

PRACTICE THEORIES FOR CLINICAL SOCIAL WORK PRACTICE

THEORY	EXPLANATORY OR DEVELOPMENTAL CONCEPTS Explain normal development and/or how problems develop	CHANGE CONCEPTS Explain how to correct problem or enhance strengths to cope	PRACTICE ROLES OR TECHNIQUES Concrete actions that flow from the abstract change concepts of practice theory.
ECOLOGICAL SYSTEMS PERSPECTIVE	<ul style="list-style-type: none"> • persons are in continual transaction with their environment • individuals are surrounded and supported by nutritive and supportive networks • stress, coping, adaptation 	<ul style="list-style-type: none"> • functioning improves when person is connected to supportive networks • functioning improves when person has access to resources • functioning improves when external systems are engaged with the person 	<ul style="list-style-type: none"> • link • broker • resources • transport • advocate
CRISIS THEORY	<ul style="list-style-type: none"> • traumatic stress overwhelms capacity to cope • trauma disrupts balance of normal psychosocial functioning • crisis may stimulate motivation or paralysis 	<ul style="list-style-type: none"> • a crisis lowers defenses and provides opportunity for change 	<ul style="list-style-type: none"> • increase directiveness with degree of paralysis • take action • rely on past coping
SOLUTION FOCUSED BRIEF THERAPY* * More appropriately called "model" than "theory"	<p style="text-align: center;">?</p> <ul style="list-style-type: none"> • for all problems, there are exceptions 	<ul style="list-style-type: none"> • "It is easier to do more of what one can already do than to learn new adaptive behaviors or unlearn maladaptive ones." • positive envisioning 	<ul style="list-style-type: none"> • exceptions • miracle question • scaling questions
STRUCTURAL FAMILY THERAPY* * More appropriately called "model" than "theory"	<ul style="list-style-type: none"> • families are systems with individual structures that impact their functioning • boundaries, hierarchy, triangles • disengagement and enmeshment 	<ul style="list-style-type: none"> • functioning changes when structure changes • functioning changes when boundaries are realigned 	<ul style="list-style-type: none"> • boundary making • realigning • enactments • spontaneous interactions
FAMILY SYSTEMS STRATEGIC THERAPY * * More appropriately called "model" than "theory"	<ul style="list-style-type: none"> • input, throughput, output • family functions as a system of communication • individual symptoms have a family function 	<ul style="list-style-type: none"> • functioning improves when change in patterns of functioning changes • functioning changes when view of interactions do 	<ul style="list-style-type: none"> • reframing • paradox • prescribing relapse
FAMILY LIFE CYCLE	<ul style="list-style-type: none"> • the family is an organism that develops through stages that have specific tasks to be completed 	<p style="text-align: center;">?</p>	<p style="text-align: center;">?</p>
PSYCHOSOCIAL (ERIKSON)	<ul style="list-style-type: none"> • individuals develop through stages with specific tasks to be completed, crises to manage 	<p style="text-align: center;">?</p>	<p style="text-align: center;">?</p>
TRANSPERSONAL	<ul style="list-style-type: none"> • individuals develop through pre-egoic, mental egoic, and transegoic stages • fear is the result of a defensively contracted state and an ego identified self that blocks development 	<ul style="list-style-type: none"> • reaching the authentic self results from relaxing the defensively contracted state and transcending the ego 	<ul style="list-style-type: none"> • meditation • guided imagery
PSYCHODYNAMIC	<ul style="list-style-type: none"> • development occurs through emotional relationships with primary objects 	<ul style="list-style-type: none"> • change comes through a corrective emotional relationship • change comes through insight into patterns, past 	<ul style="list-style-type: none"> • use the transference • awareness of counter-transference • interpretation

COGNITIVE	<ul style="list-style-type: none"> • mediational position: thoughts mediate between events and feelings/behaviors 	<ul style="list-style-type: none"> • change in feelings and behavior is a result in change in thinking, or <i>cognitive restructuring</i> 	<ul style="list-style-type: none"> • ask for evidence • consider alternative explanations • so what? • downward arrow
BEHAVIORAL	<ul style="list-style-type: none"> • operant behavior is learned • antecedents and consequences maintain behavior in the present • respondent behavior may be triggered by a neutral (later conditioned) stimulus through pairing with a natural one 	<ul style="list-style-type: none"> • functioning improves through learning new adaptive behaviors or extinguishing old maladaptive ones 	<ul style="list-style-type: none"> • change the antecedent • positive reinforcement • skill building