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# The Helping Process With Groups

Reported By: Keithly Olbes

## HELPING PROCESS vs PROBLEM SOLVING PROCESS

Problem solving concept can be generally traced to the book of a progressive educator and social scientist, John Dewey (1933), entitled "How We Think". He describes what goes on in the human mind when confronted with a problem. He believes emotions influence cognitive processes. He stated that;

"the problem-solving behavior is based on reflective thought that begins with the feeling of doubt or confusion."

(Dewey, 1933)

In order to solve a problem, a person follows a rational procedure, consisting of steps in an orderly sequence. Referred to as "Five phases of reflective thinking." 1) recognizing the difficulty, 2) defining or specifying the difficulty, 3) raising a suggestion for possible solutions and rationally exploring the suggestions, which include data collection, 4) selecting an optimal solution from among many proposal, 5) carrying out the solution.

This context was improved by George Polya, a mathematics professor, in a model with the intent to be used as guide by anyone engaged in problem solving. His model consist of these phases; 1.) Understanding the problem including the problem situation, the goal of the problem-solver, and the conditions for solving the problem. 2.) devising a plan by which the goal could be attain. 3.) Carrying out the plan. And finally he added, 4.) Evaluation of the plan, its implementation and the result.

Since the time of Dewey and Polya, many others, in different fields of endeavor, have developed models for problem solving, including social work profession. In general, problem solving process demands that you would be successively involve in the following sequential steps;

- i. Recognition and definition of the problem, and engagement with the client system;
- ii. Data collection;

**John Dewey**

**PDF**

*How We Think*

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A Quick Summary  
John Dewey (1859-1952)

## Dewey's Laboratory School



### Intended mission:

- To link the school experience to students' lives
- Students will attain genuine knowledge significant to their lives through inquiry
- To link studies to current popular occupations
- Focus on all facets of students' overall growth

### Failed because:

- Lost clear sense of purpose in student growth and researcher observation
- Difficult to reproduce Dewey's method because teacher to student ratio was about 1:7







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