

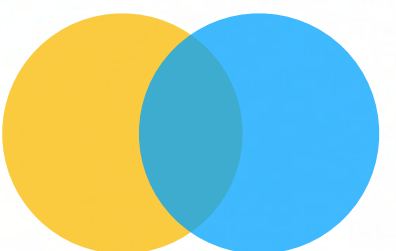


Practice Related to Perspectives, Frameworks, & Theories

Commonly Used in Social Work

Jacob Campbell, LICSW at Heritage University

Fall 2022
SOWK 486w



Agenda

Plan for Week 02

Perspectives, theories, and frameworks

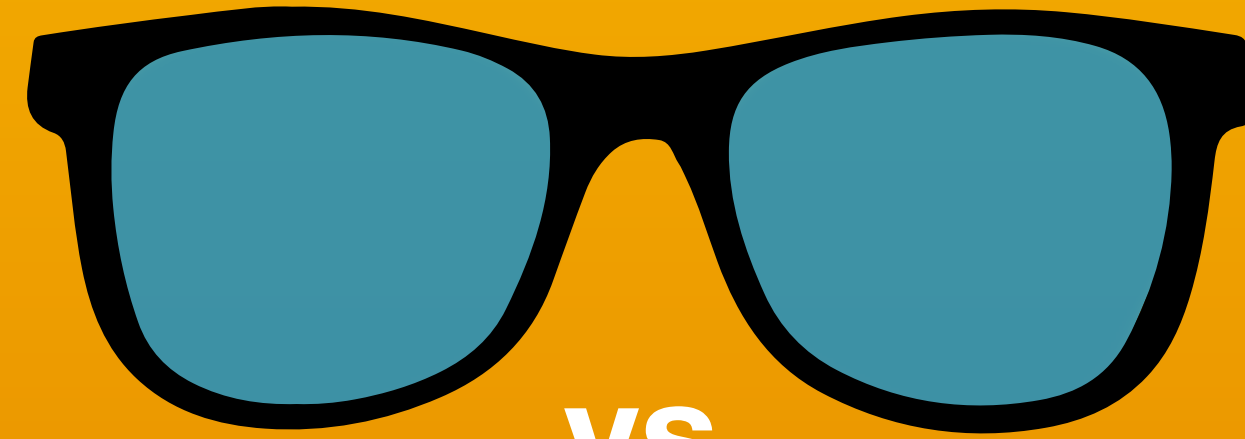
Systems theory

Ecological perspective

Strengths perspective

Solution-focused brief therapy

Perspectives



vs

Theories & Frameworks





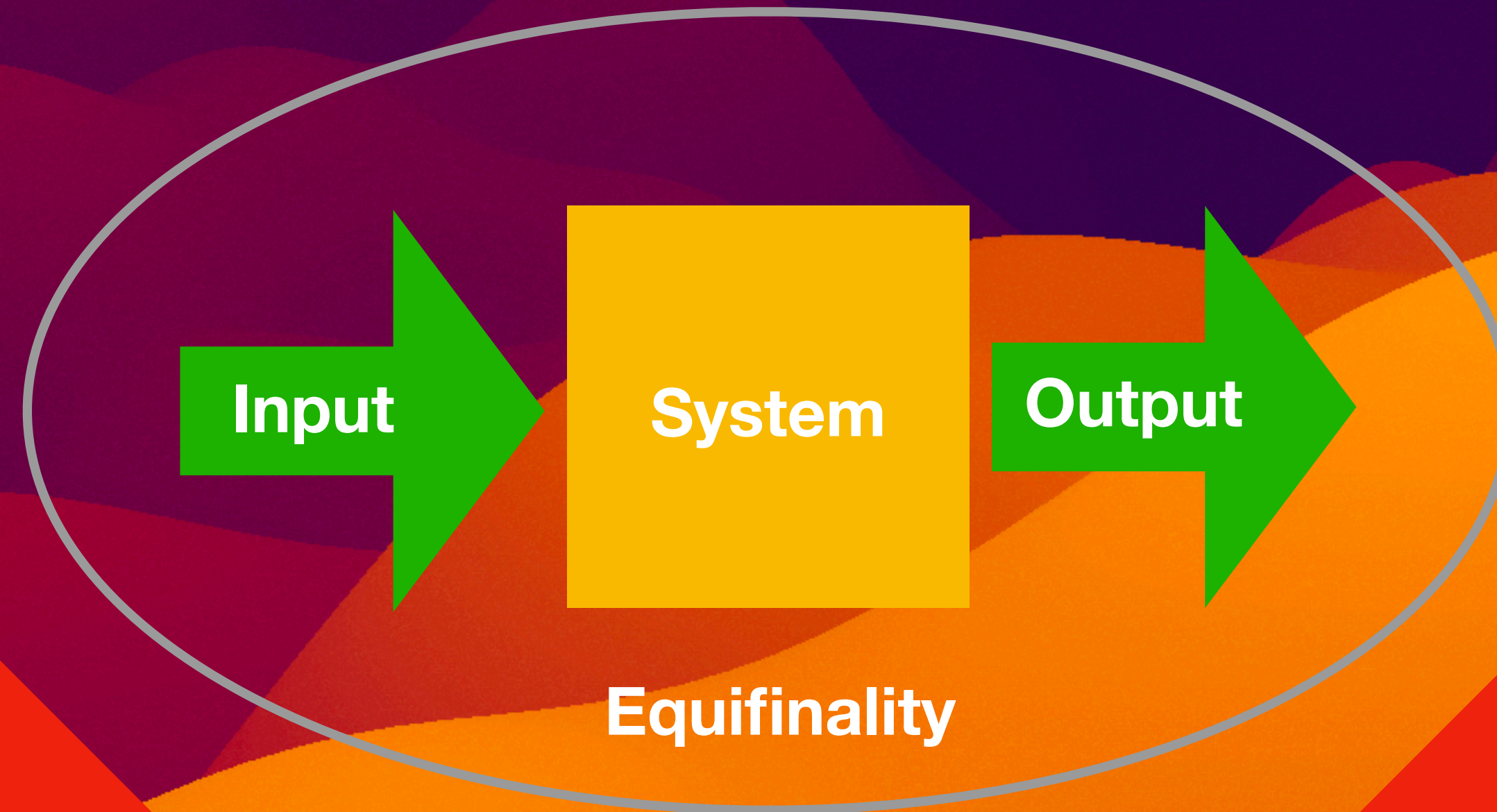
Perspectives: A way of perceiving the world flows from a value position

Theory: A general statement about the real world whose essential truth can be supported by evidence obtained through the scientific method



Framework or Model: Is a blueprint for action. It describes what happens in practice in a general way.

Systems Theory



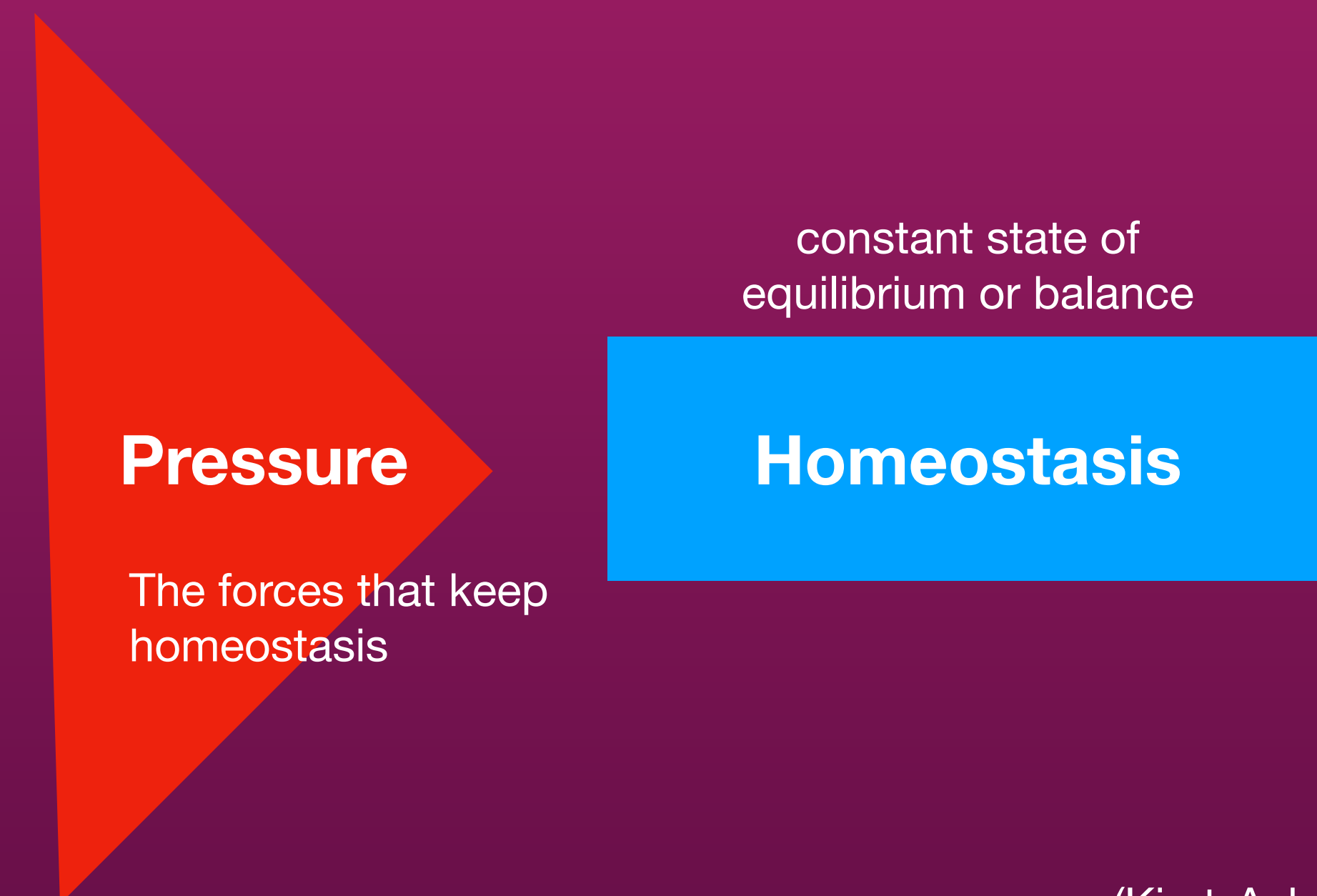
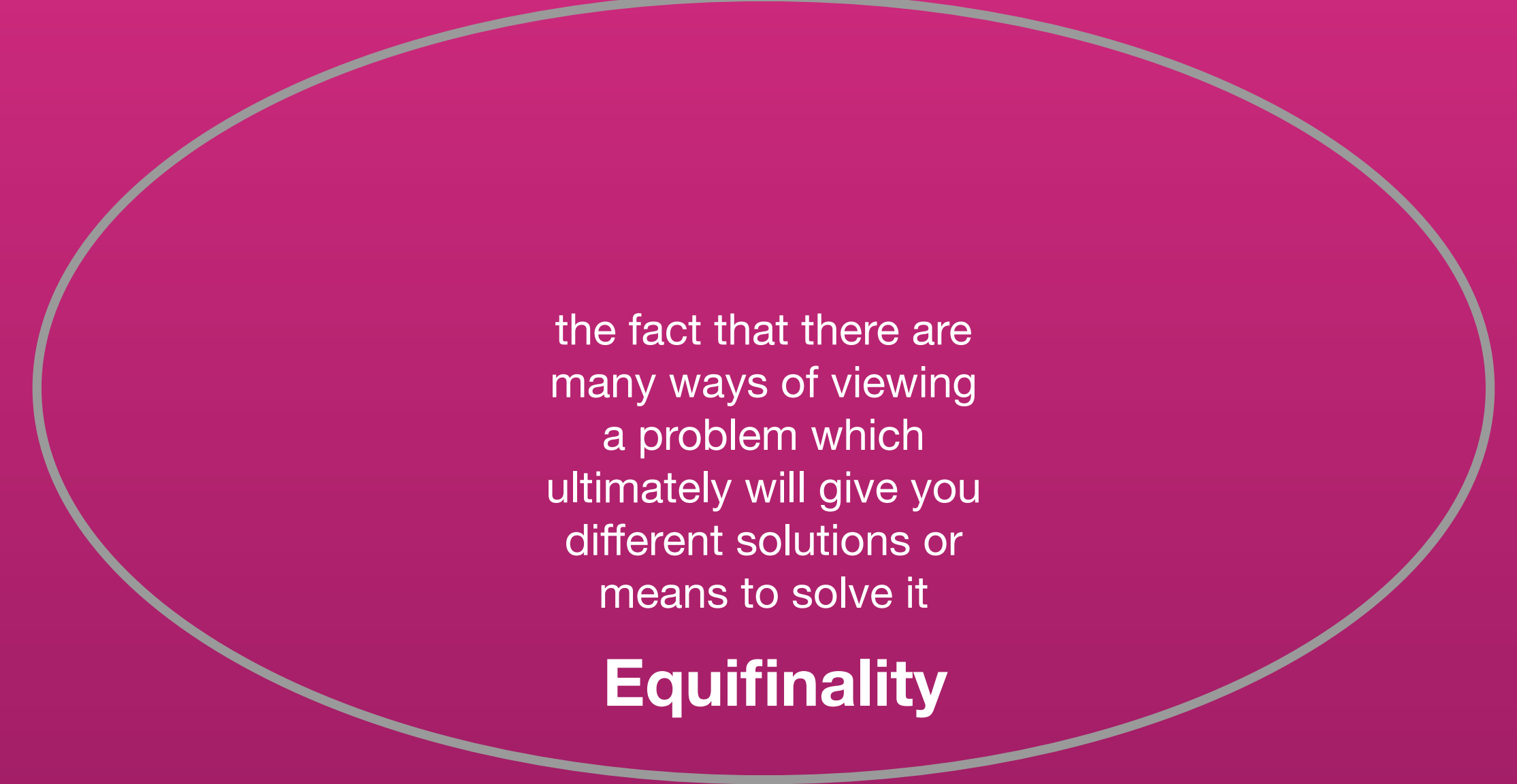
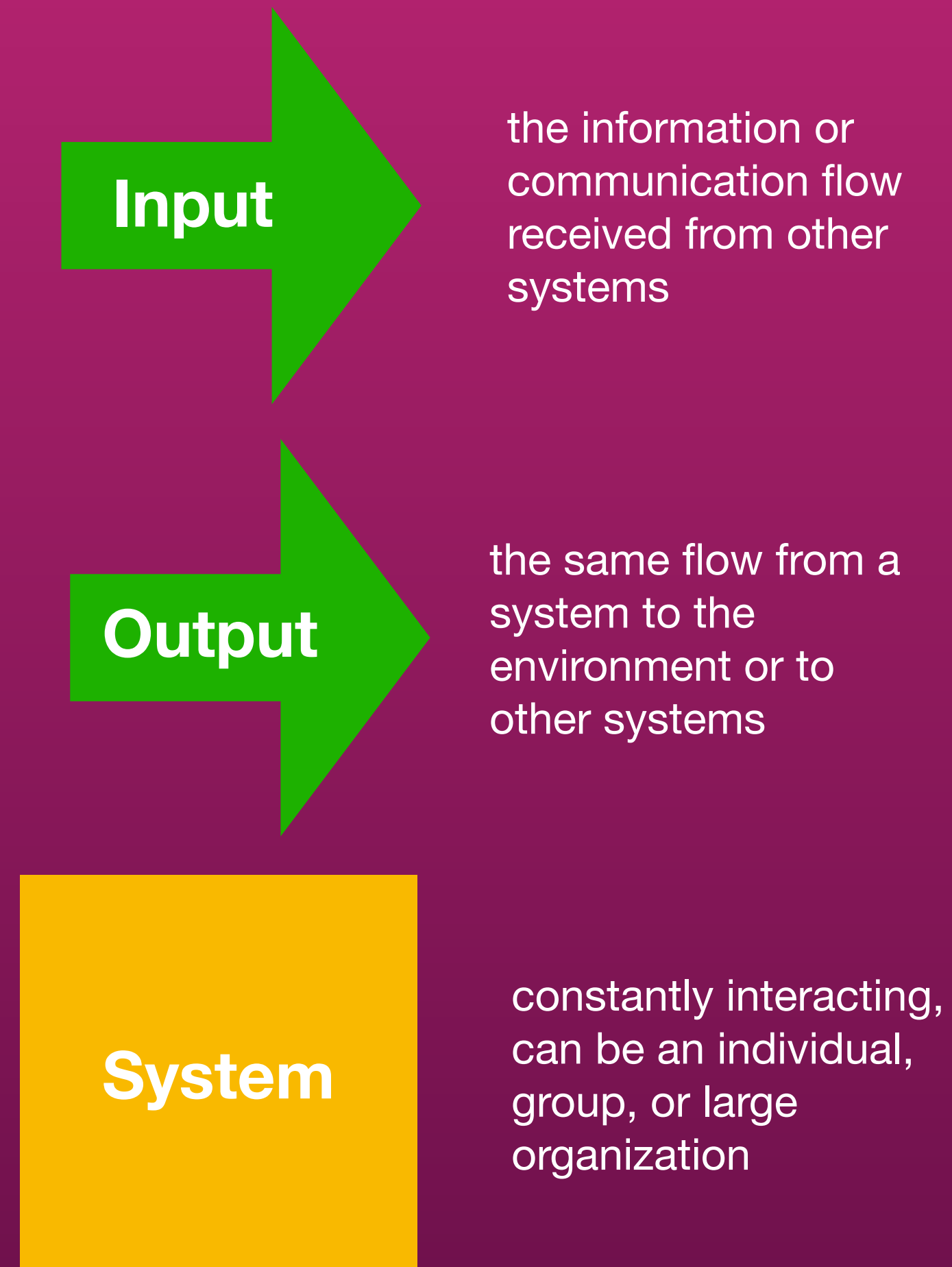
Pressure

Homeostasis

Pressure

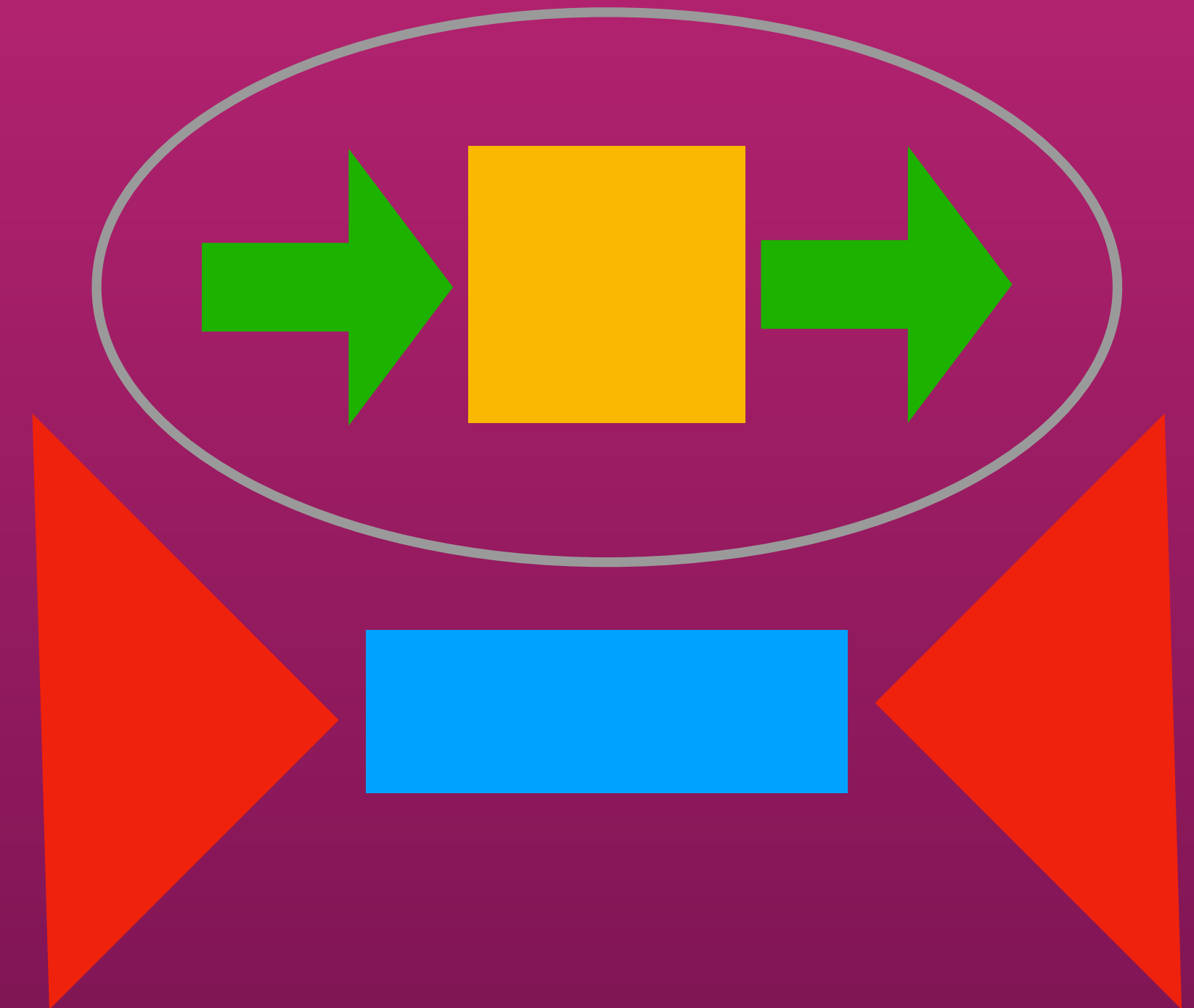
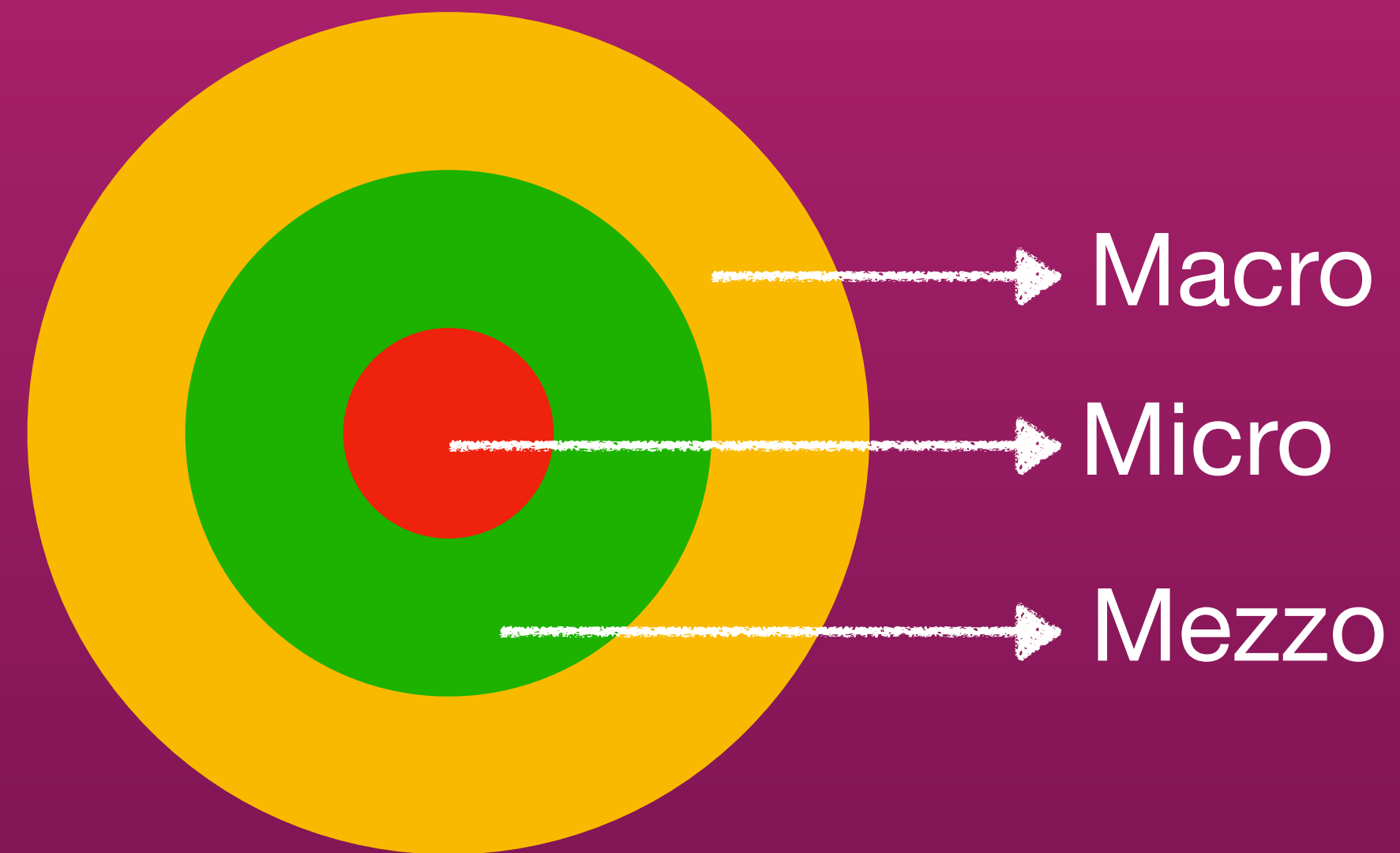
Systems Theory

Definitions



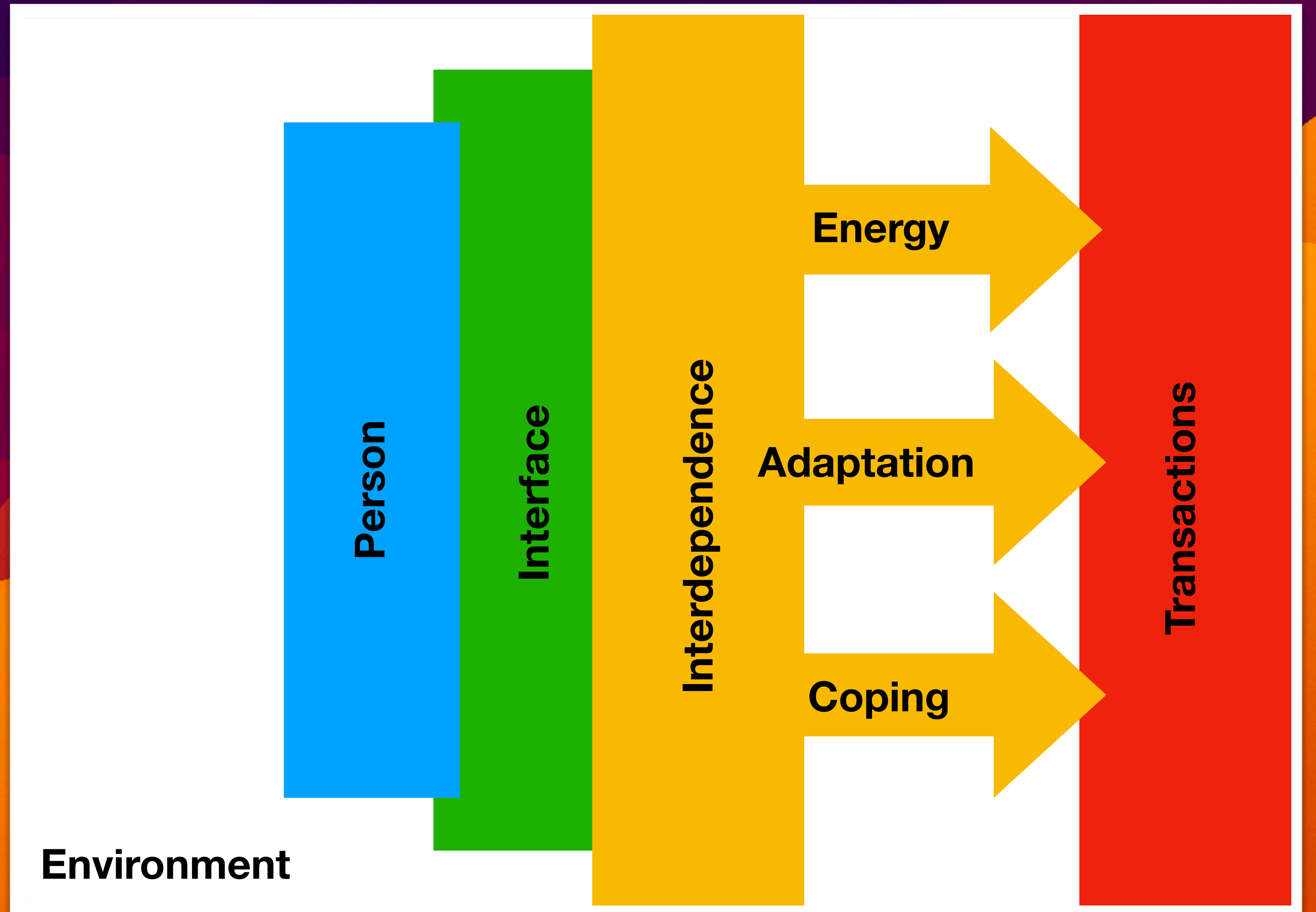
Systems Theory

Levels of interaction



Ecological Perspective

Person in the Environment



Ecological Perspective

Definitions

Person

Environment

A focus on people constantly interacting with various systems around them. So the social workers focused improving the interactions between the person and systems.

Interface

the exact point at which the interaction between an individual and the environment

Interdependence

the reliance on one person to another. People depend on each others input, energy, services, and consistency

Energy

the natural power of active involvement among people and their environments takes place [input or output]

Adaptation

the capacity to adjust to surrounding environmental conditions. This implies change because a person must adapt to change in order to continue functioning in their environment. Social workers help individuals during this process to direct their energies so that they are able to adapt

Coping

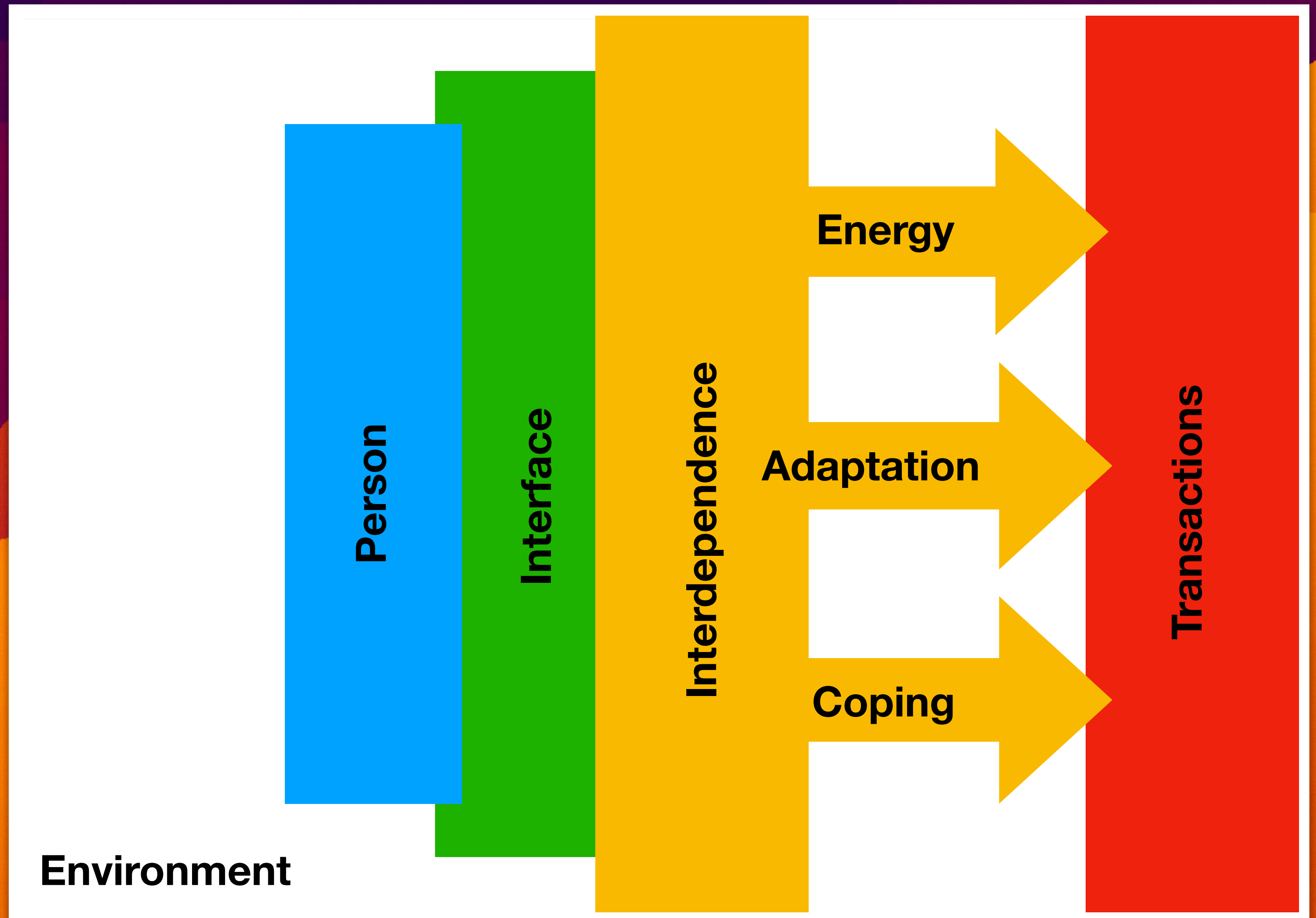
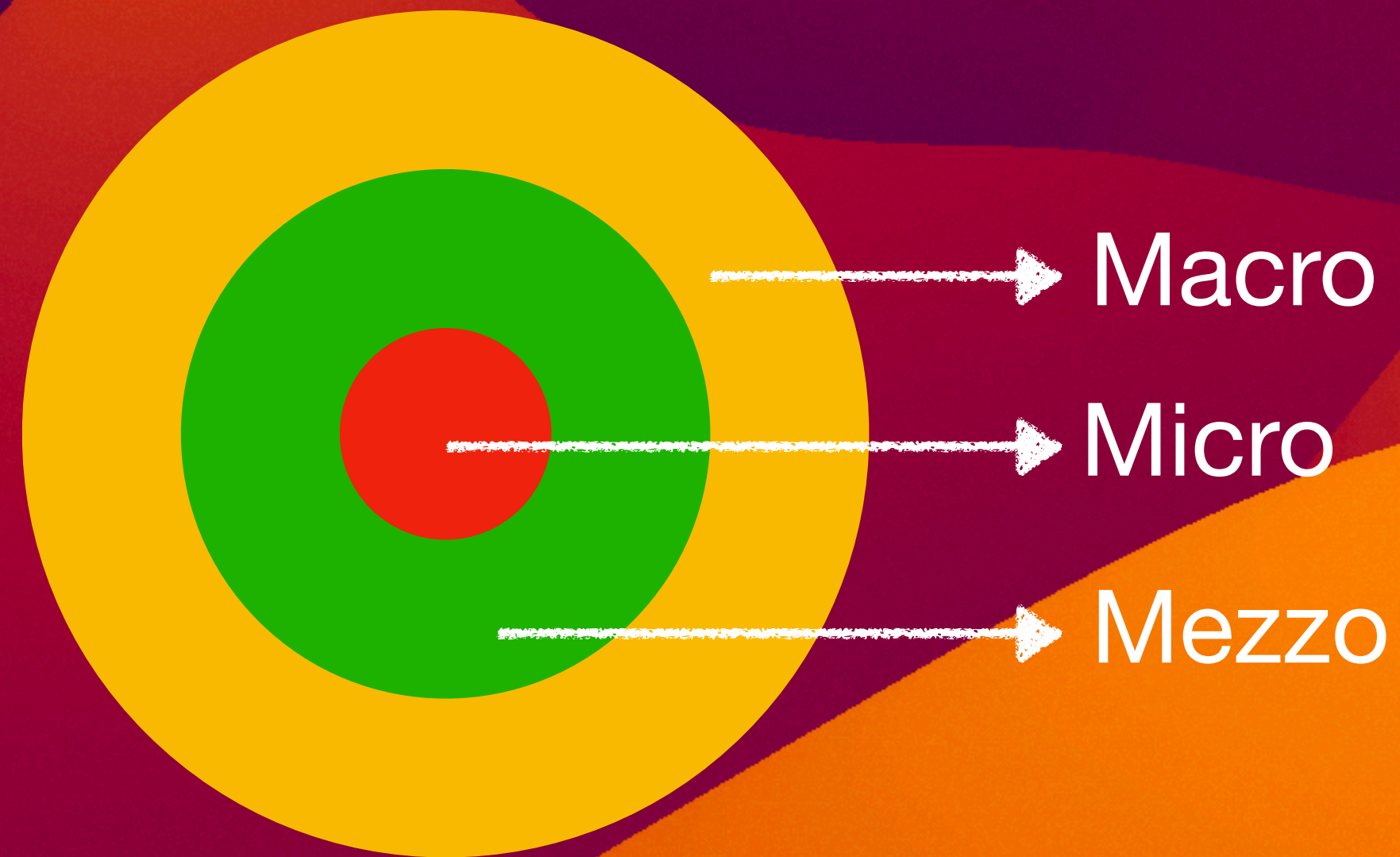
a form of human adaptation and implies a struggle to overcome problems. Refers to the way we deal with the problems we experience.

Transactions

people communicate and interact with those in their environments [can be positive or negative]

Ecological Perspective

Levels of Interaction



Strengths Perspective

Implementing Strengths Perspective

- Don't take no for an answer
- Help correct the effects of being labeled
- Take advantage of the considerable resources of culture and ethnicity
- Normalize
- Possibility, solution and strengths focus

Focus of Attention: Area's to look at

What people learn as they struggle

Personal qualities and virtues

Talents that people have

Cultural and family rituals, beliefs, stories, and lore

Dreams and hopes

The community

Spirituality / Faith

Identifying Strengths

Use the ROPES

Possibilities

- Future focus
- Imagination
- Creativity
- Vision of the future
- Play
- What have you thought of trying but haven't tried yet?

Solutions

- Focus on constructing solutions, not solving problems
- What's working now? What are your successes?
- What are you doing that you would like to continue doing?
- What if a miracle happened?
- What can you do now to create a piece of the miracle?

Present focus
Emphasis on choice
What can be accessed now?
What is available and hasn't been tried or utilized?

Options

Exceptions

- When is the problem not happening?
- When is the problem different?
- When is part of the hypothetical future solution occurring?
- How have you survived, endured, thrived?

Resources

Personal
Family
Social environment
Organizational
Community

Strengths Perspective

Types of Questions

- Survival questions
- Support questions
- Exception questions
- Esteem questions





No, I don't have a solution, but I certainly admire the problem.

Ashleigh Brilliant

**Solution Focused
Brief Therapy**

Search for Solutions,
not Admire the Problem

Solution Focused Brief Therapy

Tenants

- If it's not broken, don't fix it
- Look for exceptions
- Asking questions rather than telling clients what to do
- Future is negotiated and created
- Complements
- Gentle nudging to do more of what is working
- Change is constant and inevitable
- The solution is not always directly related to the problem

Solution Focused Brief Therapy

Interventions

Not knowing

Complementing strengths

Scaling questions

Exception questions

Coping questions

Miracle question

Solution Focused Brief Therapy

Interventions

Not knowing

Complementing strengths

Scaling questions

Exception questions

Coping questions

Miracle question

- Clients experts
- General attitude communicating an abundant, genuine curiosity
- Micro practice skills

Solution Focused Brief Therapy

Interventions

Not knowing

Complementing strengths

Scaling questions

Exception questions

Coping questions

Miracle question

- Strengths perspective
- Building rapport and giving hope
- Direct complements: positive evaluation or reaction
- Indirect complements: a question implying something positive

Solution Focused Brief Therapy

Interventions

Not knowing

Complementing strengths

Scaling questions

Exception questions

Coping questions

Miracle question

- Motivation, hopefulness, depression, confidence, progress...
- Techniques for follow-up

Solution Focused Brief Therapy

Interventions

Not knowing

Complementing strengths

Scaling questions

Exception questions

Coping questions

Miracle question

- Problem description vs. exceptions
- Increase awareness of current/past successes
- Turning past solutions into present solutions
- Finding out specifics

Solution Focused Brief Therapy

Interventions

Not knowing

Complementing strengths

Scaling questions

Exception questions

Coping questions

Miracle question

- Tailored to help client from feeling overwhelmed
- A method for exploring exceptions

Solution Focused Brief Therapy

Interventions

Not knowing

Complementing strengths

Scaling questions

Exception questions

Coping questions

Miracle question

- Amplifying what the client wants
- Formatting the question
- Concrete, behavioral, measurable terms
- Realistic terms

Other Theories to Consider

A Non-Exhaustive List

- Social Exchange Theory
- Behaviorism & Social Learning Theory
- Social Constructionism
- Psychodynamic Theory
- Symbolic Interactionism
- Psychosocial Developmental Theory
- Conflict Theory
- Transpersonal Theory
- Contingency Theory
- Feminist Perspective
- Erikson's theory of stages of development
- Piaget's theory of cognition
- Cognitive-behavioral framework
- Task-centered framework
- Narrative model