

## The Historical Development of Social Work Practice With Individual

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**Abstract:** The method of social work with individual (social case work) has emerged before social work with group and community work methods, as a planned intervention process for the realization of professional applications. Social work with individual method, as social work with group and community work methods came about and developed in England and the USA. Applications of social work with individual method differed greatly in parallel with the age's changing psychological, socio-economic and cultural conditions in the process. Previously, only with clients in problem areas arising from the structural and individual reasons such as poverty, dependency and guilt, issue-oriented vocational studies were conducted. It was thought that the problems arose from individuals and the environmental factors weren't taken into consideration. Then, with the changing circumstances and the diverse problems as a bio-psycho-social being, an individual is considered to be a living being who forms interactions in the community and who are affected by these interactions. The idea of not only the individual but also environmental factors and even the processes of non-functional interaction between the individual and the environment caused the problems gained importance in social services and science environment. In this study, as the oldest method of social work in the history, social work with individual is examined under the influence of currents of thoughts and cyclical factors. Also, from the emergence of social work as a discipline and a profession to the present day, how the social workers who are representatives of this profession, carry out their professional activities to guide their clients is outlined in this study.

**Key words:** Social work • Social services • Social worker • Social work with individual • Historical perspective

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### INTRODUCTION

Nowadays, social workers conduct professional studies to develop and change the condition of individuals, groups and local communities composed of children, the young, the old, families, people with disabilities, women under difficult conditions, asylum seekers and migrants, patients in need of medical and psychiatric help, alcoholics, drug addicts, homosexuals, criminals and the poor [1].

As a method of social work, social work with individual shares all the overall principles and values of the social work. In practical terms, the general practice principles of the social work guide the practices of social work with individuals [2].

The method of social work with individual having the professional intervention techniques for individuals is a

method which must be consulted in all social work activities and other professional methods of social work-social work with group and community work.

As the other methods of social work, social work with individual uses the processes of help, problem solving and communication consciously. The only difference is that it is based on one-to-one professional relationship and interaction with clients. It is often used in the diagnosis and treatment of the situation of individuals who need help. In other words, social workers benefit from social work with individuals effectively to perceive the special circumstances in clients' living conditions, determine their needs and consequently help them in areas that they need [3].

The focal point of social work with individual is family members who have various relations with their neighbourhood. According to this, overcoming the

problems requires the use of facilities and resources of the surroundings beside the individual's own skills and abilities. The main objective of the social worker who uses the social work with individual method is to help individuals and families to be able to solve their problems making benefit of their professional knowledge and experience [4]. For this, social worker needs to receive information from the client using the interview technique effectively [5].

Social workers prepare the social investigation and assessment report for the intervention on the basis of observations and information about client's problem's emergence, story, course of development, economic and social and psychological situation, relationships with family members and relatives, school and business life. Now then, this depends on using the methods, techniques and practices of social work with individuals successfully [6].

As it turned out, in social work, the professional studies process' achieving its objective depends on preparation of accurate and reliable social investigation and evaluation reports and the transfer of professional knowledge, skills and set of values into application. In other words, professional usage of the method of social work with individual which bridges the social worker and the client is of vital importance in raising the level of welfare of disadvantaged groups.

**Concepts of Social Work, Social Services and Social Work with Individual:** The social work profession promotes social change, problem solving in human relationships and the empowerment and liberation of people to enhance well-being. Utilising theories of human behaviour and social systems, social work intervenes at the points where people interact with their environments. Principles of human rights and social justice are fundamental to social work [7].

Social work is a professional assistance activity that aims to realize the social functioning and develop or repair the capacity of individuals, groups and communities in order to produce the appropriate social conditions [8].

The purpose of social work is to determine the individuals' strengths revealing their potential and thus to make the individuals more functional in the community. In addition, pressure groups are created in order to meet the needs and requirements of individuals and to change the existing social institutions and social policies in the community. Social workers prepare various activities to achieve these objectives. These events can be listed as follows; primarily social workers try to increase the

people's capacity of problem-solving and development. Secondly, they provide the link between the needs and resources. Third, they supervise the system if the services are humane and adequate. Fourth, they analyze problems that they identified during and after their applications. They are involved in the process of creating social policies in accordance with identified needs and deficiencies. Finally, social workers make social work research in order to develop knowledge and skills basis of social work profession [9].

Social services which involves the field of social work and state a higher concept is a set of activities and programs that are held by social workers or other professionals in order to develop health and well-being of people, prevent people being dependent on others, help them to be self-sufficient, strengthen the family ties, help individuals, families, groups or communities to fulfill their social functions successfully [10].

Accordingly, social services that includes education, health and social security services is a set of plans, programs, implementations and activities aiming ultimately to provide citizens' social well-being. In all areas of society, from children to the old and from individuals to community, social services which aim to protect the minimum living standard of the country's population is an interdisciplinary practice field that involves medicine, nursing, psychology, sociology, social policy, political science, physical therapy, special education, pedagogy, counseling and guidance, nutrition and dietetics, health administration, law, anthropology and social work profession.

In light of these definitions, we can express that social services has the responsibility for protection of human rights, ensuring the social security, the realization of equality of opportunity and redistribution of income in modern societies.

With the methods of social work with group, community work, social work research and social work management, social work with individual is one of the five key methods which date back to about 120 years before our present day.

The wealthy women who strived to enhance the conditions of the poor and voluntary work played an important role in the emergence of the social work with individual. Many different definitions of social work with individual are found in the literature. From the first periods social work profession began to develop, until the 1980s, social work with individual method which was known as social case work is defined as art, process, form of treatment and discipline in the historical process.

The definition of social work with individual by Mary Richmond who is one of the pioneers of the social work profession is known as the oldest definition in the literature. Accordingly, social work is an art of doing different things in order to ensure the individual and social development in cooperation of different people [4].

According to Bowers; “social work with individual is an art of prompting the skills of the individual and the resources of the community using the information about human relations and the skills in the management of the relations in order to provide the client fit into society. When we examine the elements of this definition, we can see that the knowledge and skills contribute to understand the quality of human relations. Also we can understand that it is crucial to prompt social resources. And the ultimate goal is to create a harmonious relationship between the individual and the environment [11].

By Perlman; “social work with individual is a process used by particular organizations that assist people to pursue the problems arising during their social functions more effectively” [11]. According to Perlman, this definition involves four elements including human, problem, place and the process. Accordingly, social work with individual means to help the individual with a problem in a place within the framework of a process.

As it is adapted in 1957 by the Council of Social Work in the USA, “Social work with individual is a method to help people who are inadequate or failed to fulfill social functions to develop themselves and to fulfill their responsibilities of everyday life” [4].

As it is also understood from all these facts, social work with individual can be described as a professional method that aims to develop the social functioning in the most basic sense.

In the rest of this article that is about the development of the social work with individual in the world and in Turkey in historical process, the social work with individual method will be examined in four periods. These are respectively the period from the last quarter of the nineteenth century up to the First World War, the period from the First World War up to 1930s, the period between 1930-1960 and the period from 1960s up to our present day.

**Applications of Social Work with Individual in Period from the Last Quarter of the Nineteenth Century up to the First World War:** The basic idea of social work with individual which was the first method of social work has been to help people who are in distress from the very

beginning. With this in mind, the duty to help poor and needy people is intended to be the responsibility of local governments with the effect of immigrants from Europe and England to America in the nineteenth century. However, as a result of rapid increase of population, the number of poor, sick and unemployed people gradually increased and local governments’ aids in order to meet the basic needs such as shelter, money and food began to be inadequate. In order to prevent wastefulness in these aids, in the last quarter of the nineteenth century, Charity Organization Society institutions have spread rapidly in England and the USA. Thus, the aids were codified and the aids began to be given to people who are really poor [4].

In 1869, the first Charity Organization Society has been established in London in the period of social and economic chaos with the aim of ensuring the coordination of assistance programs. In this way, it was aimed to make existing charity organizations work more efficient and in cooperation. The first city-wide Charity Organization was founded in Buffalo in 1877 in the USA. By the year 1885, the number of Charity Organization Societies exceeded one hundred throughout the USA [12].

Scientific approach in social work came up with the movement of scientific philanthropy at the end of the nineteenth century. It was intended to help the poor with a scientific effort. First at this date, it was thought that science will provide understanding of the poverty. It was also thought that the scientific method could be used for systematic examination and treatment of the individual cases [13].

In the last 25 years of the nineteenth century, Charity Organization Society consisted members who fight against illnesses, unemployment and low wages in large industrial cities. Also they were closely familiar with the economic and psychological trauma among the working masses and they organized their activities according to this situation. According to Thomas Charmers’ ideas, the Organization for Philanthropy Association maintained the idea that the official aid for the poor was inadequate and in order to fully help a poor one and his/her family, they should be subject to social rehabilitation, personal assistance has been provided to the poor in terms of money and information. Status of each poor case was questioned through home visits and solutions to the problem were discussed with the client and family members. This process started to gain interoperability with the scientific and professional social work practices [14].

In the late 1800s, voluntary members and officers of charity associations recognized themselves as a representative of that community. They went to their homes to have a closer look at the status of family and they tried to uncover their family ties and strengths. As a result of these family studies, the committee that represents that region's help activities was informed. And according to this report, the committee decided how to help the client to work self-sufficiently in the future [14].

In these associations, the volunteers who reviewed the applications at their place and then reported to decision-makers were called "Friendly Visitors". However later, because of the increasing demand, the number of volunteers who have no education and no understanding of human behavior wasn't adequate. So some people began to do this job for a fee. These workers have been recognized as the first official representatives of the social work profession and the first practitioners of social case work [4].

During this period, social workers have concluded that the personal deficiencies and social factors were effective in the individual's becoming needy. Also during this period, some significant steps that reflect the essence of social work with individual method and emphasize that each client is unique, social problems should be dealt with at the level of individual and the family, right to decide about the man himself should be respected have been taken.

Implements of sufficient knowledge and skills to deliver the services to individuals and family are achieved only with education. The first step in the realization of this need was the conferences which were organized for employees of charity associations in 1873. It was followed by a summer school in New York in 1898. Then, the first school of social work was opened in Amsterdam in 1899 [3]. In New York, a school of social work was opened in 1904. Its training period was one year. In 1917, its training period was doubled. And social work with individual method was involved in the curriculum of the school as a separate subject [4].

The establishment of juvenile courts and practices of medicine and psychiatry played an important role in the development of social work with individual method. The first juvenile court was established in Chicago in 1899. Before judges took a decision to give the child who committed a crime to the family, keep under surveillance for a while, send to a foster family or a reform school, they needed to have information about the circumstances of the crime, the child's own family history, relationships with his parents and siblings, school success, physical and mental health, extreme behaviors, friends and the

conditions of his social environment. This need was met by the staff of social services, on the basis of individual study, with social inquiry reports prepared in collaboration with professionals such as psychiatrists and psychologists. The implementation of individual study at hospitals first occurred in Boston with the initiative of Dr. Cabot in 1905. Dr. Cabot sent the social workers to patient's home in order to monitor the patient after being discharged, investigate the economic situation of the family, inform the family about the rules to prevent the spread and recurrence of the disease [4]. Previously, these issues were neglected so the social status of the patients and their families were neglected, too. There was a need for someone who contacts with the patients and the families and helps them solving the problems. In the same year, medical social work started to be applied officially in many hospitals in the USA [15].

In 1909, the first child guidance clinic was opened in Chicago. This service advanced in a short time and it revealed the necessity of the treatment team including psychiatrists, psychologists and social workers in practice. At that time, the function of the social worker in the treatment team was intended to report the parents' thoughts about the child's problems and their expectations of the treatment to the school, to inform the family about the causes of the child's incompatible behaviors and to clarify them how to change their relationship. In the beginning, these clinics were established to assist the juvenile courts but in time, children with behavioral disorders, students who fail in school, children who don't eat, children who have obesity and children who pee their pants were added to the content of activities of these clinics [4].

During this period, in the content of social work with individual method, the vocational studies with clients who had structural and individual reasons such as poverty and neediness were focused on. Later, with the emergence of new problem areas (widows, neglected children, alcoholics etc.) the range of applications in social work with individual is expanded. Concerning this period Richmond stated that previously there was a structure that is based on only the relationship between the social worker and the client in the development of social work with individual and it was found enough in initial process of social work. Then, the social worker began to focus on the client's environment. However, the client and the environment were dealt with separately and it was decided on the treatment with this perspective. Late in the first quarter of the 20<sup>th</sup> century, the scientific community reached a compromise on to deal with the client who requests for assistance as a dynamic being [16].

In England and the USA, starting to gain a professional qualification social work with individual method was applied in order to find solutions to the problems of the poor. Initially, individual-oriented professional studies were carried out from the point of view that the problems were caused by individual deficiencies. Then, the opinion of problems not only originated from individual reasons, environmental factors also had an impact on problems became the dominant opinion.

**Applications of Social Work with Individual in Period from the First World War up to 1930:** The First World War set primarily two trends to social work with individual method. These are the psychiatric social work and organization of home services. The studies of the American National Institute of Mental Health took an important place in the development of psychiatric social work. During the war, many soldiers lived mental illnesses and this led to increased interest in psychology. The second developmental trend for the method of social work with individual is the vocational studies with the establishment of the administration of home services. The Home Service Organization which was established with the initiative of the Red Cross has functioned as a continuation and enhanced form of the Charity Organization Society. The war affected all the people indirectly. During this process, the mission of the Home Services Organization has been to produce necessary social services for the needs of people [16].

For the first time during this period, the principles and methods of social work with individual were described in Mary Richmond's book "Social Diagnosis" in 1917. Richmond evaluated the social diagnosis as the first phase of scientific problem solving process. Today, Mary Richmond's book of "Social Diagnosis" is accepted as the basis of psycho-social approach in social work. The fact of the clients' problems can't be explained only with individual characteristics and to discuss the individual's problems in social structure played an important role in detection and treatment took part in social work literature for the first time with this book. At that time, the book made a significant contribution to the development of family and child welfare social services and medical social services [4].

In this period, sociological studies have shed light on the practice of social work. Sociologists mostly dealt with the events of daily life. The sociologists' research results at the University of Chicago played an important role in the development of social work literature. Roderic

Mackenzie' "Around Neighborhood"(1923), F.M.Thrasher's "Gang" (1927), Louis Wirth's "Poor Neighborhood" (1928), Clifford Shaw's "Guilt" (1929) books hold a special place in the development of applications of social work with individual method as the main ones of this research. In this period, a significant relationship was established between the social work with individual and social theory [16].

The dynamics of occurrence of relationships between the individual and the environment in "An Introduction to the Science of Sociology" published by Parks and Burgess in 1918 bear a resemblance to one of the pioneers of social work profession Richmond's opinions [16].

The science of social work mainly benefited from sociology by the end of the 1920s. Sociological researches carried out by social workers provided important clues about the lives of the families in poverty cycle.

A large number of studies have been published on psychoanalysis theory after Sigmund Freud's visit to the USA in 1909. In the articles in his book "Family", psychiatric social individual work and psychoanalytic theory were discussed concurrently with other important issues of that period. Grace Marcus emphasized that social work with individual was an area for practice and psychoanalytic theory was practiced upon. At the end of the 1920s, in the content of social work with individual method, two important textbooks were published about psychoanalytic orientation. These textbooks are "Some Aspects of Relief in Family Casework" written by Grace Marcus in 1929 and "Mental Hygiene and Social Work" written by Marion Kenworthy and Porter Lee in 1929 [16].

After the First World War, social workers encountered with soldier clients with psychiatric disorders. In this period, psychiatric social service-oriented courses began to be given for social workers at Smith College and the Pennsylvania School of Health and Society. Social workers internalized the psychoanalytic theory and they made successful activities in psychiatric field in this period. And they rightly gained an important status. Psychoanalysis was the first psychotherapy method that psychiatric social workers appealed. On the other hand, social workers carried out psychoanalytic therapy under the supervision of psychiatrists [16].

Robinson stated that there were at least five different schools of thought in psychology in the 1920s and psychoanalytic orientation was just one of them in his book he wrote in 1930. According to 1929 Yearbook of Social Work, at that time there were 41 schools of social work in the USA. Robinson stated that there were at least

7 schools that provided trainings for psychiatric social work and only 4 of them taught the psychoanalytic theory. According to 1929 Yearbook of Social Work, by the end of 1920s in the USA, only 550 of over 30000 social workers carried out activities in psychiatric social work field [16].

In this period, psychoanalytic theory affected the social work with individual with three key concepts. The first of these is to learn the story of the emergence and detection of psychological disorders. Second one is to understand the reflections of the subconscious mind and its dynamic powers on the individual. And third one is to gain awareness of family relationships and its impact on individual development.

One of the major turning points of this period is the Report of the Conference of Milford in 1929. In the report, social workers focused on the point that they need a common knowledge base. In Milford Conference Report, it was emphasized for the first time that an interdisciplinary perspective provides an important contribution to the development of science and profession of social work. It was underlined that biology, economics, law, medicine, psychiatry, sociology, anthropology, education, social psychology and statistics are the major branches of science to help developing the knowledge base of the social work [13].

In this period, sociological and psychological approaches began to affect the practices of social work with individual. Freud's psychoanalytic approach had a major impact in the development of social work with individual method. Social work with individual diverged to psychiatric orientation and gained a therapeutic qualification. Mary Richmond added the concepts of diagnosis, treatment and evaluation to social case work method that gained a scientific identification. For the first time in this period, textbooks on case work were published.

**Applications of Social Work with Individual Between 1930-1960:** Due to the financial crisis in the USA in the 1930s, practices of social work with individual started to gain psycho-social nature. In this period, one of Freud's followers, Rank's "will theory" started to be used in practice. Thanks to the "will theory" professionals noticed that individual's behavior of seeking assistance and using it was affected from social service agencies. Thus, the direction of social work with individual method that focuses on social factors gained importance again. Difficulties caused by economic inadequacies in the life of individuals and the family, reactions to sudden social and

economic problems clarified the need for a different approach to these circumstances. Welfare organizations tried to respond to people's financial needs with new programs and social workers working in clinics dealt with problems of relationship between people. These practices led to enrichment of professional knowledge and skills of staff [4].

In particular, with the psycho-social approach that developed between 1930-1940, social workers started to care about not only the individual but also relations with the family and society. Also, they started to learn the social, economic, psychological and cultural factors that affected the individual and they added a new dimension to their applications.

The Social Security Act was enacted in 1935 in the USA. This led to a rapid increase in the number of social welfare institutions. Social workers who worked in clinics began to be appointed as an administrator to social assistance institutions.

In the years following the 1929 financial crisis, with the economic hardships of the First World War, the individual and families' mental health problems increased. While social workers in social welfare institutions were trying to respond to the needs of society with economic programs, social workers in clinics focused on the interpersonal relationship problems. Thus, social work with individual method entered a two-way development period. The first of these; social roles and functions' connection with personality, relationship between the individual's psychological balance and social balance, dynamics that affect the family life and interactions in the family became clearer. Secondly, the concepts related to the self-psychology theory and defense mechanisms began to be used in practice for the first time [4].

Self-psychology theory facilitated the analysis of the individual's relations with other people around, objects and systems. And it clarified the relationship between the functions of ego-self with instincts, the subconscious conflicts, social roles and social institutions in society. Social workers felt the need to examine the relationships and personality in order to determine the problems of people who they met in various institutions. Some of the functions of ego could be evaluated through observation and the subconscious processes were evaluated with the help of psychologists and psychiatrists. Self-development and independence depend on establishing constructive relationships with people, revealing its creativity and gaining experiences instead of generating feelings of fear, anxiety or guilt that may impair your mental balance. In this point of view, the aim of working with individual

was formulated in the form of helping to adapt the social environment strengthening the ego functions, on the other hand providing the individual's presence in a psycho-social environment that allows the development of individual [4].

In the period between 1940 and 1950, social work with individual method gained psycho-social quality and intense knowledge was transferred to applications of social work from behavioral sciences and social sciences. It was debated whether psychoanalytic theory is effective for applicants or not. Researches were made within the scope of social work with individual method. And these research findings were used in practice. In social work training, generalist training model was adopted that envisages the social workers to be trained to apply the methods of social work with individual, social work with group and community work [13, 16].

The knowledge base of the social case work gained diversity with the effect of scientific advances in social sciences and subsidiary disciplines in 1950s. Criticisms of credibility of psychoanalytic knowledge and increasing awareness about the inability of psychoanalytic approach in terms of interpersonal and social relationships created a stimulating influence on this variation. Between 1950 and 1960, behavioral and cognitive approach began to emerge. They have been effective in diversity of applications of social work with individual with the family system and ecological system theories and other intervention models. Along with the diversity of applications, information about the other disciplines began to be used in practices of social work [13].

Another development of the profession in terms of the profession's scientific basis was the careful consideration into the information about the intervention, client types or information about the process and effects of intervention for the problems. In this period, the process of change of clients was tried to be examined through content analysis reports in process reports. And scales were created to monitor the development of the client [13].

In the period between 1930 and 1960, the new information and research findings enabled relations between people and family to be reviewed again. In this period, the problems were dealt with in two ways. No longer were the problems of target groups as the poor, criminals, the sick and so on, tried to be solved in the light of relations and interactions considering the family conditions and social environment.

Between the years of 1930 and 1960, it is a period of intense personal and social problems due to the war and the financial crisis. As such, different approaches tried to be found for solving the problems at various levels. From the beginning of 1930s to 1940s, the problems were discussed in dimension of psycho-social. And again in this term, approaches such as self-psychology theory and will theory remained to be influential. Since the 1950s, rapid developments in behavioral sciences and social sciences affected the social work with individual method too.

In this period, professionals who couldn't solve the new and complex problems occurred due to the rapid advances in social life necessarily tried to find new ways. To increase the level of success of social case work in 1950s, a new trend started based on scientific principles and empirical studies. At the end of this development, while choosing the information to use, the needs for behaving more cautiously and consciously, enrichment of theoretical knowledge and evaluating the results of their applications by scientific means have emerged.

#### **Applications of Social Work with Individual in the Period from the 1960s up to the Present Day:**

In the USA, after the presidential elections in 1960, with Kennedy's being a president, a strong change movement from the grassroots across the country occurred. After Kennedy took office, a presidential committee on children and youth delinquency was created. This committee's projects to prevent children and young people delinquency have been effective in the development of the school social work field. Regulations of Social Security Act in 1962 caused an increase in the importance of social workers working in state institutions. As a cause of poverty, not only the structural factors but also personal characteristics have been considered to play a prominent role. In addition to this, during the Vietnam War, the civil rights and anti-war movements have emerged across the country and many social workers were involved in these movements. In this period, the advocacy role of social workers came into prominence [17].

Along with the emphasis on the concepts of social justice and human rights, social welfare spending has increased. As a result of both the war period and financial crisis, various problems have emerged in society inevitably. These diverse challenges in the basic orientations of the individual working practices began to be questioned and these orientations were found to

be incapable of solving the problems. Thus, new ways and new approaches were tried to be found. These approaches such as behavioral approach, the ecological approach, cognitive and family systems approach, holistic approach and empowerment approach diversified the implementations of social work with individual. In the same period, people have debated whether to negotiate with people with low-income and under social and economic pressures or not. Some of the research findings in the field of mental health had led to doubts about the effectiveness of psychological treatment approaches [4].

After 1960s, Sigmund Freud's psychoanalytic theory's impact began to dwindle gradually in social services and science communities. Freud's medical model was seeking the source of problem in the individual. According to this approach, the effect of the environment on individual behavior, interactions and relationships between the individual and social systems were ignored. Thus, clients were marginalized and labeled. Later, it was seen that, environmental factors were as effective as the psychological factors on clients' problems. And scientific researches proved that psychoanalysis was ineffective in the treatment of clients' problems [18]. For these reasons, the medical model was abandoned after the 1960s and theories of human behavior and social systems were used. Developed afterwards methods of social case work such as social group work and community work were implemented different from each other in terms of examining and solving the problems despite adopting the same professional values. In these years, it has been argued that a generalist model should be adopted. Under the influence of this idea, social workers focused on using three methods [4].

With the implementation of anti-poverty program beginning from the 1970s, attention is focused on social issues again. In this period, difficulties encountered in financing of social welfare services created a regressive impact on applications of social work with individual. And the claims that the most convenient way to solve the social problems is to develop community resources, creating additional resources and community work for restricting of social institutions have been proposed. Upon it, social work with individual method was implemented in clinics and even some social workers tended to use psychotherapy. But after a while, it was understood that the method of community work couldn't answer all the related to health, education and mental health fields that require expertise such as alcohol, drug addiction, child abuse and so on...With introduction of learning theory and the system theory to applications of

social work with individual, social work activities were divided into two categories including micro and macro activities. The first of these groups includes studies with individuals, families and groups and the other one includes community work, social work administration and planning activities. In this context, social case method began to be used at the micro level practices called clinical social work. In these practices, directly related with individual, family and group, guidance, training, advocacy and referral activities take place. For the second group that is related with social structure, it includes activities of program development, policy determination, analysis and evaluation [4, 16].

After the 1960s, social work with individual method was influenced by different approaches with the variety of individual and social problems. The effectiveness of psychoanalytic and previous approaches in solution of the problems was discussed and for more effective solutions, in these years, a holistic approach has prevailed in applications of social case work. In the 1980s, in the USA and Europe, a generalist social work application was approved in school of social work curriculum.

Today, the generally accepted understanding is to train social workers who is multi-perspective, can use all the methods of social work when needed, is able to work with different levels of formal systems such as individuals, families, group, community, society at the same time, on the basis of social justice and human rights.

## CONCLUSION

The first developing method of social work, social work with individual's aim is to help individuals' decoding their problems, solving them and fulfilling their social functions. In order to achieve this goal, social work with individual benefits from different approaches, methods and techniques. These approaches varied depending on the varying cyclical factors and gained diversity. Social work with individual took the mission of helping the poor first. In these years, sociological approaches reoriented the method applications. From the First World War until the 1930s, it was mainly influenced by psychological views in the period between 1930 and 1960; psycho-social approaches dominated the social case work applications. From the 1960s up to our present day, professionals who couldn't solve the new and complex problems that occurred as a result of rapid changes in social life tried to find new ways and used a wide variety of approaches and tried to solve the problems.



During social work with individual practices, theoretical knowledge transferred from various disciplines is used to identify and solve the problems. From the beginning of the 20<sup>th</sup> century, professionals focused on the importance of creating a theoretical framework that could be used by all social workers. However, when we examine the applications in 1930s and 1940s, contrary to expectations, professional staff was divided into two groups. The first group focused on the versatile and accurate diagnosis of problems and the second group focused on practical and definitive solutions to the problem. This situation showed that the efforts to form a theoretical basis didn't result in desired ways.

From the second half of the 20<sup>th</sup> century, rapid advances in behavioral sciences and social sciences affected the social work with individual method too. It encouraged the difference in applications. In this period, social case work began to be called a social work with individual in the literature. Generalist practice model gained importance in social work training. In parallel, applications of one-by-one method were gradually abandoned in practice. Social workers had the point of view to use all the methods at the same time for solving the clients' problems. While working with their clients, they used social work with individual for micro-level, social work with group for mezzo-level and community work for macro-level.

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