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## Different levels of social work

Social work does not only help individual people. Instead, it works on three stairs – "micro, medium and macro –" to create a change. What does a social worker do? If you believe traditional media, which generally portrays social workers who engage in one-on-one sessions with individuals or perhaps with families, you could perceive the position like the one that works on a relatively small scale. In reality, this is just a type of work that social workers do. The practice is typically classified in three related stairs: micro, medium and macro. For those who consider a career in social work, an understanding of the vast opportunities available to each level is imperative. 1) Micro-Level When people imagine daily activities of social workers, usually think of the micro level. This is the most common type of social work and involves direct interaction with customers to tackle individual problems. Common examples of micro-level works include helping people find accommodation, health care and social services. Individual and family consultancy also included this category, as well as certain types of mental health and substance abuse. The social work of the micro-level can be offered by agencies and non-profit, as well as in schools, police departments or even military. Since micro-level social work involves sensitive interactions with individuals, degrees degrees in fields such as psychology or sociology can be particularly useful for students hoping to work in this field. 2) HALF-LEVEL While micro social work happens at the individual level, social work at middle level is reduced to watch groups rather than individuals. Of course, the smallest – "GROUP –" is the family unit, but the medium social work extends far beyond. Many professionals simultaneously use micro and medium social work at the same time to solve problems in businesses, schools, organizations and communities. Since social problems at mid-level is aimed at group problems, it is a valuable tool to create an institutional, social and cultural change on a small scale. Graduates in Psychology (with an emphasis on group psychology) or sociology help build a solid basis for this type of work. 3) Social work at macro-level macro-level level includes large-scale interventions and advocacy, affecting entire communities, says or even countries. It helps customers by intervening in large systems that may seem beyond the scope of individuals. For many unfamiliar people with the field, macro level work may not even be recognizable as social work. The main social workers can be involved in crafting laws or in the petition of local, state or even federal governments for funds to help communities. They can also organize activist campaigns at state or country. Since macro social work often involves governmental assistance or interventions, a university background in a macro-level discipline, as political science will prepare students well for this career path. Working through the stairs while some social workers specialize in one aspect of the micro-a-macro scale, most social workers interact with all three levels. As such, social workers must understand the whole spectrum and how stairs interact. Think of a school consultant, for example, that it is task of helping a child who is facing difficulties at school and reciting. While the initial interaction between consultant and student represents social work on micro-level, the consultant can find out that the child is reacting to Negative at home. At this point, the social worker can move to the middle level to deal with family conflicts at the root of the student's behavior. This can easily resize up to the macro level: if the familiar instability caused by adverse economic conditions, the social worker could, in turn, start supporting the best professional training within the community. Without an understanding of each micro-micro phase, social workers will fight to emanate individuals, group or or modify. Successful success on social work depends on the ability to browse and combine all the levels of social work to provide success results for customers and communities. Due to the complex, interdisciplinary nature of social work, social workers are often required to work in increasingly diversified contexts and settings. A consequence of this is that social workers sometimes require engaging in social work, practical that takes place at different levels. "Gray and Bernstein (1996) offer a summary succinct of the concept of different levels" of social work: generally, [social workers] to talk about social work practices that take place at various levels or different levels and, so it means that assistants Social work with individuals and families (direct practice, which can be therapeutic or clinical, though is less likely within a social work of model development), with groups of people, with communities (through groups of people or claiming on behalf of sectional interests) and and political level to change unjustifying policies and practices and get a more just and balanced distribution of resources for those serving. (Page 1, Reference 1) Currently, there are three widely recognized levels of social work practice: micro, medium (meso) and macro social work. Although these levels are often spoken as if they were distinct, it is important to recognize that these "different levels" occur in tandem and constantly influence the other levels. Figure 1. Hierarchy of practical levels of social work (created by website creators ) Micro Social Work Micro Social work is among the most common type of social work (and is often as most people imagine social workers who provide services). In social work micro, the social worker undertakes with individuals and families to solve intrapersonal and interpersonal problems. Common examples of micro social work Practice settings include consulting centers, hospitals and social service agencies, where social workers help individuals to find appropriate accommodation and access mental services, A, health, A and social services. Even family therapy and individual consulting services fall under the auspices of micro practice, as well as the treatment of people who suffer from a condition of mental health or problems of substance abuse (references 2 and 3) .Mezzo (Meso) Social Work mezzo The practice of social work deals with small sizes –per-groups of medium sizes, such as neighborhoods, A or other local organizations. Examples of social work means include the organization of the Community, the management of a social work organization and the practice that focuses on institutional or cultural change (rather than individual customers). Social workers engaged in medium practice are often also engaged in a micro and / or macro social work (as it ensures that the needs and challenges of individual customers are understood and addressed in tandem with larger social problems) – (references 2 and 3). Immacro social work of workmacro involves intervening in large and high-level social systems. Examples of macro social work include lobbying to modify a law on health care, organize a group of state-level activists or support for a large-scale social policy change. The macro practice is often advertised as one of the key distinctions between social work and other help professions (such as psychiatry or medicine). Even macro social work generally addresses the problems experienced by either in micro process of social work, as well as problems in social work research. The practical effective practical macro can strengthen customers involving them in systemic (references 2 and 3) .figure 2. Intersecting areas of all three levels of social work practice (created by website creators) the following are just some of the examples of possible eco-social work actions for all e Three levels of practice: examples of micro eco-social work practices: clinical therapy with individuals, families and groups: people struggling with loss: of jobs, houses and financial financial of the sacred natural place of the community. Family therapy due to the growing conflict at home as stress increases. Working with people feeling increased stress, depression, anxiety, other concerns for mental health. The trauma works with people who have been in natural disasters or involved in conflicts related to scarce, including refugees. Working with people experiencing spiritual anguish caused by loss of place, sacred space and understanding of the place in the world. Cases Management: deal with scarcity problems: lack of income, accommodation, food, etc. Working with refugees of war and climate. Medical social work: working with increasing number of customers with health and disease problems due to the worsening of air and water quality. Working in a system that tries to mitigate the effects of more widespread disease due to changes in climatic models (ie the Zika virus, malaria, dengue fever, cholera). Examples of eco-social work planner / Meso: support and advocacy work with: communities and populations affected by natural disasters and / or resource extraction. Community development and activism: working to develop sustainable communities (ie local economies, Security Food, Building Skill). Work to reduce and eliminate the dependence of the fossil of the Community fossil that acts on the problems of social justice (see how people situated with less power in societies are most affected by climate change): organizational policy and structural change to support a practice integration of eco-social work. Creating campaigns of education and large-scale action Examples of eco-social work workmanship: Working with different levels of government to develop the politics that will reduce the air, water and soil pollution. Support indigenous rights and autonomy on their land and resources. Work in economic development to support sustainable economies. –

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