

Contents

<i>List of figures and tables</i>	x
<i>Introduction to the fourth edition</i>	xiii
<i>Glossary</i>	xv

Part I	Theories, models and methods for empowering practice	1
1	Understanding empowerment	3
	Introduction	3
	Growing significance of empowerment in social work	6
	Empowering elements of self-help	12
	Empowerment in social work: a changing discourse	15
	Working definitions of empowerment	16
	Related concepts	18
	International developments	22
	Conclusion	26
	Further reading	27
2	Understanding participation by people who use services and by carers	28
	Introduction	28
	Participation and involvement: contested concepts	30
	Why participation?	31
	Factors inhibiting and encouraging empowerment through participation	39
	Conclusion	47
	Further reading	48
	Useful website	48
3	Frameworks for empowerment	49
	Introduction	49

	Theories and models	50
	Problems of power and empowerment	59
	Developing a framework for empowering social work	63
	Framework for empowerment in practice	74
	Conclusion	77
	Further reading	78
Part II	Practising empowerment	79
4	Self-empowerment	81
	Introduction	81
	Concept of self-empowerment	83
	Activating self-empowerment	83
	Process of self-empowerment	86
	Conclusion	93
	Further reading	94
	Useful website	94
5	Empowering individuals	95
	Introduction	95
	Complexity of empowering work with individuals	96
	Identifying barriers to empowerment	97
	Overcoming barriers to empowerment	100
	Empowering individuals in practice	104
	Empowering approaches to work with individuals	110
	Conclusion	113
	Further reading	114
	Useful website	114
6	Empowering groups	115
	Introduction	115
	Features of empowering groups	117
	Relationships between social workers and self-help/ user-led groups	119
	Scope of self-help and user-led groups	122
	Processes of group-based empowerment	130
	Conclusion	135
	Further reading	135
7	Empowering organizations	136
	Introduction	136

Factors affecting empowerment of people in organizations	136
Changing meanings of governance and citizenship	137
Factors militating against empowerment in organizations	140
Tackling barriers	142
Research and theorizing on empowering organizations	143
Building a shared culture in the workplace	144
Conclusion	150
Further reading	151
8 Empowering communities and political systems	152
Introduction	153
Empowering communities	153
Features of community empowerment	157
Empowering political systems	164
Community profiles	168
Conclusion	169
Further reading	170
9 Empowering research	172
Introduction	172
What makes research empowering?	174
Approaches to empowering research	176
Empowering qualitative methodology	182
The research process	184
Conclusion	190
Further reading	191
10 Achieving empowerment in social work	193
Introduction	193
Empowerment through participation	193
A systemic approach to empowering people through participation	197
Conclusion	208
Further reading	209
<i>Bibliography</i>	211
<i>Index</i>	230