

SOCIALINIS DARBAS  
PATIRTIS IR METODAI

2008 2 (2)

# SOCIALINIS DARBAS PATIRTIS IR METODAI

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## REFERENTĖ

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## PRATARMĖ

Mieli leidinio „Socialinis darbas. Patirtis ir metodai“ skaitytojai, Leidinio „Socialinis darbas. Patirtis ir metodai“ startas pavyko! Pirmasis numeris iš karto įgijo skaitytojų prielankumą ir sulaukė susidomėjimo. Taip yra dėl to, kad į mūsų kvietimą aprašyti savo socialinio darbo patirtis atsiliepė būrys mokslininkų, studentų, praktikų.

Šiame antrajame numeryje pateikiami Vytauto Didžiojo universiteto socialinio darbo studentų ir absolventų bei Vilniaus universiteto studentės tyrimų rezultatai. Esame įsitikinę, kad studentų atliekami tyrimai dažnai turi didelę keleriopą vertę. Pirma, profesinei bendruomenei studentai pademonstruoja studijų metu įgytas kompetencijas, drauge ir socialinio darbo studijų naujoves. Antra, studentų tyrimai nukreipti į socialinio darbo praktikos analizę, tobulinimą, į pokyčius bei inovacijas. Trečia, studentų darbai prisideda prie socialinės gerovės, socialinio teisingumo ir lygių teisių įtvirtinimo visuomenėje. Kai kurių straipsnių bendraautoriai yra ir studentų tyrimo darbų vadovai.

Šiame numeryje analizuojamos trys tematikos. Lyčių aspektu socialiniame darbe analizuojamos pagalbos prekybos moterims aukų situacijos, aprašomos moterų smurtą patyrusių vyrų patirtys, tiriamas nervine anoreksija sergančių merginų socialinis tinklas. Šeimos ir vaikų aspektu nagrinėjamos laikinųjų globėjų patirtys, analizuojamos šeimos išsaugojimo galimybės, aprašomi pagalbos hiperaktyviems vaikams būdai. Socialinės pagalbos organizavimo aspektu analizuojami socialinių paslaugų vadybininkų gebėjimai, aktualizuojamas neįgaliųjų studentų konsultavimo centras, tiriamas vaikų socialinis dalyvavimas dienos centruose, analizuojamas socialinio darbuotojo ir kliento santykis.

Mes ir toliau laukiame socialinio darbo kolegų – studentų, mokslininkų, praktikų – straipsnių. Primenu, kad mūsų tikslas – analizuoti



ir reflektuoti gerąją socialinio darbo patirtį, socialinio darbo metodus. Planuojamas trečiasis, tematinis, numeris, kuriame kviečiame pasisakyti tuos, kurie turi socialinio darbo studijų ir praktikos patirties; bus spausdinama aktuali konferencijos, skirtos socialinio darbo studentų praktikos refleksijai, medžiaga (informacija apie šią konferenciją pateikta 227 puslapyje).

Beje, šiame numeryje pradėdame nagrinėti aktualias socialinio darbo temas: jame mintimis dalijasi Rasa Naujanienė, Laplandijos universitete (Suomija) apgynusi socialinio darbo disertaciją. Vytauto Didžiojo universiteto Socialinės gerovės fakulteto docentė, Socialinio darbo katedros vedėja Rasa Naujanienė diskutuoja apie socialinę darbą kaip mokslą, apie socialinio darbo tyrimų savitumus ir svarbą.

Dar rasite informacijos apie socialinio darbo studijas Vytauto Didžiojo universiteto Socialinės gerovės fakultete: socialinę darbą galima studijuoti bakalauro, magistrantūros ir doktorantūros studijose.

Linkiu Jums gero skaitymo ir profesinio įkvėpimo, laukiame iš Jūsų grįžtamojo ryšio ir patirties refleksijų.

Nuoširdžiai Jūsų

*JONAS RUŠKUS*

*Vyr. redaktorius*

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VYTAUTO DIDŽIOJO UNIVERSITETAS  
SOCIALINĖS GEROVĖS FAKULTETAS KVIEČIA STUDIJUOTI

## TĖSTINĖSE SOCIALINIO DARBO MAGISTRANTŪROS STUDIJOSE

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### SOCIALINIO DARBO MAGISTRO STUDIJŲ PROGRAMOS TIKSLAS

Socialinio darbo magistro studijų programos tikslas – parengti socialinį darbuotoją, gebantį integruoti ir plėtoti profesines žinias, gebėjimus, vertybes bei tirti ir reflektuoti kultūriškai sąlygotą praktiką; skatinti žmonių tarpusavio santykių ir asmens sąveikos su aplinka problemų sprendimą; inicijuoti socialinius pokyčius siekiant asmens ir visuomenės gerovės bei atliepiant vietinę (nacionalinę) ir globalią kaitą; (atsakingai) plėtoti savo kompetencijas ir dalyvauti vystant socialinio darbo profesiją. Daugiau apie programą žiūrėti: <http://www.vdu.lt> magistrantūros studijų programos.

Baigusieji studijas įgyja socialinio darbo magistro kvalifikacinį laipsnį.

### KARJEROS GALIMYBĖS

Įgijus socialinio darbuotojo magistro kvalifikacinį laipsnį, galima dirbti socialinės apsaugos, švietimo, sveikatos priežiūros, teisėsaugos institucijose, mokslinių tyrimų grupėse, taip pat atitinkamuose ministerijų padalinuose.

**STUDIJŲ TRUKMĖ** – 2 metai. **Pirmus pusantrų metų** tęstinės studijos vyksta intensyvia forma – užsiėmimai vyksta vieną kartą per mėnesį (ketvirtadienį–šeštadienį). **Paskutinį** semestrą konsultuodamiesi su vadovu magistrantai rengia baigiamąjį magistro darbą, paskaitos ir kiti užsiėmimai nevyksta. Numatoma galimybė organizuoti savo studijas pagal individualius studijų planus.

**STUDIJŲ KAINA.** Visa studijų kaina – 8 844 Lt (mokama dalimis).

### PRIĖMIMO SĄLYGOS

Į tęstinės socialinio darbo magistrantūros studijas priimami aukštąjį (universitetinį ir neuniversitetinį) išsilavinimą turintys asmenys.

Baigusieji kolegijas ir turintys socialinio darbo profesinio bakalauro kvalifikacinį laipsnį studijuoja *papildomų studijų programos dalykus kartu su magistrantūros studijų programos dalykais.*

### IŠSAMENĖ INFORMACIJA TEIKIAMA

Vytauto Didžiojo universitete, Socialinės gerovės fakultete. *Adresas:* Kaunas, K. Donelaičio g. 52-408 kab. Tel.: 8 37 327847, tel./faks.: 8 37 327846, mob. tel.: +370 615 12987.

VYTAUTO DIDŽIOJO UNIVERSITETO (VDU)  
SOCIALINĖS GEROVĖS FAKULTETO (SGF)  
SOCIALINIO DARBO KATEDRA (SDK)

**2008 m. lapkričio 28 d. organizavo  
mokslinę-praktinę konferenciją**

## SOCIALINIO DARBO STUDENTŲ PRAKTIKA: PATIRTIES REFLEKSIJA

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Socialinio darbo praktika – būtina studijų programos sudėtinė dalis. Konferencijos tikslas buvo reflektuoti socialinio darbo studentų praktikos organizavimo ir kompetencijų įgijimo praktikoje patirtis. Konferencijoje dalyvavo socialinio darbo praktikai, vadovaujantys studentų praktikoms, taip pat praktikai, studentai ir mokslininkai, turintys dalyvavimo praktikoje ir praktikos organizavimo patirties, bei visi, besidomintys studentų praktikos organizavimo klausimais.

KONFERENCIJOJE REFLEKTUOTA ŠIOMIS TEMOMIS:

- Praktikos organizavimo inovacijos
- Praktikos vieta studijų programoje
- Praktika studentų akimis
- Vadovavimas studentų praktikai
- Praktikos vadovo vaidmuo rengiant socialinius darbuotojus
- Studentų praktikos nauda organizacijai
- Studentų praktikos procesas
- Studentų motyvavimas praktikoje

Socialinės gerovės fakultetas kviečia parengti straipsnius leidiniui „Socialinis darbas. Patirtis ir metodai“. Trečiasis šio leidinio numeris bus skirtas socialinio darbo studentų praktikos patirties refleksijai. Straipsnius prašome atsiųsti iki 2009 m. sausio 30 d. Reikalavimai straipsniams pateikti leidinyje „Socialinis darbas. Patirtis ir metodai“.

# SOCIAL WORK. EXPERIENCE AND METHODS 2(2)

## SUMMARIES OF PUBLICATIONS

1. BLAŽYTĖ G.

### POWER RELATIONS BETWEEN VICTIMS OF WOMEN TRAFFICKING AND PHYSICIANS: THE ROLE OF A SOCIAL WORKER

The objects of the research are power relations between victims of trafficking and physicians, and the importance of the role of a social worker in these relations. Even though sexual, physical and psychological problems of victims' health are defined as one of the most distressing consequences of women trafficking, the question of medical care of these women has been still little studied. Limited attitude towards health care, the fear of physical and psychological violence in a physician room and complicated accessibility of health care raise the importance of a social worker. Thus the research is aimed at defining the roles of a social worker in the process of health care of victims of women trafficking.

The qualitative method has been applied in this research. Two physicians, two clients of the project of Lithuanian Caritas program "Aid to the victims of trafficking and prostitution" and the social worker of this project have been questioned by a semi-structured interview. The data analysis has been made according to fenomenographic and content analysis data approaches.

The results of the research indicate that the process of victims of women trafficking health care is impossible without a direct participation of a social worker. According to the strategy of empowering as well as the participants of the research, despite traditional roles of a social worker as broker and advocate, the supporting role of a social worker has been noticed.

The research has been also aimed at exploring the relations between physicians and women who were trafficked. Even though a consultative physician – patient relation model predominates, the interviews have revealed that the physicians have all the power. This is determined by their professional knowledge, experience, power in decision making, and the social status of a physician.

As the results of the analysis show, informal collaboration between aid programs and medical institutions raises a lot of misunderstandings. The interviewees emphasized not only the lack of collaboration, but the tendency to control. According to the participants of the research, the collaboration should be improved by changing the attitude of physicians towards victims of women trafficking, also by making changes in health care policy carried out by the government.

According to the results of the research conclusions have been made and recommendations for the aid programs, physicians and social policy formers have been given.

## 2. DIDŽBALYTĖ A.

### THE ANALYSIS OF MEN'S EXPERIENCE OF WOMEN VIOLENCE

This article focuses on a hidden and rarely discussed present-day phenomenon – women violence against men, which is analyzed on the aspects of men experience. Women violence against men is hidden under the stereotypical roles attributed to each sex and under the feeling of embarrassment felt by men as well as fear of being neglected by the members of society if talking out loud about the relevant issue.

The experience of men having suffered women violence is exposed via a qualitative research by combining content analysis and open coding of grounded theory. With the help of content analysis men experience was revealed through categories while grounded theory allowed name them by the words uttered by men. Five men having experienced women violence were questioned by a semi-structured interview.

As a result of the analysis, it turned out that men describe women violence as a sensitive and unwillingly publicized detail of their lives. Men tend to minimize women violence by not attaching significance thereto despite of the

fact that it has caused them negative feelings. Those men, who have experienced physical, psychological and sexual violence on behalf of women, perceive it as the consequence of women's desire to dominate in inter-relations, resulting in the expression of disability and negative emotions as well as striving to protect oneself against the displeasing man's behavior. Due to the hegemonic norms of manhood, existing within the society, but failed to accomplish by men, divorce and decreased men's self-esteem are the main consequences of women violence, that have influence on further life of men. Nonviolent possibilities for solving conflicts and couple issues are associated with greater tolerance towards each other and the development of help services for men, bearing in mind that violence generally is the problem of a human being not only a problem of a certain sex.

### 3. ULBERKYTĖ R., NAUJANIENĖ R.

#### SOCIAL NETWORK OF GIRLS SUFFERING FROM ANOREXIA NERVOSA

By having analyzed scientific research executed and articles published it has become clear that the number of girls suffering from Anorexia Nervosa is rapidly increasing within the society. This fact substantiates the relevance and significance of the topic analyzed in this work. Numerous empirical analyses have been carried out in research of Anorexia Nervosa, however, the type of research that would reveal a social network of girls suffering from Anorexia Nervosa has not been detected. Therefore the goal of the work is to reveal the aspects of social network of girls suffering from Anorexia Nervosa. By implementing the objectives raised for the research, social network aspects are exposed by analyzing its schemes created by the girls, nature of relationships as well as functions of the network members. In order to disclose the aspects of a social network of girls suffering from Anorexia Nervosa, a qualitative analysis has been carried out. Five girls suffering from the illness took part in the research. Each girl was interviewed once. Before the interview the participants of the research drew their own schemes of social networks applying Rousseau's (1985) network scheme. The outcomes of the research were analyzed according to the method of themes analysis.

In the process of analyzing the outcome of the research, the network structure was revealed by exploring the schemes drawn by the girls, meanwhile the relationships and functions of the network members were developed by construing the data obtained during the interviews. It turned out that a solid social network does not guarantee the quality of social support provided since that does not prevent a girl from feeling lonely, unappreciated and unheard. Relationships with the primary social network, which

includes family members, friends and co-workers, are the most important for a girl. However, the relationship with the closest family members, i.e. mother and father, is rather disputable or weak. In most cases strong control dominates in the family, meanwhile the emotional function does not exist at all. In addition to the above-enlisted problems, other parent-related problems exist such as father's addiction to alcohol, divorce or one of the parents is employed abroad. By means of qualitative analysis, girls were able to reveal that by accepting help currently provided they face with the lack of individual attitude towards them as personalities, due to which they are disappointed with the support received. According to them, effective help should be capable of making them get well and helping change bad nutrition habits. On the grounds of the outcome of the analysis, recommendations for social workers, service-sector organizers, researchers and school social educators, who are able to provide primary prevention when solving the spread of nutrition illnesses, are proposed in this work.

#### 4. JASAITĖ E.

##### SOCIAL WORKER'S AND CLIENT'S RELATIONSHIP IN THE NONGOVERNMENTAL ORGANIZATION PROVIDING THE SOCIAL SUPPORT TO THE INDIVIDUALS RETURNING FROM THE IMPRISONMENT INSTITUTIONS

In this article the nongovernmental organization is named as the closest environment to the individual returning from imprisonment institution and this environment helps them to integrate into the society.

In social work most of the services are based by human relationships quality. L. C. Johnson (2003) points the importance of the relationships between the client and social worker. The relationships motivate to solve the problem and to accept the help, give the feeling of safety.

The aim of this article is to highlight the importance of the relationship between the social worker and the client in the intervention process.

The research showed that in nongovernmental organization the relationship with social worker becomes the base of client's thinking, self-evaluation and emotional changes, and helps to sustain these changes in such way promoting the integration of individuals returning from imprisonment institutions. The social worker through the acceptance, exaltation of human value, support increases the client's self-evaluation, motivation and develops internal client's resources which help to grow as personality and integrate themselves to the society.

## 5. IVANAUSKIENĖ V.

## THEORETICAL AND PRACTICAL ASPECTS OF SOCIAL WORK WITH FAMILIES

Institution of a family is in the process of transformation: more people live in an open cohabitation, the birth rate is decreasing, and the number of divorces is growing up. The number of multiproblem families, which lack appropriate relations inside them and with outside environment, is becoming bigger. Such families do not care about education of their children. It is not easy to perceive, to understand and to interpret a family. The difficulty of family cognition lies in the fact that there is no, and cannot be, a unanimous attitude towards family cognition because family relationships are not given beforehand, a family is not a static phenomenon, it is distinguished by development of inner relationships.

The article analyzes five theories which are most often used in family research: structural-functional, social exchange, symbolic interaction, developmental and ecological system theory. It is also stressed that work with a family has to have the goal which should be clear, understandable, and should correspond to family needs. Conscious understanding of the processes in a family makes work more effective. It is important to see a family as a structure in its life cycle.

A social worker is not a task performer but an activity organizer, helper supporter. He/she shows the direction but the goal has to be reached by the family itself. Social worker's behavior (his/her skill to initiate relationship with a family, to apply social work methods) is important in the work with a family. It is essential to follow the principle of confidentiality and not to undertake the role of a judge.

## 6. ČIURLYTĖ L., VEČKIENĖ N.

## THE POSSIBILITY OF PRESERVING THE FAMILY: DECISION MAKING WITHIN CONTEXT OF POWER RELATIONSHIP

According to M. Payne (1996), agencies, providing social services, are in the process of consistent alternation. These changes take place in order to react to people demand on social services. The review of family example is the model of decision making over child's future in the family, which came over from Great Britain. The review is attended by specialists of various areas. Because of interdisciplinary situation, the tension field occurs among providers of social services, because every of them comes to the review with his/her own purposes and functions. From the theoretical perspective powers are being described as the mean of individuals' regulation. To manage



means to model activity field of other individuals, to put it in other words, powers are proportion of strengths, when some strength dominates, and the others comply.

The purpose of the research is to disclose the links between power relationships and decision making in the review process of family case.

The following tasks of the work were raised in order to achieve the mentioned purpose:

1. To discuss political, juridical and theoretical aspects of powers relationships, while highlighting the context of decision making over family future in the context of review process.
2. To review institutional aspects of powers relationships, grounding competencies and roles of social worker in the review process of family case.
3. To disclose the links between power relationship and decisions over child's future in the review process of family case.

The research is accomplished, using qualitative descriptive research method. The information for this research was collected using semi-structural interview. In order to process collected data, instrument of themes analysis was used. The research was attended by 11 respondents.

*The results of research.* Paternalistic model showed up during the research, determines the fact that social worker loses the role and status of enabler and becomes inflexible and unmotivated executive of state rules, punishing those, who behave wrongly. Social worker is competent to recognize and to select roles; however, he is restricted by powers relationships. Objective context shows that preconditions to appear for powers relationships are under physical conditions of review of family case.

Decisions are made during collaboration, but that collaboration is conditioned by powers relationships.

#### 7. ŠIVICKYTĚ A., ŽYDŽIŪNAITĖ V.

##### EXPERIENCES OF TEMPORARY FOSTER-PARENTS WHILE INTERACTING WITH PARENTS OF THE CHILD IN CARE

The foster-parents accentuate that they do not pay much attention to interactions with the parents of the child in care and they try to avoid the meetings with biological parents of the child. Functions of the foster-parents in interaction with the biological parents of the child in care are not regulated. So, it is not clear, how should follow such interaction and communication and what kind of influence this interaction could make to the care process of the child. *Factors that determine the successful interaction between foster-parents*

and biological parents of the child in care are the following: empathy, tolerance, harmony of interaction, persistence, patience, motivation, quality of communication, reciprocal trust and competencies (social, educational and personal) as features of the foster-parents. *The permanence of interaction between the foster-parents and biological parents of cared child after the completion of the fostering period* also is important and consists of the initiatives of foster-parents and the help to re-establish the relationships between the cared child and his/her parents. In this process the foster-parents counsel the biological parents with the questions about the raising and educating the child. *The limits of interaction between foster-parents and biological parents of the child in care* are the following: the foster-parents experience the difficulties when biological parents behave aggressively, lie, blackmail, slander the foster-parents. The foster-parents experienced the anger of biological parents of the child, which is directed to foster-parents of their personal family members. When biological parents experience the loss of the child they feel the fear to lapse the child. The feeling of shame among biological parents could be one of the reasons why those parents avoid the meetings with the foster-parents.

#### 8. BEIŠIENĖ L.

### CHILDREN'S HIPERACTIVITY: PARENTS' EXPERIENCE AND SUPPORT

We often hear children described as hyperactive, but what exactly does this mean? Most happy, normal children have a lot of energy, so how do you distinguish between an excited child and someone suffering from ADHD (Attention Deficit Hyperactive Disorder)? The answer is that it can be difficult. This disorder can vary in intensity and most children will express some of the symptoms some of the time. Unfortunately, there are no specific tests for ADHD, so a diagnosis is based on the child's behavior.

ADHD is characterized by symptoms of inattention, impulsivity and hyperactivity at levels that are considered maladaptive and inappropriate for a child's age or stage of normal development. For more than a half of the people, who were diagnosed with ADHD, the onset of the disorder arrived before the age of seven years. About 40 % of them show symptoms that persist to adulthood. The disorder occurs more frequently in males than females. Descriptions in the ICD-X, DSM-IV include three diagnostic subtypes based on a predominance of symptoms – either inattention or hyperactive-impulsive symptoms. A child can be classified as having either: inattention, hyperactive impulsive or combined type, if both symptoms are present. Although researchers still do not know what exactly causes such a condition, they do know that it is an inherited one. This is why most of the research examining

the etiology of ADHD is on a correlational basis. Advice is warranted in attributing causal status to identified variables. Variables within a child, such as neurobiological factors and hereditary influences, have been recognized the most. Syndrome discussed above is not a rarity; alternatively, this is a massive thing, which a pedagogue, nurses meet almost every day.

#### 9. ESKYTĚ I.

### THE DEVELOPMENT OF SOCIAL PARTICIPATION IN CHILDREN'S DAYCARE CENTERS

Social participation is a new concept in the contemporary society, however it is of high importance to every member of the society who aims at becoming an active subject of own becoming and who aims at full involvement into the social life. The main features of social participation are as follows: individuation, socialization, parity, self-support, cooperative relations, the development of networks, and open solution of conflicts. These features are important to every person who aims at resettlement into the society and at participation in its processes.

Children, who live in the families at social risk, often have no possibilities to cognize and to acquire these features, often get into the social exclusion and come quasi to a crossroad. One of the innovatory social services to children are daytime care centers, i.e. institutions of social services, providing daytime care, social and educational services for children who got into the social exclusion and who are in difficulties.

*The aim of the paper* is to reveal the development trends of social participation in child daytime care centers. The following objectives have been set to reach the aim:

- to identify the possibilities of child's socialization while creating future dreams;
- to reveal his/her self-respect and the need of self-realization are forming during the process of individualization;
- to explore what services, which are provided in daytime child care centers are attached to develop child social participation.

Qualitative descriptive research aimed at looking holistically at the importance of experiences of children, who live in the families at social risk, for their social participation.

Information and data, which have been collected during this research, may be used for the identification of the situation and needs of children and for the creation of new activities and services that would develop social participation of children.

10. MOTUŽYTĖ I., RUŠKUS J.

#### ANALYSIS OF SOCIAL SERVICES' MANAGERS' SKILLS

As the practice shows, the effective management of social service organizations requires not only the knowledge of social work, but also the background of management, which enables to apply creatively the acquired necessary managerial knowledge and skills to the professional practice. The purpose of the research – to reveal the managerial skills which are necessary for the implementation of social service management functions.

The object of the research – managerial skills required for social service managers.

The qualitative analysis, which included 20 managers of social service organizations, has been carried out. Once the analysis of the interviews about their managerial practice has been done, it emerged that there is a necessity of skills involving the development of the human resources (search for the employees, their selection, motivation, reduction of interpersonal tension and conflict dealing). The research is significant to the organizers and implementers of university programs and social worker qualification improving programs, as well as to the specialists of the research field.

11. RUOLYTĖ R.

#### DISABLED STUDENTS' COUNSELLING CENTER – PRECONDITION OF EQUAL OPPORTUNITIES

Lithuanian laws establish that any higher educational establishment provides conditions for a disabled student to study, and the right to studying is granted to any high school graduate. Disabled students of higher educational establishments encounter problems such as physical inaccessibility of the environment, a lack of adapted training and educational materials (literature in braille, audio books, etc.), the living environment (dormitories) is not adapted for their specific needs, the need of assistants, a negative attitude of some members of the academic community.

The aim of this survey is to identify the type of a Counseling Center for Disabled Students which would be a solution for the problems related to disabled students. The quantitative survey has been performed including interviews with experts exposed to the disabled as well as disabled students. Both the disabled students and experts expressed a positive attitude towards the establishment of the Counseling Center for Disabled Students as a unit of a higher educational establishment to be initiated by a higher establishment itself together with the Ministry of Education and Science and organizations of the disabled.

The Center would be of major importance to the following target groups: disabled students of higher educational establishments and schools, parents of the disabled of high schools, the management of a high school, disabled employees of a higher educational establishment, parents of disabled students and teachers of higher educational establishments; the Center would communicate information, provide counseling services and engage in satisfying the special needs of disabled students. The funding mechanism of the Counseling Center for Disabled Students is proposed as follows: 1/3 of the costs funded by the founder, 1/3 – from charity and grants, the remaining part – own funding, from fees for the services paid by the students.

## 12. KORNIKIENĖ M.

### TEAM WORK IN MENTAL HEALTH CENTER, REALIZING WEIGHT CONTROL PROGRAM

Mental and behavioral disorders are one of the largest problem of society health. Mental Health Center of Kaunas in Šilainiai outpatient clinic were treated about 900 schizophrenia ill people. These persons have a lot of social, psychological and occupational problems. These patients often feel stress, fear, worry, they don't believe in their strength or they feel lonely.

Besides all these problems, people who are suffering from schizophrenia often have a weight growth problem. Specialists of Mental Health Center didn't pay enough attention to this clients' problem. Clients' weight is growing about 10–20 kg by using antipsychotic medicaments. Changes in body proportions often cause the new complexes for schizophrenia ill people. So, this problem makes troubles for meaningful functioning of these persons and causes their quality of life.

Beginning with 2005 Mental Health Center of Kaunas in Šilainiai outpatient clinic started to carry out Weight Control Program for people using antipsychotic medicaments. The aim of this program is to help to control the weight for schizophrenia ill people. In such way, team of the specialists are seeking to decrease negative outcomes of overweight to schizophrenia ill people physical health and also to social outcomes, which can rise by weight growth.

Weight Control Program for people using antipsychotic medicine is useful for consumers of mental health services and for specialists, who started to work by team work principals. During this programs weight had become less than 5–9 kg for 10 percent of participants and weight growth stopped for 64 percent of participants. Schizophrenia ill people learned how to control their weight and their self-confidence, belief in methods of treatment increased. Collaboration between clients and specialists of mental health has improved by growth of trust. Such therapeutic relation helps to find better rehabilitation measures, which answer clients' expectations.

## REIKALAVIMAI STRAIPSNIAM

**Etiniai.** Laukiami straipsniai, kurie ne tik skirti problemoms atskleisti, bet kuriuose analizuojamas įgalinimas, problemų sprendimas, galimybės, proveržiai. Patirties ir metodų analizė yra prioritetas. Priimami tik straipsniai, neturintys diskriminavimo požymių vienos ar kitos žmonių grupės atžvilgiu.

**Kalbos taisyklingumo.** Priimami tik taisyklinga lietuvių kalba parašyti straipsniai. Pageidautina, kad straipsnio kalbą būtų patikrinęs lietuvių kalbos redaktorius.

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**Techniniai.** Straipsnių imtis – ne daugiau kaip 6 tūkst. žodžių, anotacijai skiriama ne daugiau kaip 200, santraukai anglų kalba – apie 300 žodžių.

**Struktūros.** Straipsnio struktūrą turi sudaryti anotacija, įvadas, analizė, išvados ir rekomendacijos, naudotos literatūros sąrašas (literatūros sąrašė pateikiami tik tekste nurodyti šaltiniai), santrauka anglų kalba, duomenys apie autorių (vardas ir pavardė, darbovietė, pareigos, profesiniai interesai, adresas, telefonas, el. paštas).

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