

Editorial

Hans Van Ewijk: Editorial	2
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Papers

Andreas Baldschun: The Work-Related Well-Being of Social Workers in Relationship-Based Settings: A Literature-Based Exploration of the Importance of Impaired Work-Related Well-Being on Case Outcomes....	5
Zuzana Stanková, Alice Gojová: Implementation of Community Work in a Socially Excluded Locality as Viewed by Its Participants	19
Marija Wazi: Self-Development Method in Social Work: Key Elements and Its Applied Aspects with Disadvantaged Youth	36
Miroslava Mošová, Martina Pulkertová, Oldřich Chytil: To What Extent Are Social Services in the Ostrava Region Available to Senior Citizens?	53
Nadežda Kovalčíková, Andrea Bánovčinová: Intergenerational Solidarity from the Perspective of Different Generations	67

Book Reviews

Erlene Grise-Owens, Justin "Jay" Miller and Mindy Eaves (Eds.): The A-to-Z Self-Care Handbook for Social Workers and Other Helping Professionals. Harrisburg: The New Social Worker Press, 2016.	84
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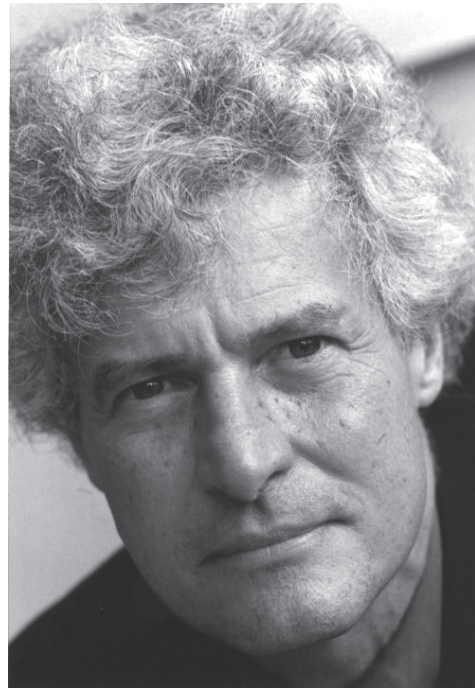
Research Note

Interdisciplinary Cooperation and Applied Research at the Faculty of Social Studies, University of Ostrava	85
Publishing Schedule	87
Our Mission	88

Editorial

Social work is such a broad and rich field to work in and for. Supporting and empowering citizens, communities and contexts in their social and societal functioning can be characterized as work in complexity and ambiguity in unique situations. It makes social work challenging and often stressful for social workers. They have to deal with expectations, demands and claims from policymakers, managers, clients and colleague professionals from different disciplines in contexts where one-way solutions are lacking. Characteristic of our profession is that we are absolutely dependent on the person(s) we work for. Individuals, families, and communities are the only ones who can improve social relationships and social behaviour. A social worker cannot 'do it for them', nor do they have tools to change a person from the outside. Inside the person, family, workplace, community, and society something has to change. In that respect social workers can be seen as change agents, consultants and supporters in complex contexts. A social worker is confronted with intensive appeals from people in trouble, and social workers are highly sensitive for this appeal; they are social people.

In the first article of this issue *The Work-Related Well-Being of Social Workers in Relationship-Based Settings: A Literature-Based Exploration of the Importance of Impaired Work-Related Well-Being on Case Outcomes*, Andreas Baldschun starts from the observation of a decrease in social work related well-being, which is in line with international studies, due among other things to the emotionally demanding worker-client relationship. Social workers have to deal with very personal matters and individual tragedies every day, and perhaps in their own personal life as well. It asks for a strong personal



and professional identity, in my opinion. In youth care and child protection the challenge is maybe even more felt because of its 'dichotomy between care and control', and the overall hard-to-predict outcomes of an intervention. The authors pledge a multidimensional approach to support social workers asking for supervision, team support, dialoguing and for organisations who embed and strengthen social workers. I assume that many care and welfare organisations are too much focused on control, outcomes, evidence and answering all the claims from outside, and by that lacking room for dialogue, support and understanding social workers and social practice. Interesting is that in Finland they have set up a national occupational health service for social and health care employees for 'in-house support'. This 'house' has free access for all employees, and its goal is to support them in work related well-being.

The book review from Zuzana Poklembová dealing with a 'A-Z book on self-care of social workers and other helping professionals connects wonderfully to this article. The

book is full of ideas, strategies and tools for professionals.

In the Ostrava region of Czech Republic social workers engage in empowering multi-problem communities with patterns of social and ethnic exclusion, as Zuzana Stanková and Alice Gojová wonder in their article *Implementation of Community Work in a Socially Excluded Locality as Viewed by Its Participants* how the participants in the community development project perceive the method of community work. Actually, the article broadens its scope to estimating the added value of community development based on the perceptions and evaluations of residents, social workers and policy makers. Community development is seen as starting from the bottom up, and really doing it together in horizontal co-operation between all actors involved. It was felt by residents as being understandable and accepted, and it boosted their self esteem, at least in their opinions. Outcomes of the project were improvements of the physical environment, e.g. playgrounds; atmosphere and culture, e.g. more playing and doing together; civil dialogue in the meaning of discussing together feelings, observations, ideas and objectives to improve the community; and finally, in social competences.

In the third article *Self-Development Method in Social Work: Key Elements and Its Applied Aspects with Disadvantaged Youth* we shift the empowerment focus from community to the individual. Marija Wazi starts with analysis of the complexity that disadvantaged youth encounter in their daily lives. It is hard for them to choose, to resist, to understand and to find a path and identity to position themselves in their communities and society. We should strengthen, in my words, their self-management, and that asks for touching deeper layers in the human body and mind on the one hand, and on a focus on 'person-in-environment' on the other hand. As said in the introduction of the editorial 'we cannot do it for them' and it is not just teaching them a skill or giving some information. In the authors' perspective it comes down to self-development and self-actualisation. It is challenging and supporting

young people to develop the competence to an ongoing improvement and strengthening of their capacities and capabilities.

Social work has quite different starting points for contributing to social change and social support, as demonstrated in community development and self-development. Next to person and community, social work can start with contexts or systems as we can take from the article *To What Extent Are Social Services in the Ostrava Region Available to Senior Citizens?* The main question here for the researchers Miroslava Mošová, Martina Pulkertová and Oldřich Chytil is the availability of social services for older people. We are moving to the century of seniors, they argue. For the first time in history there will be more people over the age of 60 than those under 15. People live longer with more risks of physical impairment, mental problems and social problems in the sense of loneliness, poverty and exclusion. The seemingly simple questions of availability of services turns out to be very complicated and multi-dimensional. Availability is dependent on presence and accessibility. Accessibility has such different things as opening times, location, attitude, image, price and information. A step further, in the research care allowances, or personal budgets, are coming in that are not spent on care or social work, but on other domains of life: 'our seniors are "forced" to use this allowance for other purposes'.

In the last article *Intergenerational Solidarity from the Perspective of Different Generations* the scope is on strengthening intergenerational connections. The family as an important system, and the starting point of social work is well recognized. However, as the authors Nadežda Kovalčíková and Andrea Bánovčinová argue, the vertical line in families is often overlooked. A first observation is the gradual change of intergenerational solidarity by mobility, dual working parents, and moving from a three-generation model to a fourth generation one. For the middle generation it implies bringing up children and taking care of parents and often even grandparents. Many old people will not burden their children and grandchildren and 'choose' to live with their poverty and



growing isolation, as is often the case. The authors state that family identity is still essential, and intergenerational connections are enriching, and create a basis for social care and interdependence. Perhaps I can add that it creates feelings of adherence that are in my opinion an important value.

In *News from Research* Kateřina Glumbíková, Barbora Grundělová and Zuzana Stanková report on a research project 'Health and use of health care services by shelter users'. An important conclusion is that health should be perceived as a whole, with a special focus on the

interconnection of mental and physical health. It is truly interesting and challenging to see that in all contributions the interdependency and complexity is an issue, and how the richness in perspectives, target groups, and starting points social workers contribute to coping with daily (social) life on the level of the individual, contexts, communities and systems exists.

Prof. Dr. Hans van Ewijk

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Issue Editor



The Work-Related Well-Being of Social Workers in Relationship-Based Settings: A Literature-Based Exploration of the Importance of Impaired Work-Related Well-Being on Case Outcomes

Andreas Baldschun

Andreas Baldschun¹ is a licensed social worker and doctoral trainee at the Department of Social Sciences at the University of Eastern Finland. Having trained in social work and social pedagogy, he has worked within several contexts of child protection and adult social work in Germany and Finland. He also participated in the research project on social workers' well-being. His research interests are the structure of social workers' occupational well-being, the implementation of occupational well-being in social welfare organisations.

Abstract

OBJECTIVES: This paper provides a deeper understanding of the importance of the social workers' work-related well-being for successful case outcomes. **THEORETICAL BASE:** Recent studies on the work-related well-being of Finnish social workers discovered alarming numbers concerning the employees' decreasing work-related well-being. The reasons for that are located in the nature of social work and, particularly, in the emotionally demanding worker-client relationship in relationship-based settings. **METHODS:** The concepts of burnout, occupational stress, compassion fatigue, counter-transference, traumatisation, secondary traumatic stress and vicarious trauma are analysed with regard to the source of distress and preventing factors. The findings are linked with the characteristics of relationship-based settings and are exemplarily applied to the Finnish case. **OUTCOMES:** Work-related well-being is essential for building and maintaining an efficient and constructive worker-client relationship and as an important element in helping service users to find sustainable solutions for their problem. Supervision, specialized training, organizational support, leadership style and emotional strength are discovered as the main factors for preventing impaired work-related well-being. The impaired work-related well-being resulting from deficits in the organizational structure and lack of resources, however, cannot be compensated by the discovered factors. **SOCIAL WORK IMPLICATIONS:** This study suggests the adoption of a multidimensional approach to work-related well-being that takes into account the complex structure of work-related well-being.

Keywords

child protection, mental distress, relationship-based practice, social work, work-related well-being

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Implementation of Community Work in a Socially Excluded Locality as Viewed by Its Participants

Zuzana Stanková, Alice Gojová

Zuzana Stanková¹ completed her master's studies in the field of social work at the Faculty of Social Studies, University of Ostrava. Currently she is a PhD student in the same field (ibid.). Her research focus is a situational analysis of the sources of help to the residents of socially excluded localities in the Moravian-Silesian Region. Since 2014 she has been involved in community work as part of the Moravian-Silesian Region project.

Alice Gojová² is an Associate Professor in Social Work at the Faculty of Social Studies of the University of Ostrava. In teaching and research, she is involved in community social work and social work with the family. She regularly publishes in Czech and foreign literature.

Abstract

OBJECTIVES: This paper deals with the problem of spatial exclusion and presents a community work as a method used in social work that increases participants' capacity to improve their lives and facilitate social change for the benefit of disadvantaged groups. The objective of the qualitative research was to understand how individual actors of community work interpret the implementation of method. **THEORETICAL BASE:** The theoretical basis for research is social constructivism and an interpretative paradigm. **METHODS:** A qualitative research strategy was chosen to answer the main research question. The research method used was a case study and used the following techniques to obtain data: focused interview, meetings from the discussions about community work, and a published article of community workers. Data analysis was performed by analytically open coding. **OUTCOMES:** The research has brought several themes to light that deserve more attention. One of them is the fact that community work clients are understood as empowered during the process which brings situations interpreted as risks. **SOCIAL WORK IMPLICATIONS:** Conclusion of the article brings contemporary discussion perspectives of actors, especially representatives of self-government and residents over the method of community work, which can serve as a preparation for further implication of this method in socially excluded localities.

Keywords

community work, socially excluded locality, case study

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Self-Development Method in Social Work: Key Elements and Its Applied Aspects with Disadvantaged Youth

Marija Wazi

Marija Wazi¹ is a student of the doctoral study programme of Social Work at the Faculty of Social Studies at Masaryk University. In her thesis and research, she focuses on disadvantaged youth, a self-development method and the international dimension of social work. Currently she is also working with young people at the international level and running two non-governmental organisations focusing on self-development methods.

Abstract

OBJECTIVES: European societies are undergoing significant changes within postmodernity, when young people and particularly those with disadvantages face new challenges connected to embracing their identity, making choices among countless possibilities, and assessing and dealing with an increased amount of risks. While these challenges are becoming widely discussed among academics and practitioners in the field of youth work, deeper consideration and application of methods such as self-development that have emerged from postmodern aspects and might answer the needs of youth today, is lacking. The purpose of this paper is to present self-development as a method used within social work and to discuss its possible implications. **THEORETICAL BASE:** Self-development is examined from the perspective of postmodern shifts and within the concept of disadvantage. **METHODS:** By using content analysis this text reveals the benefits that a self-development approach can offer to social work, as well as potential risks of grasping it in inappropriate way. The application of this method is demonstrated on a self-development, Basic Synergy training run with a target group of disadvantaged young people in Europe. **OUTCOMES:** Self-development is presented as a solution in practice with disadvantaged young people. **SOCIAL WORK IMPLICATIONS:** Youth workers are offered an alternative method to explore and consider use in practice.

Keywords

self-development, social work, youth, disadvantage, postmodernity

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To What Extent Are Social Services in the Ostrava Region Available to Senior Citizens?

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Miroslava Mošová¹ is a graduate of Master's studies of Management of Social Work Service Organizations, Faculty of Social Studies, University of Ostrava. From 1995–1999 she worked as a nurse in a urology ward at Olomouc University Hospital. From 2004–2008 she worked as a nurse and a medical social worker at the Municipal Hospital in the town of Odry. Since 2008 she has only worked in the position of a medical social worker.

Martina Pulkertová² studied the Master's programme of Social Work with a Medical Profile under the Faculty of Social Studies, University of Ostrava, where she has currently been completing her PhD studies. In her dissertation, Martina focuses on social work with seniors in their adverse financial situation and seeks how to prevent the fall of the elderly into a financially unfavourable situation, and/or how to help them overcome these stressful difficulties using various methods of social work.

Oldřich Chytil³ works at the Faculty of Social Studies, University of Ostrava. His field of study is theory and methods of social work and consequences of modernization for social work. He is the director of the European Research Institute of Social Work at the University of Ostrava.

Abstract

OBJECTIVES: The presented paper focuses on availability of social services for older people in the Ostrava region with an aim to examine to what extent social services are available to senior citizens. **THEORETICAL BASE:** The theoretical background presents the current state of knowledge based on the study of professional literature and on the results of the research carried out in the studied areas. **METHODS:** The article presents the results obtained from the original quantitative research strategy that made use of structured interviews. **OUTCOMES:** Research, in addition to the results of different aspects of the availability of social services and senior's awareness of social services, showed also e.g. that social services are too expensive for respondents, and that seniors are 'forced' to use care allowances mostly to cover medical costs rather than to cover social services. The paper in the end also analyses the causes of the underuse of social services by seniors. **SOCIAL WORK IMPLICATIONS:** The findings contribute to knowledge in fields of availability of social services for the elderly in the Ostrava region, use of care allowance, and

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seniors' awareness of social services. This research can provide background for improvement in quality of social services for senior citizens in the Ostrava region.

Keywords

affordability, geographical accessibility, time availability, awareness, social services, senior citizens

INTRODUCTION

According to statistical forecasts, the 21st century may become the 'century of seniors', meaning that for the first time in the history of mankind there will be more people over 60 than those under age 15. This is predicted to be accompanied by the phenomenon of four generations of family relationships at a single point in time. The 'old age' stage will last between 30 to 40 years and last as long as 'youth' and 'adulthood' stages, so it can be argued to be just as important as any other stage of life, deserving equal emphasis on developments for it (Klevetová, Dlabalová, 2008; Czech Statistical Office (hereinafter CSO), 2015; Ministry of Labour and Social Affairs (hereinafter MLSA), 2015c) and expansion of efforts to maintain individuals' quality life during this stage of life. Old age is very closely related to health. Čevela, Kalvach and Čeledová (2012) report that approximately at the age of 60, 60% of individuals are still healthy, at the age of 70 it is approx. 40%, at the age of 80 approx. 20% and at the age of 90 it is 5% of seniors without major problems. In situations where the elderly person is unable to provide all his/her needs (especially basic ones) due to the deterioration of their state of health, he/she is forced to use someone else's assistance (Nešporová et al., 2008). It can be assumed that, together with deteriorating health, the demand for high-quality and accessible social services begins to increase - the fastest growing category in the population is seniors over 80 years old (Cimbálníková et al., 2012). At the same time, it is argued that there is no need for an aging population to be labelled as over-demanding to an extent which needs to be worried about, but we do need to view it as a challenge for the society in order to adequately prepare for those demands.

The research problem was defined as the *'availability of social services for senior citizens'*, with the primary focus on affordability, then on geographical and time availability, and awareness of seniors of the supply of social services. The inspiration for exploration of this research problem has been daily contact with seniors, who are social services users (in any form) whether in hospital or in their home environment. Frequent topics of discussion were focused on complaints about the availability and accessibility of social services. The seniors had real concerns about the consequences that result from these situations with which they must deal.

In the first part of the paper we discuss three areas that correspond with the aim of the study, which intends to find an answer to the question of to what extent social services are available to seniors, from the perspectives of how readily available they are in terms of rapidity of response to needs, as well as financial and geographical issues. The paper is divided into the following areas: the mapping of the economic situation of the elderly, the availability of social services, and the level of awareness the senior citizens have about social services. The article also includes a presentation of the research findings from previous research implemented on this topic. These surveys then serve to develop discussion and debate in the conclusion of the paper. The aim of this paper is mainly to present the results of qualitative research and thus to contribute to the discussion of the topic of the availability of social services for seniors. We view the discussion of availability to be important not only because of the demographic development of our society but also because of the aforementioned future expectations of increasing demands for social welfare provision. Providing services at affordable rates locally and within appropriate time availability for the elderly in their home environment can help significantly increase not only their physical



Intergenerational Solidarity from the Perspective of Different Generations

Nadežda Kovalčíková, Andrea Bánovčinová

Nadežda Kovalčíková¹ is Associate Professor at the Department of Social Work, Faculty of Health Sciences and Social Work of Trnava University in Trnava. Theoretically and scientifically she focuses mainly on social work in health care, quality of life, families with members with chronic diseases and social work with elderly people.

Andrea Bánovčinová¹² is working as Assistant Professor at the Department of Social Work, Faculty of Health Sciences and Social Work of Trnava University in Trnava. Professionally and scientifically she focuses on topic such as poverty, social inclusion and exclusion and social work with family.

Abstract

OBJECTIVES: The study is aimed at identifying the effect of selected factors on the intergenerational solidarity perception as seen by three generations. **THEORETICAL BASE:** Intergenerational solidarity represents an important aspect of family functioning from all generations' viewpoints, especially today, when a family is confronted with many problems that change the family internally, and where the external view of the family changes as well. Despite this fact, the family background remains the primary environment in the event of a particular need in which the family finds itself. (Filadelfiová et al., 1997) **METHODS:** A self-compiled questionnaire was used to collect the data, which included questions and statements copying the six Bengston solidarity dimensions. **OUTCOMES:** Survey results demonstrated significant differences in the intergenerational solidarity perception in terms of age, gender, family status, income, cohabitation and the presence of children in a family, as well as the position on the labour market. The differences were also reported, in particular solidarity dimensions perception. **SOCIAL WORK IMPLICATIONS:** The results showed willingness to support and help in generational relationships, which is positive for social work as research findings. On the other hand, it is a challenge to maintain this positive trend and to optimise possible forms of support interventions for family members in the care of their dependent member.

Keywords

solidarity, family, generations, dimensions of solidarity, family relations

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Public commitment to the Journal

The journal for theory, practice and education in social work

The mission of the journal “Czech and Slovak Social Work“ is:

- to support the ability of Czech and Slovak societies to cope with life problems of people through social work,
- to promote the quality of social work and professionalism of social work practice,
- to contribute to the development of social work as a scientific discipline and to the improvement of the quality of education in social work,
- to promote the interests of social service providers and users.

In the interest of achieving these objectives, the Journal will, across the community of social workers and with co-operating and helping workers from other disciplines, promote:

- attitudes which regard professionalism and humanity as equal criteria of social work quality;
- attitudes which place emphasis on linking theoretical justification of social work practice with its practical orientation on clients' problems and realistic possibilities;
- coherence among all who are committed to addressing clients' problems through social work;
- open, diversity-understanding, informed and relevant discussion within the community of social workers;
- social workers' willingness and interest in looking at themselves through the eyes of others.

Notice to Contributors

The journal Sociální práce/Sociálna práca/Czech and Slovak Social Work is published four times in the Czech language and twice in the English language each year. The journal publishes the widest range of articles relevant to social work. The articles can discuss any aspect of practice, research, theory or education. Our journal has the following structure:

- Editorial
- Academic articles
- Book reviews
- News / Research notes

1. Instructions to authors of academic articles

Editors accept contributions that correspond to the profile of the journal (see "Our mission"). The contribution has to be designated only for publishing in the journal Czech and Slovak Social Work. It can also be a contribution which has already been published in another journal, but for use the text has to be revised and supplemented. The number of contributions from one author is limited to two per year.

The offer of manuscript receipt and review procedure

The academic text intended for publishing in the journal should be a research or overview essay (theoretical, historical, etc.). For the article to be accepted to the review procedure, the author of the text must work systematically with the relevant sources, explain the research methodology and present a conclusion with regard to the research goal. Because the journal has a specific professional nature, texts are preferred which also contain application aspects where the author explains the relevance of their conclusions in the context of social work.

The review process is reciprocally anonymous and is carried out by two independent reviewers. Student works are subject to a single review process. Academic and student works are judged in terms of content and form. If necessary, a work may be returned to the authors for supplementation or rewriting. Based on the assessments of the review process a decision will be made to either accept and publish the article in our journal or to reject it. The Chairman of the Editorial Board will decide in questionable cases. Please send two versions of the article to the editor via e-mail. The first one may contain information which could reveal the identity of the author. The second version should be the complete and final text.

Decision to publish

Authors are informed about the result of the review process within six months from the date of receipt of the text/manuscript.

Manuscript requirements

The text must be written in accordance with applicable language standards. The text letters should be written in Times New Roman, size 12, font style Normal. Pages are not numbered. Footnotes should be placed strictly at the end of the article.

- I. Front page** contains a descriptive and brief title of the article in English; the names of all authors, biographical characteristics (up to 100 words) and also contact details for correspondence in the footnote.
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- V. List of references:** Authors are requested to pay attention to correct and accurate referencing (see below). A text reference is made by indicating placing the author's surname, year of publication (e.g. Korda, 2002) and, in case of reference to literature, also the number of pages should also be specified after the year, divided by a colon. A list of references is to be given at the end of chapters and and it is expected to list the literature to which the text refers. The list is arranged alphabetically by authors and, if there are several works by the same author, the works are to be listed chronologically. If an author published more works in the same year, the works are distinguished by placing letters a, b, etc. in the year of publication.

- VI. Tables and charts:** tables must not be wider than 14cm. Character height is to be at least 8 to 10 points. In the charts, please use contrasting colours (mind the journal is black-and-white only).

Quotes and links

Citations and references are given in accordance with ISO 690 (101 197). Representative examples are as follows:

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BARTLETT, H. 1970. *The Common Base of Social Work Practice*. New York: NASW.

Monograph Chapters:

DOMINELLI, L. 2009. Anti-Opressive Practice: The Challenges of the Twenty-First Century. In: ADAMS, R., DOMINELLI, L., PAYNE, M. (Eds.). *Social Work: Themes, Issues and Critical Debates*. Basingstoke: Palgrave Macmillan, 49–64.

Magazines:

COLEMAN, J. S. 1988. Social Capital in the Creation of Human Capital. *American Journal of Sociology*, 94(supplement), 95–120.

BOWPITT, G. 2000. Working with Creative Creatures: Towards a Christian Paradigm for Social Work Theory, with Some Practical Implications. *British Journal of Social Work*, 30(3), 349–364.

Online resources

NASW. 2008. *Code of Ethics* [online]. Washington: NASW. [18. 5. 2014]. Available at: <http://www.socialworkers.org/pubs/code/code.asp>

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There is also space for all reviewers who want to introduce an interesting book in the field of social work and its related fields in the journal. We require making arrangement about the book review with the editors in advance. When sending the text please attach a scan of the front page of the reviewed book. (in 300 DPI resolution).

The format of the book review is set from 8,000 to 12,000 characters (including spaces); other conditions are the same as the conditions for journalistic articles. The book review must include bibliographic information on the rated book (e.g. Daniela Vodáčková a kol.: *Krizová intervence*, Portál, Praha, 2002). Please add your name and your contact details at the end of the review.

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