Empowerment Model

Week 12 Lecture Video

Jacob Campbell, PhD LICSW at Heritage University
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Agenda for the Week
Tasks for Week 12

Read/Watch

✳ Read Rothman's (2018) chapter 13, "Practice Models - Working with Individuals."
✳ Watch my lecture video for week 12

A–01: Asynchronous Participation and Engagement

3 Replies Across any of the Forums

✳ Questions Regarding A–04 Social Media Assignment
✳ Chapter 13 Prompts
✳ Case Management Model
✳ Empowerment Model
✳ Crisis Intervention
✳ Advocacy Model

By focusing on the client's strengths, the worker can help the client to motivate and to see himself or herself as actor, rather than acted upon. Empowerment practice involves the worker in helping the client to act, rather than in acting on his or her behalf.

(Rothman, 2018, p. 269)

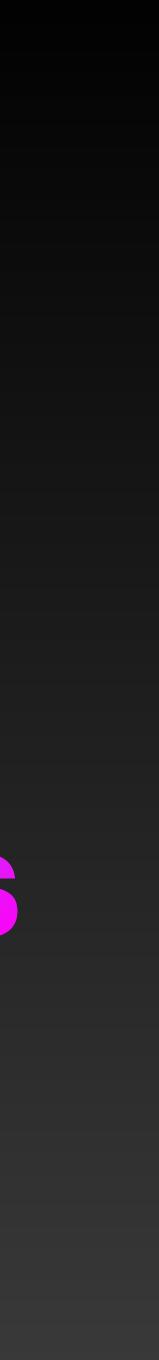# Empowerment Model
A Process

1. **Self-efficacy**

2. **Critical Consciousness**

3. **Social Change**

Self-efficacy
Step 1

The first step in empowerment theory is the empowering of the client. This means helping them to gain self-efficacy. This can be done by the following:

- Skill building

- Gaining self-awareness

- Learning to navigate systems

Critical Consciousness
Step 2

The second step in empowerment theory is connecting the client to the "bigger picture." This means helping them to gain a critical consciousness about oppression and obstacles. Some examples of this are as follows:

- Identifying barriers

- Defining power

- Connecting the client to a group

- Letting them know they aren't alone

Social Change
Step 3

The third step in empowerment theory is creating larger social change. The following are some possible ideas:

‣ Creating policy and or legal changes

‣ Having the client act as a mentor

‣ Connecting to another activity that allows them to make social change