology deals psychology based human behavior, perception, sensation cognition, learning, motivation, emotion, intelligence, memory, forgetting, human development stages, and personality when a person's perception cognition, memory and emotions are unbalanced, his/her behavior becomes abnormal. Here the psychological counselors use knowledge on *abnormal psychology*. According to that discipline psychotic disorders play the main influence for human development. *Social psychological* not only that *psychological approach, testing, diagnosis systems and treatment* are also very essential.

Psychological factors directly influence human behavior. The benefits of Psychological counseling concepts are therefore very useful in human development programs.



Social Care and Value Base

B.A. Niluka Wijebandara

Research Assistant

What is Social Care?

Social Care means helping people live their lives comfortably, particularly those people who require a certain degree of extra practical and physical help. Social care workers endeavor to provide this service of practical support with a view of helping individuals maintain their independence, to increase their quality of life and to help them lead fuller more enjoyable lives.

Social care workers also work with children and adolescents in institutional care, people with learning or physical disabilities, people who are homeless, people with alcohol and drug dependency, families in the community and older People.

It provides professional care, protection, welfare and advocacy for vulnerable or dependent clients, individually or groups. This is achieved through the planning and evaluation of individualized and group programs of care which are based on needs, identified where possible in consultation with the clients and delivered through day to day shared life experiences. All interventions are based on established best practice and in-depth knowledge of life span development.

Social Care Value base

The care Value is a set of rules and guidelines that every care practitioner has to follow in order to provide services to their clients. The seven principles that they need to follow are:

- Promote anti –discriminatory practice.
- Maintaining confidentiality of information.
- Promote and support individual's right to dignity, independence, choice and safety.
- Acknowledge people's personal beliefs and identities.
- Protect individuals from abuse.
- Provide effective Communication and relationship.
- Provide Individualized Care.

The core value base should be used by the care workers when working with people. The clients have the right to their own benefits, ideas and way of life which the care workers should try to adhere to. Nobody has the right to damage other people's quality of life. Rights come with responsibilities. Care Workers respect the rights of all clients, no matter what clients are in need of care. They should be supported by effective communication and be able to interconnect with a person effectively. It helps increase the quality of care.

To give meaning to an empty word.....

To fulfill a broken promise.....

Malmadara Doni Jayarathne

English Instructor

As delineated by UNICEF, "Childhood is the foundation of the world's hope for a better future" (UNICEF reports, 2005 p.01) and childhood means 'The time before a person is considered an adult (UNICEF reports, 2005 p.03). In other words for a better world, every child should have a better childhood as childhood is the foundation of the world's hope for a better future (UNICEF reports, 2005 p.01). But in the first instance, as the report indicates, "Childhood is an empty word and a broken promise".

Owner of childhood is a child. Hence the empty word or the broken promise is meant for children. Thus the world's hope for a better future collapses when a number of social injustices and ill-treatments against children are condoned. The Convention on the Child Rights says, "Every child has the right to non-discrimination, survival and development, protection from illicit transfer and illegal adoption, protection from abuse and neglect, education, a decent standard of living, dignity and worth even if the child has infringed the law, etc"(Articles 1-40 of the Convention of the Rights of the Child).

Although the Convention consists of such rights, the prevailing conditions in the world prove that the child, who is considered as the future citizen, is highly deprived of not only the basic needs such as food, access to education, safe water, sanitation facilities, shelter and right to enjoy them but the right to live. As a result, child in the present world is abused both physically and mentally.

Majority of every day reports on media about such incidents indicate that children become victimized due to the fault of adults. As mentioned in a newspaper, "The reason for many such cases can be the myth behind child abuse cases, i.e.the dangers to children coming from strangers. In most cases the perpetrator is someone the parent or the child knows and trusted by the child and the family" (Daily News, 08/09/2011). Moreover in most cases, such victimized children are the ones who are deprived of basic physical needs such as food, sanitation facilities, and shelter and even the right to live. Only a few of them do not fall into this category. .

There are a number of laws dealing with offences against children, child labor and issues relating to juvenile justice. Undoubtedly these laws protect victimized children from being further abused to a certain extent. However the statistics related to child abuse cases or deprivations of child's needs and rights further prove that the prevailing laws alone cannot hold back the injustice done to children.

Furthermore the complications and limits in jurisdiction have indirectly worsened the conditions of children. "Child rape carries a minimum mandatory jail sentence of 10 years. Grave sexual abuse on a child is also punishable with the same mandatory jail sentence of 10 years. However there is non-summary inquiry in grave sexual abuse cases and suspects can be directly indicted. In the case of other offences of sexual abuse of children also which carry the same minimum mandatory sentence of 10 years rigorous imprisonment as in rape, no non-summary inquiries are conducted." (Child Abuse and Law; A review of the Law and the Legal Process, 2000 p.33)

Establishing laws can only punish the abuser or the accused but in most cases it never helps rebuild the child's broken life. As the foundation of the world came to be threatened, the world started paying more attention to this. As "Prevention is better than cure"; the world has to take necessary steps to strengthen the protective cover around the child, specially the family of the child. Also as education is the formal base for a proper personality, a child should be inculcated with good morals at schools. Even the media has a huge responsibility. Instead of portraying evil (star contests, soap operas etc.) the media has to make the society more aware of such preventable issues. Practicing religion helps to inculcate morals and live in society peacefully. Concern with arts and nature guide people for a better way of living. To for that the media and the education system should be restructured including such lost values.

If not, the empty word or the broken promise will remain as it is, letting the world suffer forever.

Are you aware.....

M. Vijenthiran

Research Assistant

Sri Lanka is one of the fastest ageing countries in the world. Its population is among the oldest in the non-developed world. In Sri Lanka a rapid increase of the very old is expected to be dramatic (World Bank 2008).



What is aging?

Nadeeka Erewwala

Research officer

Aging is the accumulation of changes in a person over time. Aging in humans refers to various processes of physical, psychological and social changes. Aging is a social construction and it associates with other social activities in our life. There are many myths surrounding aging, they are

- ✓ Aging means Alzheimer's
- ✓ Aging means no contribution to society
- ✓ Aging means physical incapability
- ✓ Aging means end of learning
- ✓ Aging means loneliness and deprivation

Different societies define aging differently and use different indicators.

- ✓ The Arunta Tribe in Australia identifies a person who has reached more than fifty years of life as an aged person.
- ✓ In the Eskimo community when a man is no longer able to hunt is considered an aged person.
- ✓ The Bush people in South Africa recognize a person who had children with grey hair as an elderly person.
- ✓ In the modern societies aging depends on pensionable age criteria and they divide the old age into three types as young old (65-74), middle old (75-84) and oldest old (80+).

Population aging is the increase in the number of older people in society. The change occurs through migration, longer life expectancy (decreased death rate) and decreased birth rate.

The elderly population usually faces problems as they become non-productive and physically incapable. Psychological Problems, Economic Problems, Health Problems, Housing Problems and Nutrition Problems are common among them.

National Institute of Social Development and its Meteoric Rise

Riddley Jayasinghe

Director (Admin. & Finance)

The National Institute of Social Development (NISD) ever since its humble beginnings in 1952 has made remarkable progress to become the one and only premier institution in Social work education in Sri Lanka. Its recognition as a degree awarding institution by the University Grants Commission was a historic event that allowed the NISD to enter the citadels of tertiary education nationally and internationally. Following the declaration of the National Institute of Social Development as a degree awarding institution for the purpose of developing higher education leading to the

Professionally qualified man power in Social Work, who can provide specialized services for Social Welfare and Social Development. Every year the institute produces Diploma and Degree holders who are competent in working in various fields.

Apart from that the institute has produced a large number of professionals in the fields of counseling, social welfare and social development by providing necessary skills, knowledge and attitudes through various courses of study and training. There was no turning back in the growth and development of the institute. In other words the commencement of the BSW programme marked the watershed, demarcating the golden period brought on by the sudden and positive spurt discernible in its development.

The institute celebrated its 60th anniversary recently. A quick glance at the history of the institute reveals very clearly that its meteoric rise in the recent past has been spectacular, developing into a premier institution in social work education despite the fact that it did not possess a land nor a property of its own making it necessary for the institute to move several times as the buildings were obtained on rental basis. It is heartening to note that the institute has received a land in the Malabe area to put up a permanent building for the NISD. It is our fervent hope that a brand new building will come up on this land in the near future to make us proud and encourage us further to reach our next milestone effortlessly.

Administratively we have achieved another milestone by introducing the new SOR. This new Scheme of Recruitment has provided better career prospective and opportunities for the staff. By restructuring the system the irregularities that existed in the past were removed and the new SOR remains a good foundation for the development into an outstanding institution of higher learning.

Field practice is an essential component of Social Work Education. For this the resources allocated were not sufficient to carry out student supervision and the faculty members had to face many difficulties due to lack of resources. But now that problem has been addressed and resolved to some extent as the institute has received infrastructure facilities. With the expansion of the courses and training programmes conducted by the institute new recruitments were made. Internal staff members were promoted to some posts according to the new SOR. Currently the initiatives have been taken to rename the institute as the National University of Social Development and a cabinet paper has been forwarded in this regard.

The institute owes its incredible development to the joint effort of the entire staff. Their contribution should be recognized and appreciated.





Institutional Affiliations

A number of National and International affiliations have been established by the Institute

- International Association of Schools of Social Work (IASSW)
- International Consortium on International Social Development (ICISD)
- International Federation of Social Work Education (APASWE)



Our sincere thanks go to:

Mr.M.A.Allam – Director General

Prof. Y. Rasanayagam – Academic Advisor

(As the Chancellor of the Eastern University of Sri Lanka we are honored to be advised by you)

Mr. Riddley Jayasinghe – Dir/Admin and Finance

Mr. M. U. Peiris – Deputy Director (SSSW)

Mrs. Pushpa Silva – Head of Training Division/
Senior Training Officer

Mrs. Kumudini Wedisinghe - Training officer

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"I cannot express in words my joy! What you are doing is in the interest of the entire humanity and the world." **Nelson Mandela**