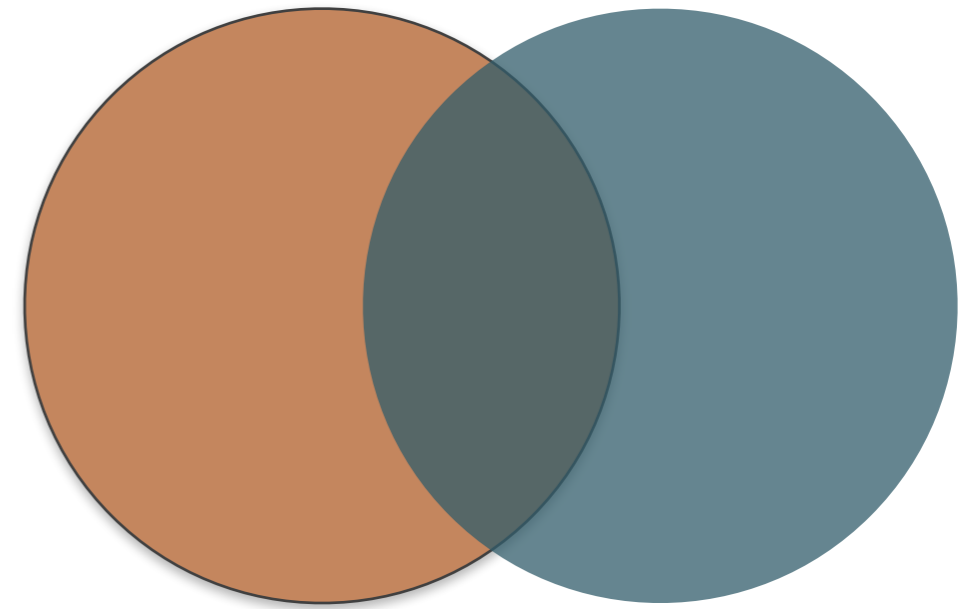


Perspectives, Frameworks, & Theories

Commonly Used in Social Work

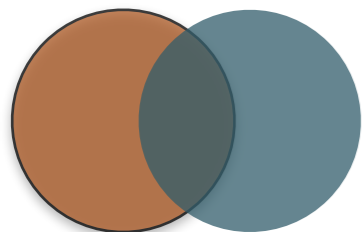


Jacob Campbell, LICSW
Heritage University

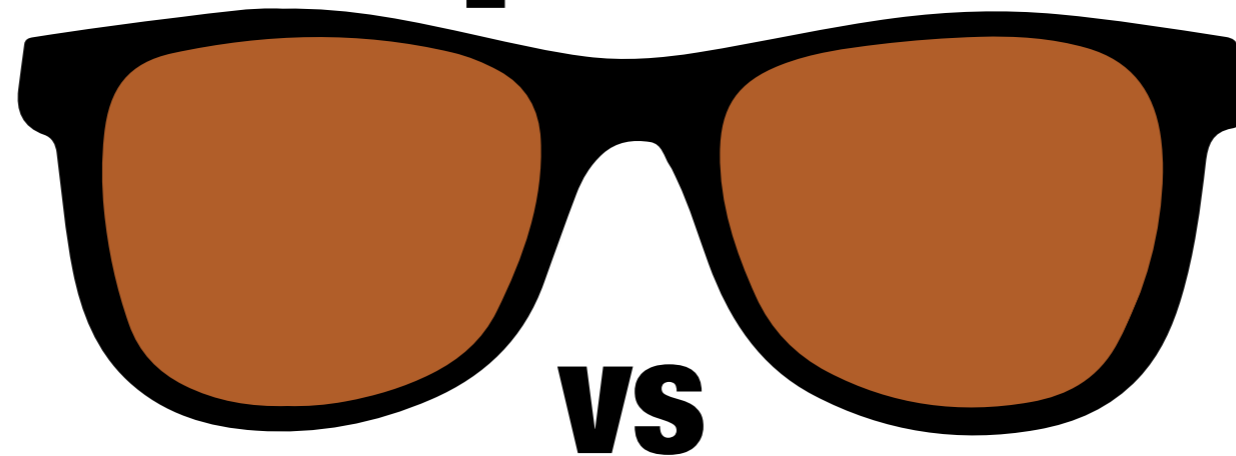
Fall 2020
SOWK 486:
Theories of Practice I

Agenda

- Perspectives, theories, and frameworks
- Systems theory
- Ecological perspective
- Strengths perspective
- Solution focused brief therapy

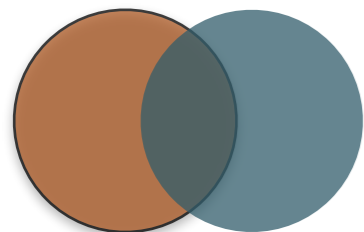


Perspectives



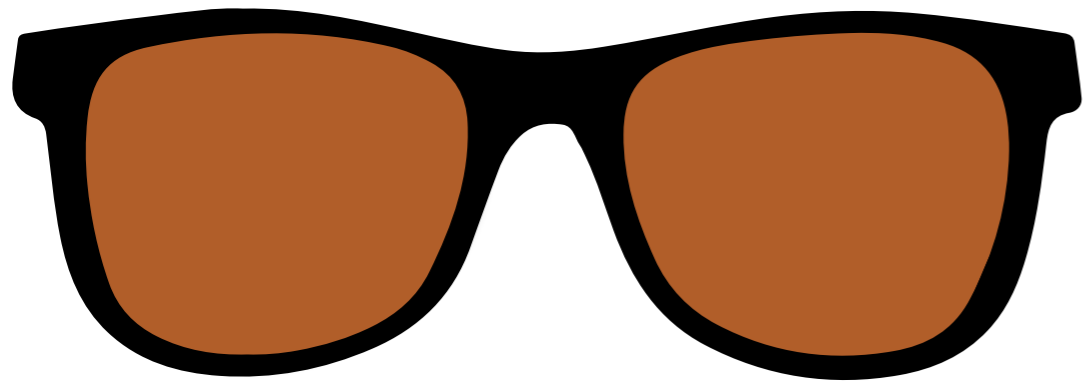
vs

Theories & Frameworks



Jacob Campbell, LICSW
Heritage University

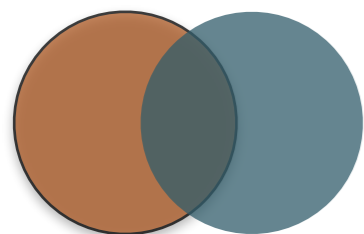
SOWK 486
Fall 2020



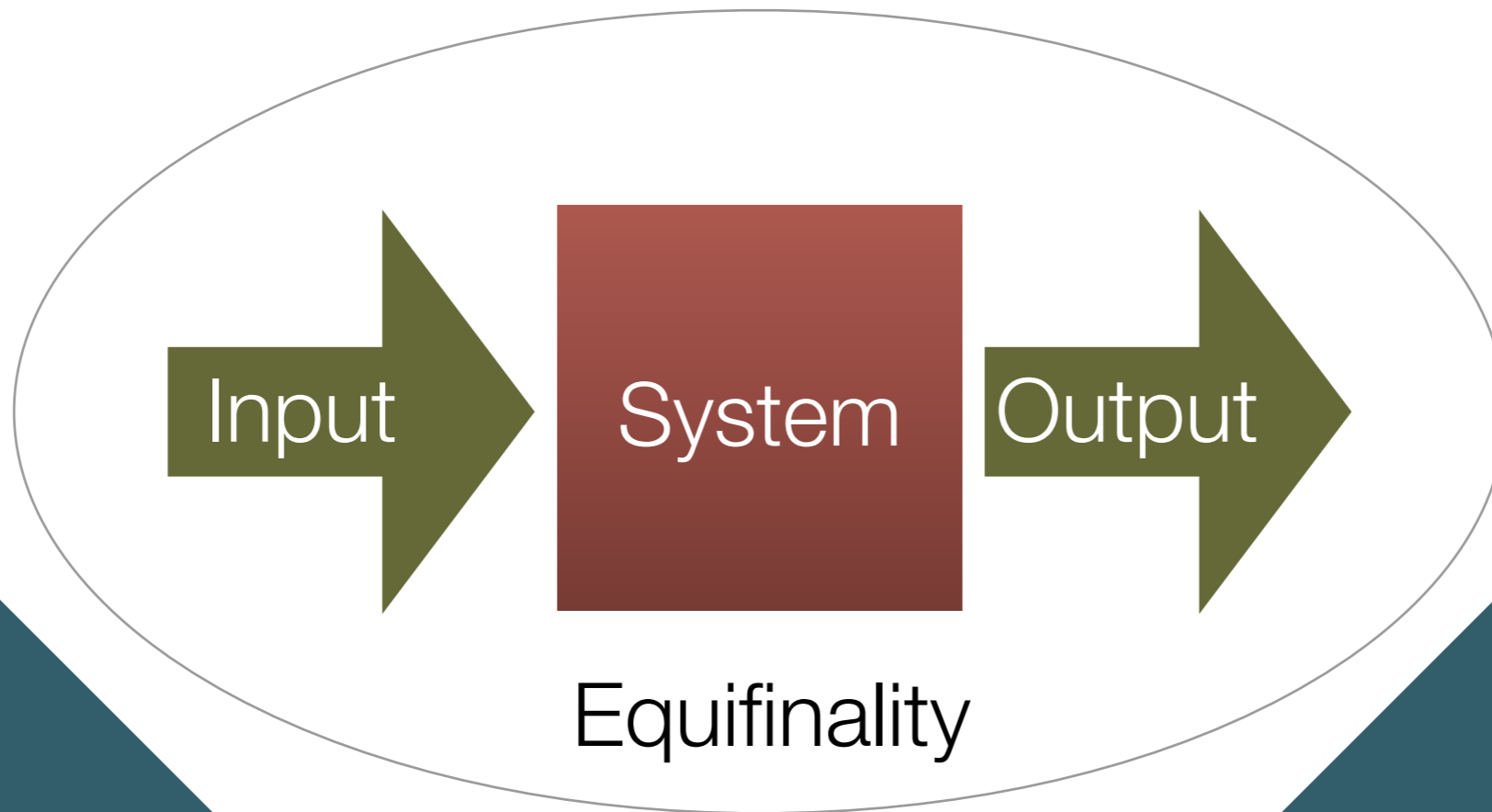
Perspectives: A way of perceiving the world flows from a value position

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

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



Systems Theory

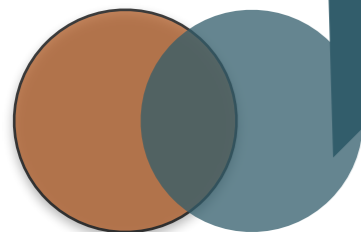


Equifinality

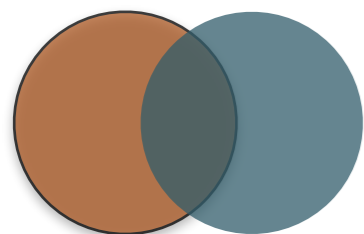
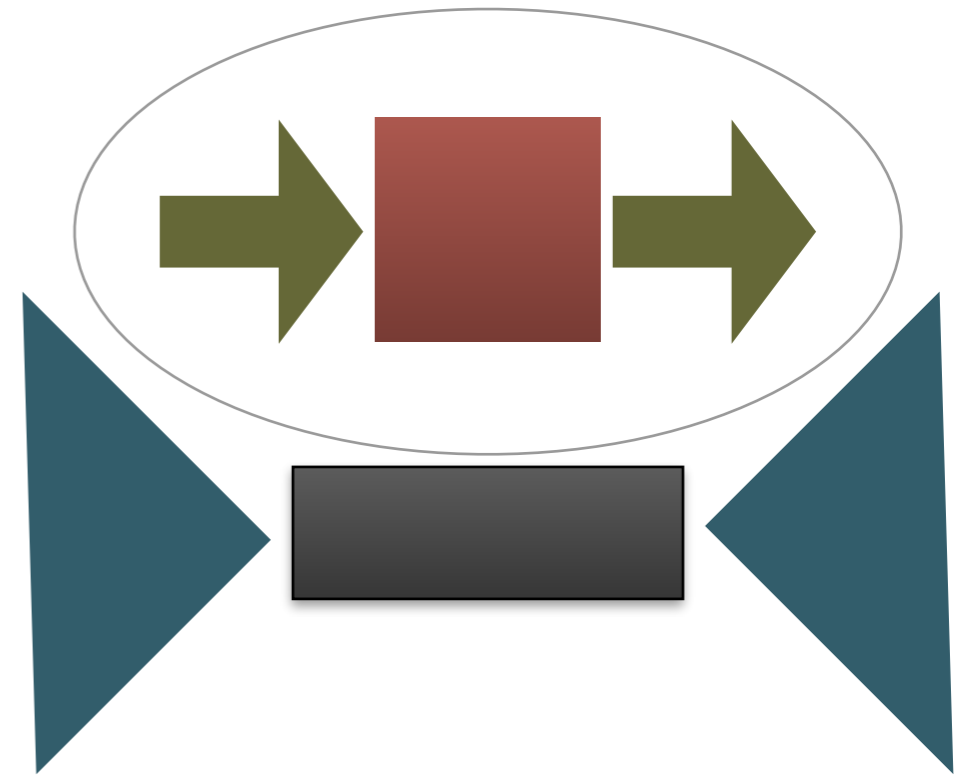
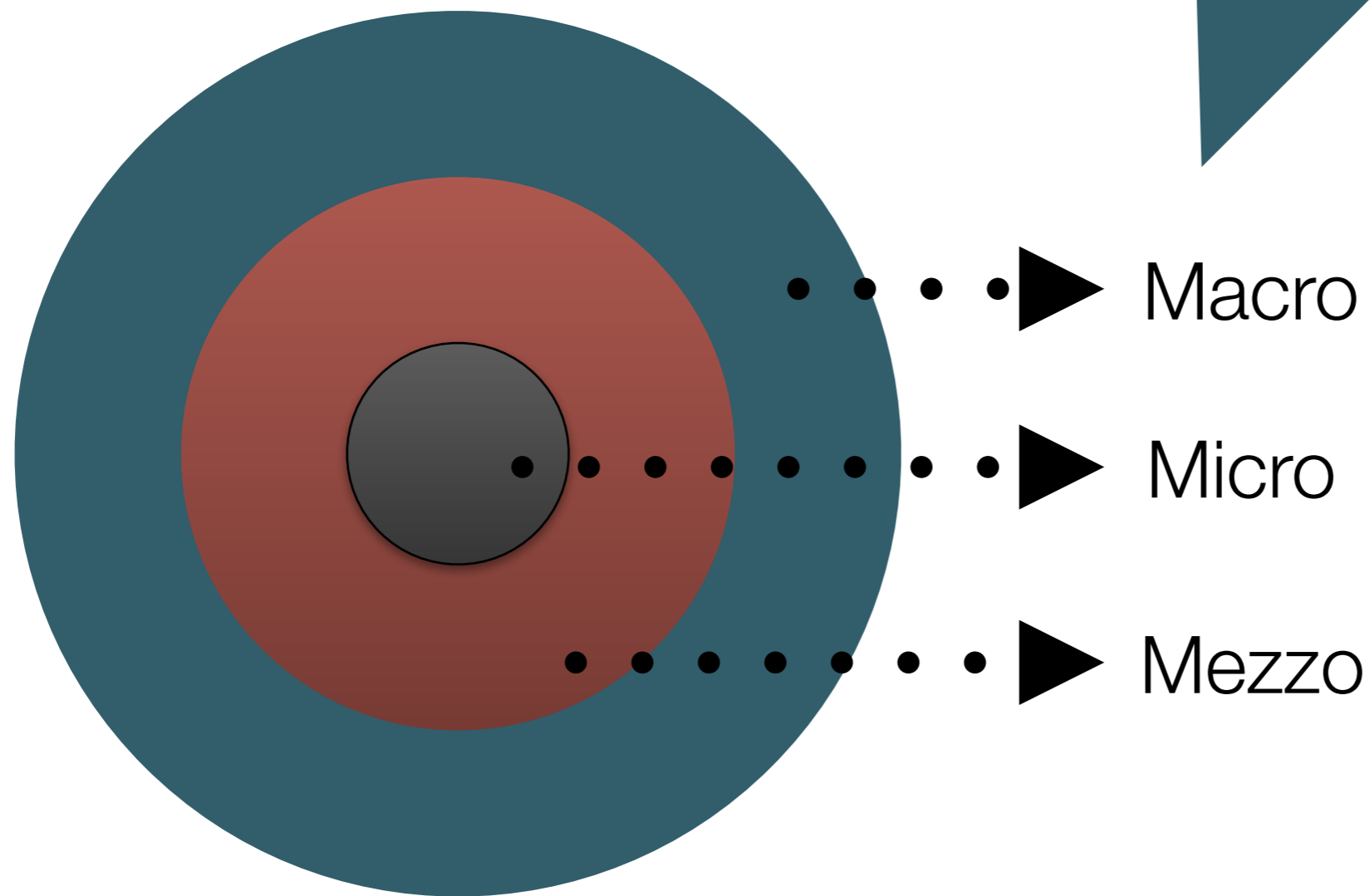
Pressure

Homeostasis

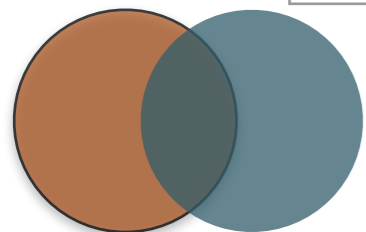
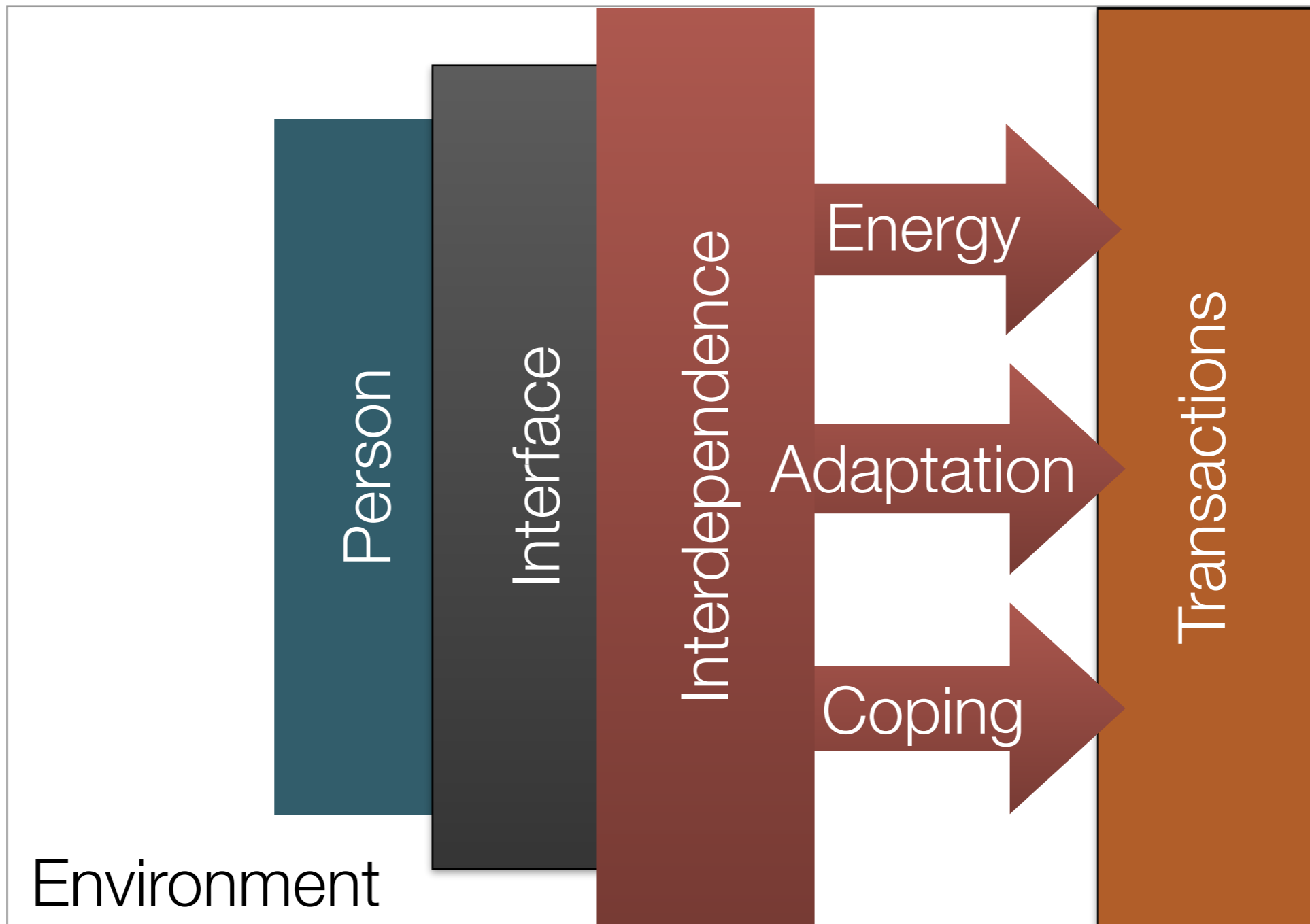
Pressure



Systems Theory



Ecological Perspective



Strengths Perspective

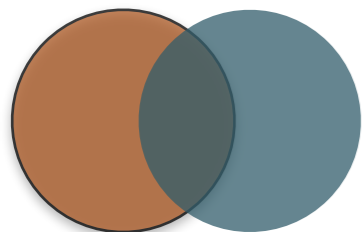
Implementing Strengths Perspective

- 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

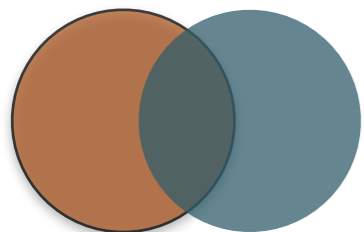
- What people learn as they struggle
- Personal qualities and virtues
- Talents that people have
- Cultural and family rituals, beliefs, stories and lore
- Dreams and hopes
- The community
- Spirituality / Faith



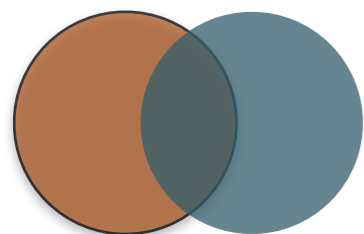
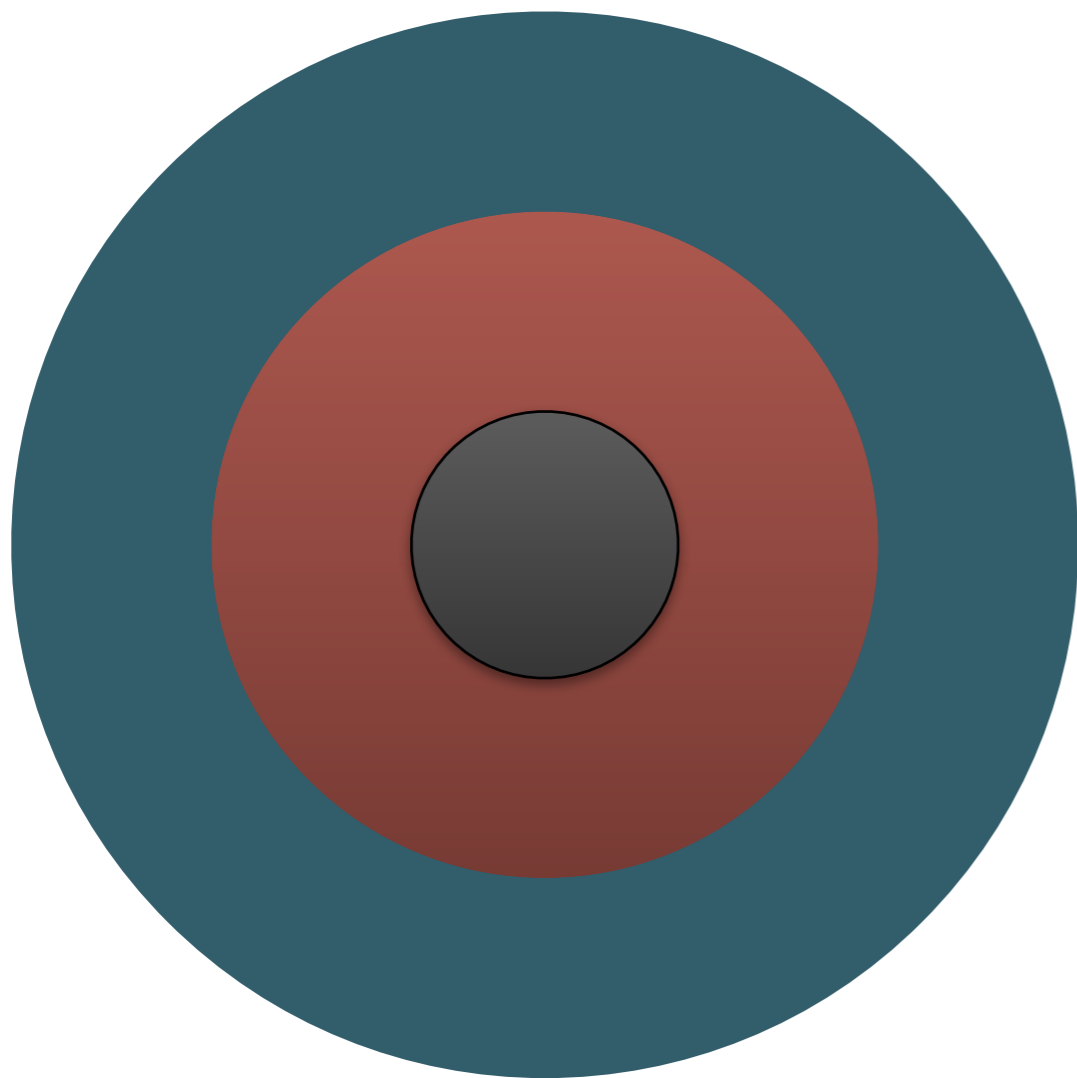
Strengths Perspective

Types of Questions

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



Strengths Perspective





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

Ashleigh Brilliant

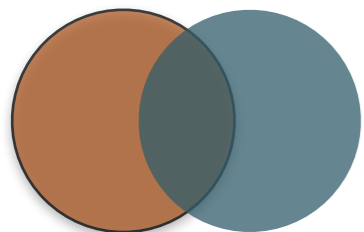
Solution Focused
Brief Therapy

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

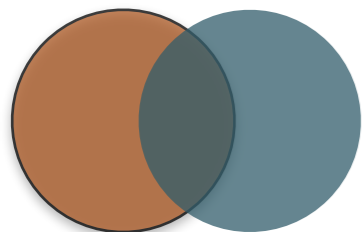
Complementing strengths

Scaling questions

Exception questions

Coping questions

Miracle question



Solution Focused Brief Therapy

Interventions

Not knowing

Complementing strengths

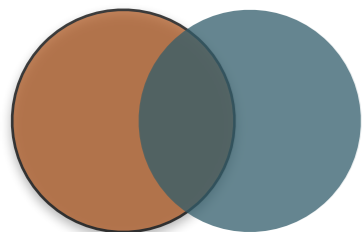
Scaling questions

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

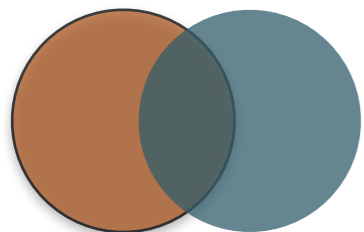
Scaling questions

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

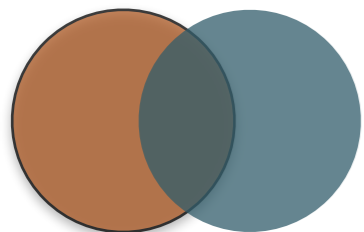
Scaling questions

Exception questions

Coping questions

Miracle question

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



Solution Focused Brief Therapy

Interventions

Not knowing

Complementing strengths

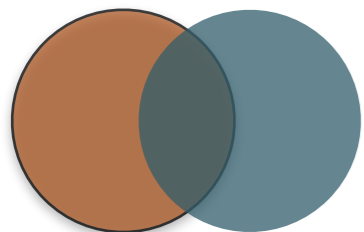
Scaling questions

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

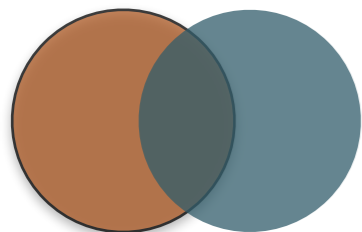
Scaling questions

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

