Social casework is a method of helping people solve problems. It involves the use of various theoretical frameworks including cognition theory, general systems theory, and the ecological perspective. This method has its roots in social work, particularly in the historical and conceptual development of modern social work practice.

The sociopolitical and theoretical underpinnings of social casework were significantly influenced by developments in psychology, particularly Freudian ideas. These ideas were integrated into the practice of social casework, especially in the context of family and community casework.

In the 20th century, the strengths perspective emerged as a significant approach in social casework. This perspective emphasizes the client's strengths and resources in addressing challenges. It is grounded in theories of self-determination and a critical perspective on casework.

The social casework model is characterized by a systematic approach to understanding and addressing the needs of individuals, families, and communities. It is a client-centered approach that aims to improve the social functioning of the client system within the context of the social environment.

Theories in social casework have evolved over time, with significant contributions from various perspectives. These include a psychosocial approach, which has been linked to the term 'casework,' and a critical perspective in casework.

Perspectives on Social Casework (1987) by Helen Harris Perlman is a seminal work that discusses the historical and conceptual roots of modern social group work, focusing on the family and community casework and administration. This book provides a comprehensive overview of the theoretical and practical aspects of social casework.