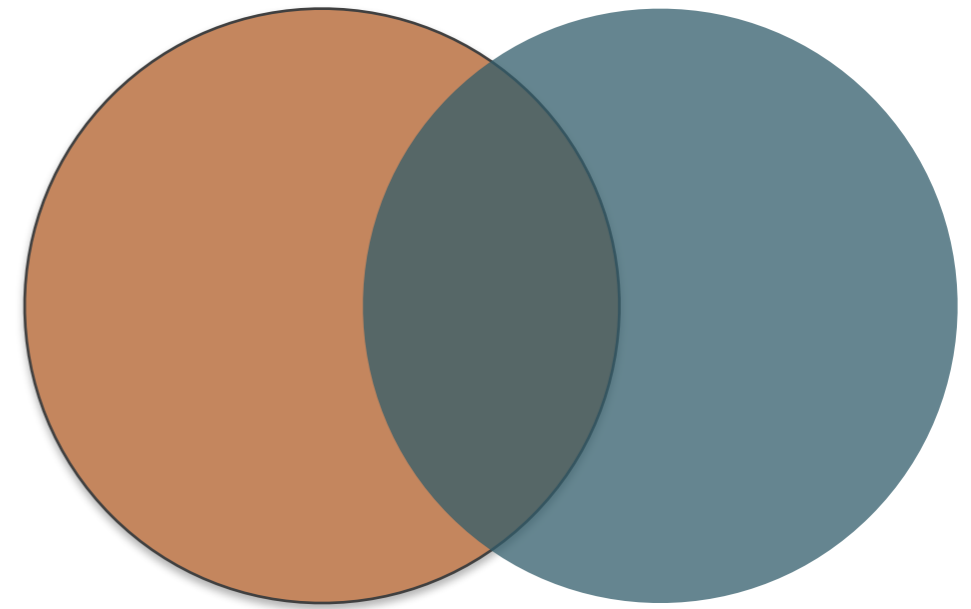


# Perspectives, Frameworks, & Theories

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Commonly Used in Social Work



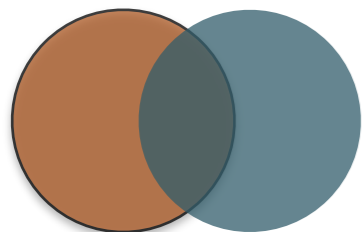
Jacob Campbell, LICSW  
Heritage University

Fall 2021  
SOWK 486:  
Theories of Practice I

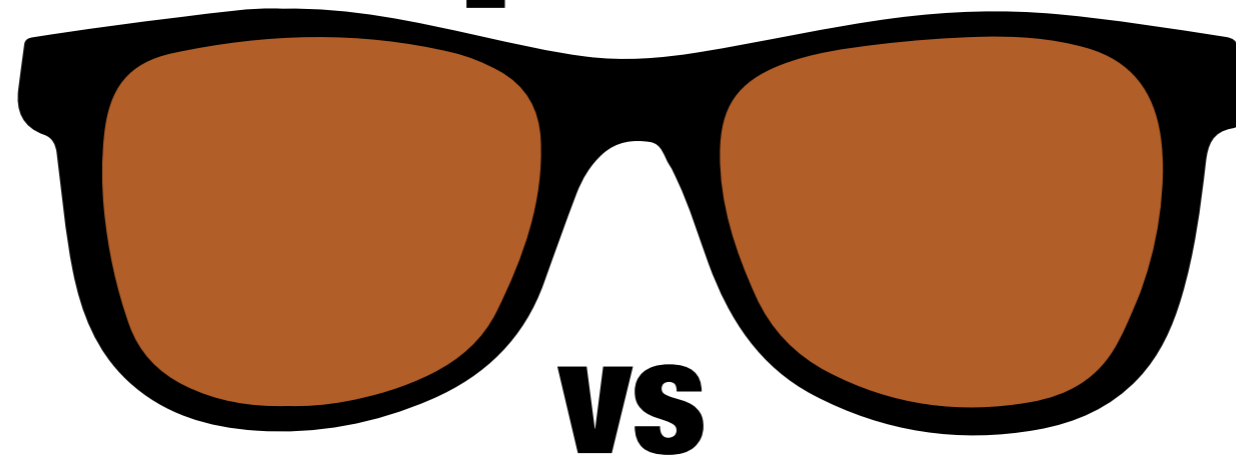
# Agenda

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

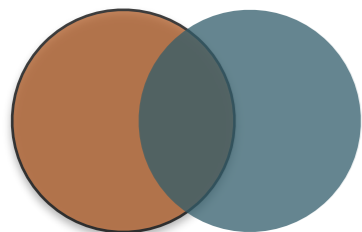


# Perspectives



vs

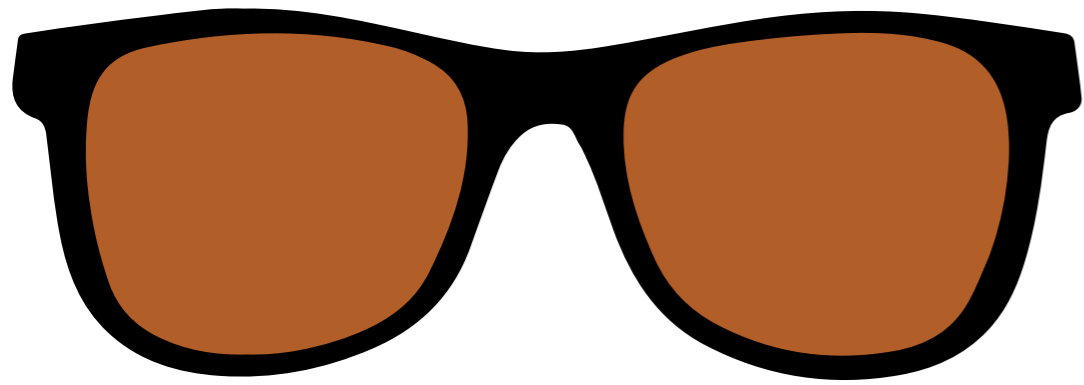
# Theories & Frameworks



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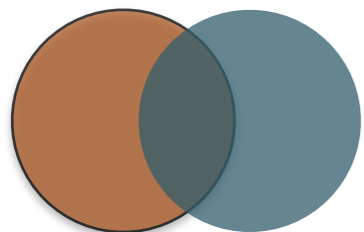
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Fall 2021



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

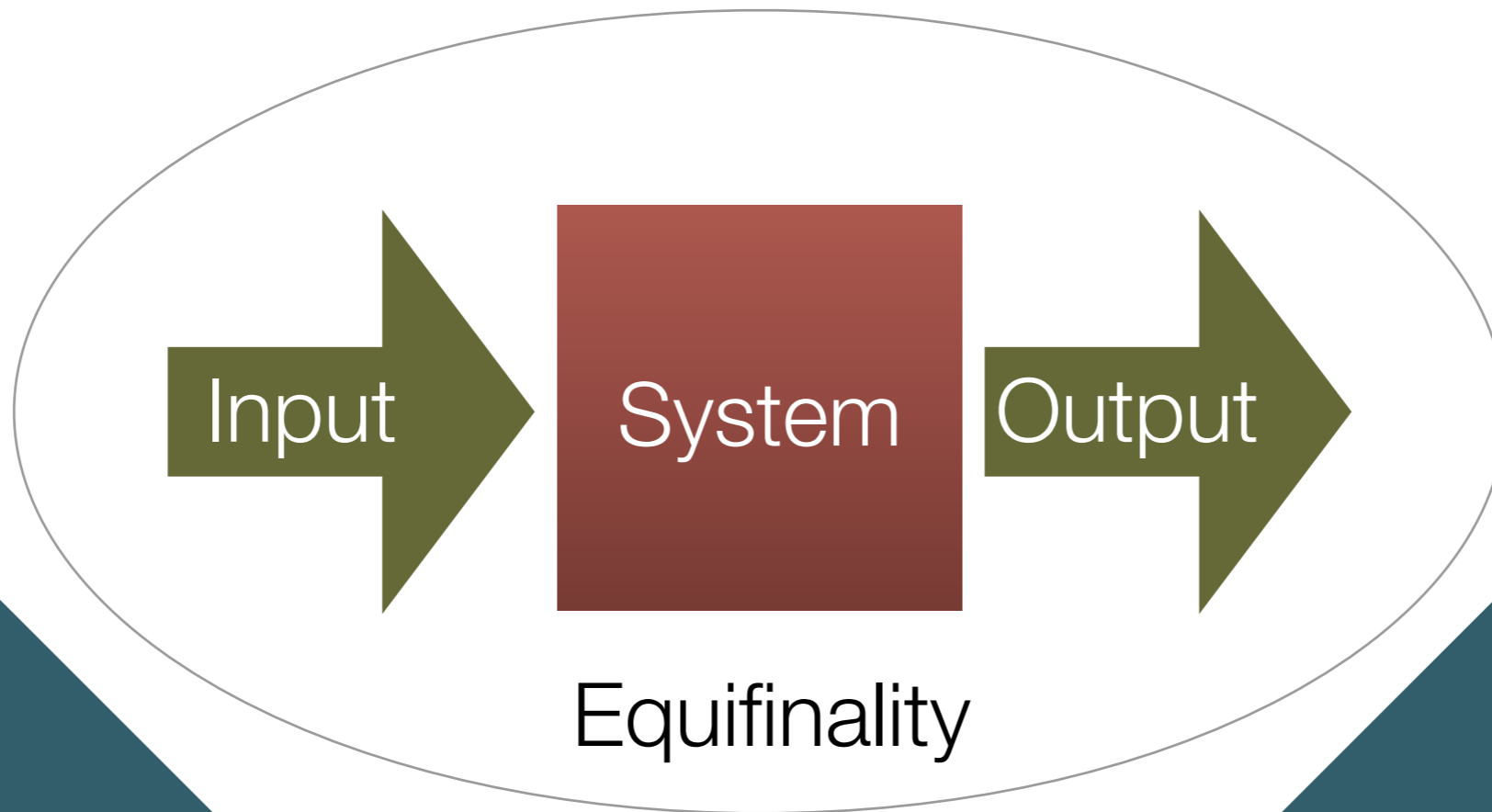
**Theory:** A general statement about the real world whose essential truth can be supported by evidence obtained through the scientific method.

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



# Systems Theory

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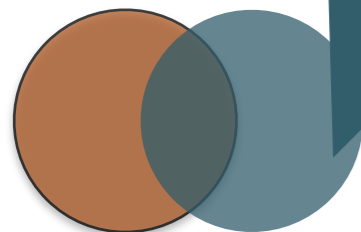


Equifinality

Pressure

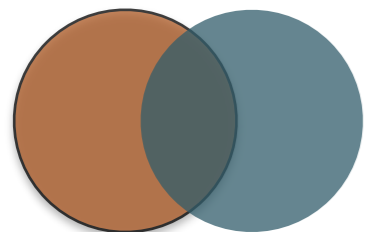
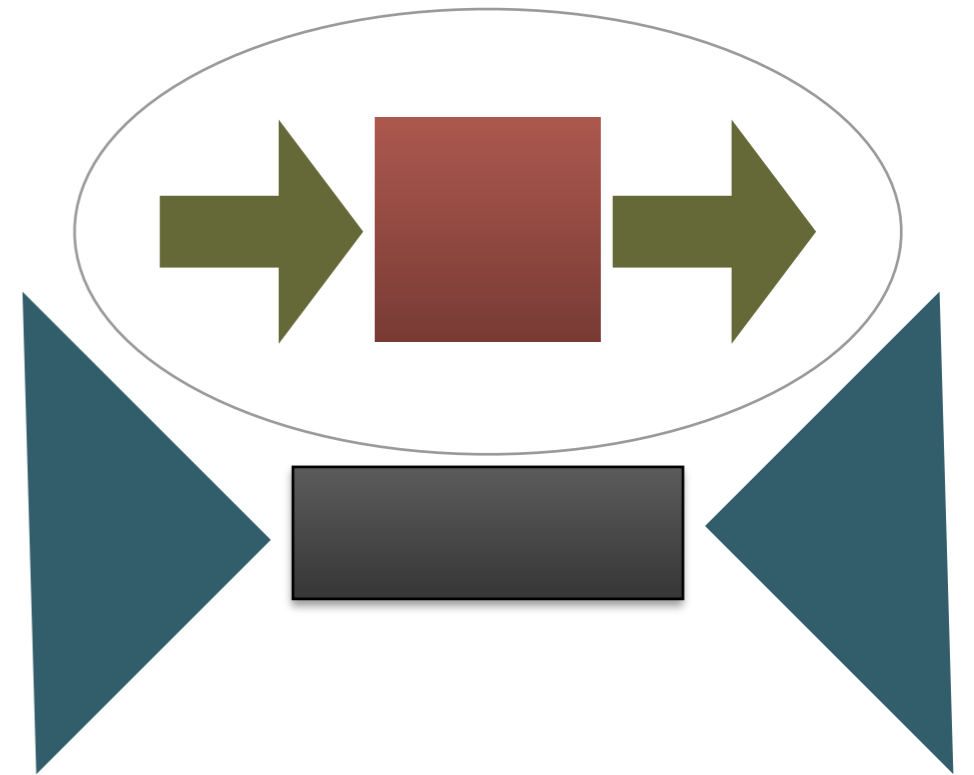
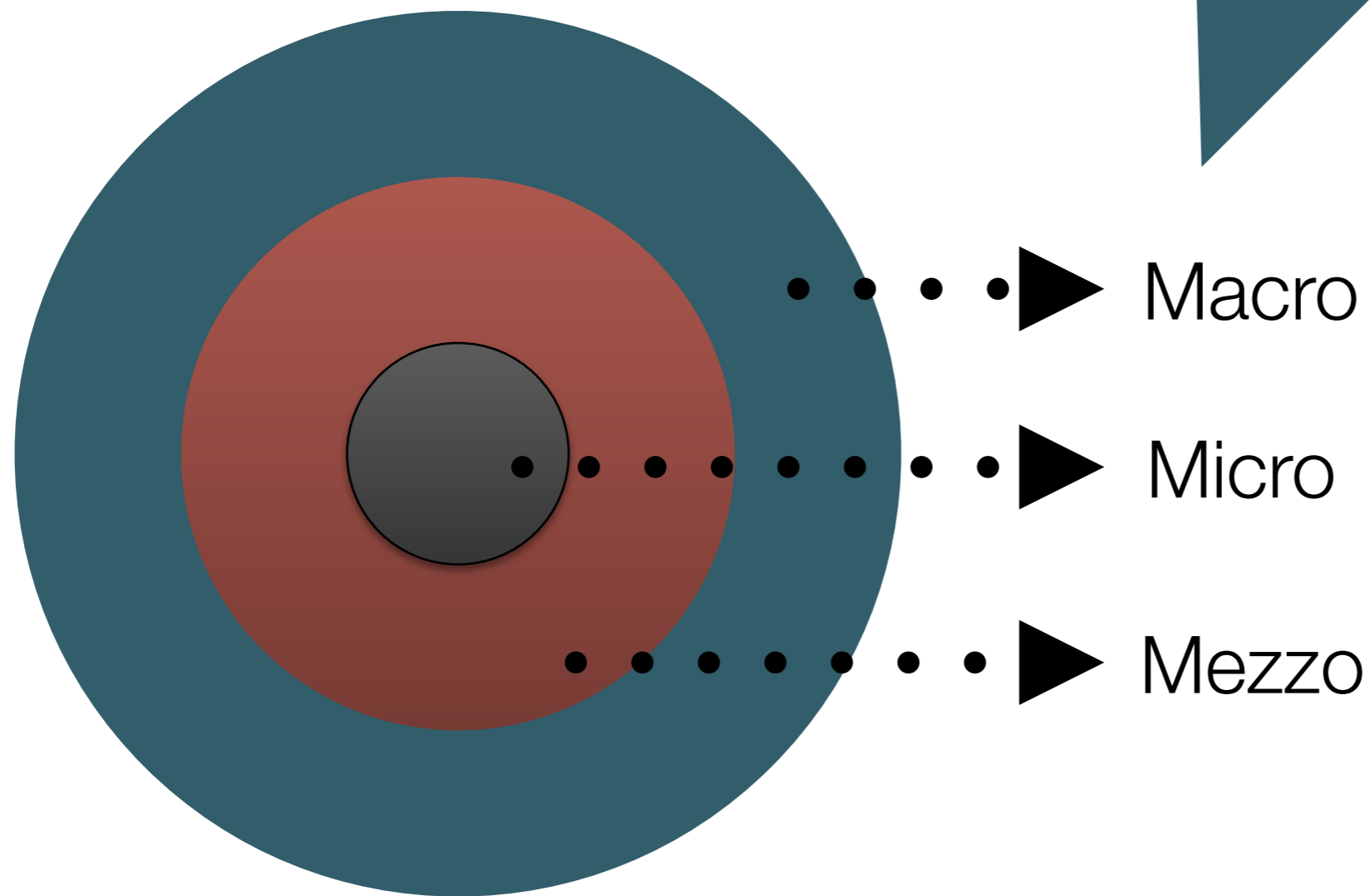
Homeostasis

Pressure

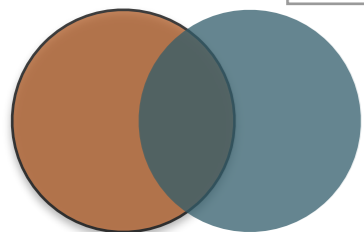
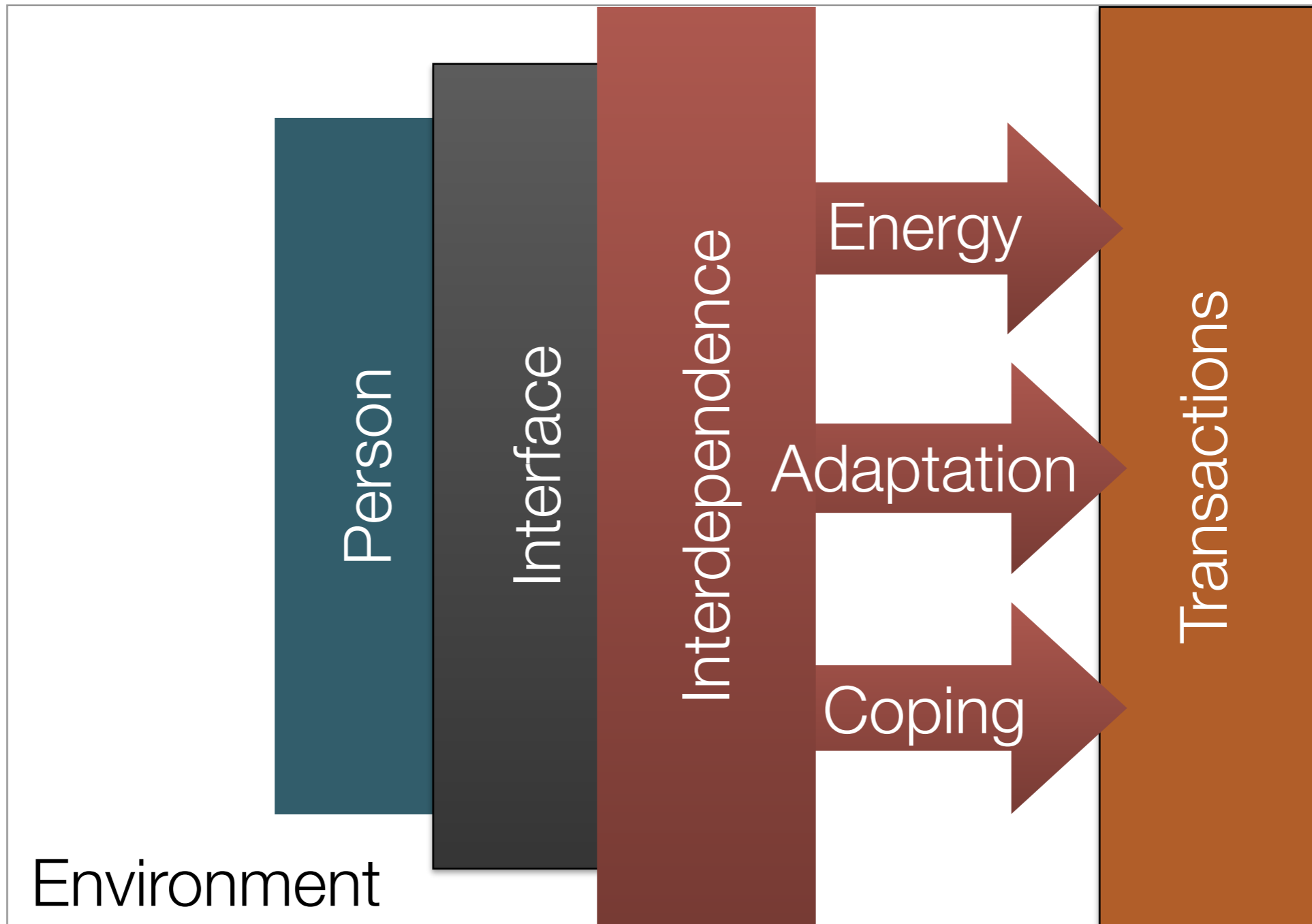


# Systems Theory

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# Ecological Perspective







# Strengths Perspective

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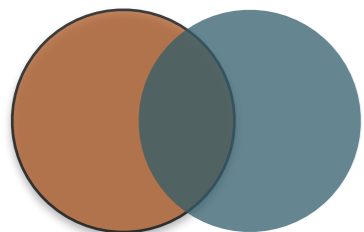
## Implementing Strengths Perspective

- 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

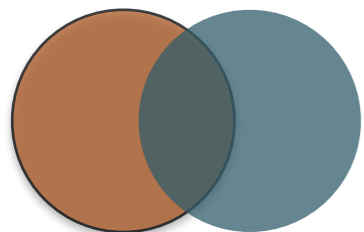


# Strengths Perspective

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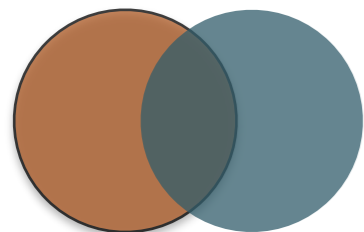
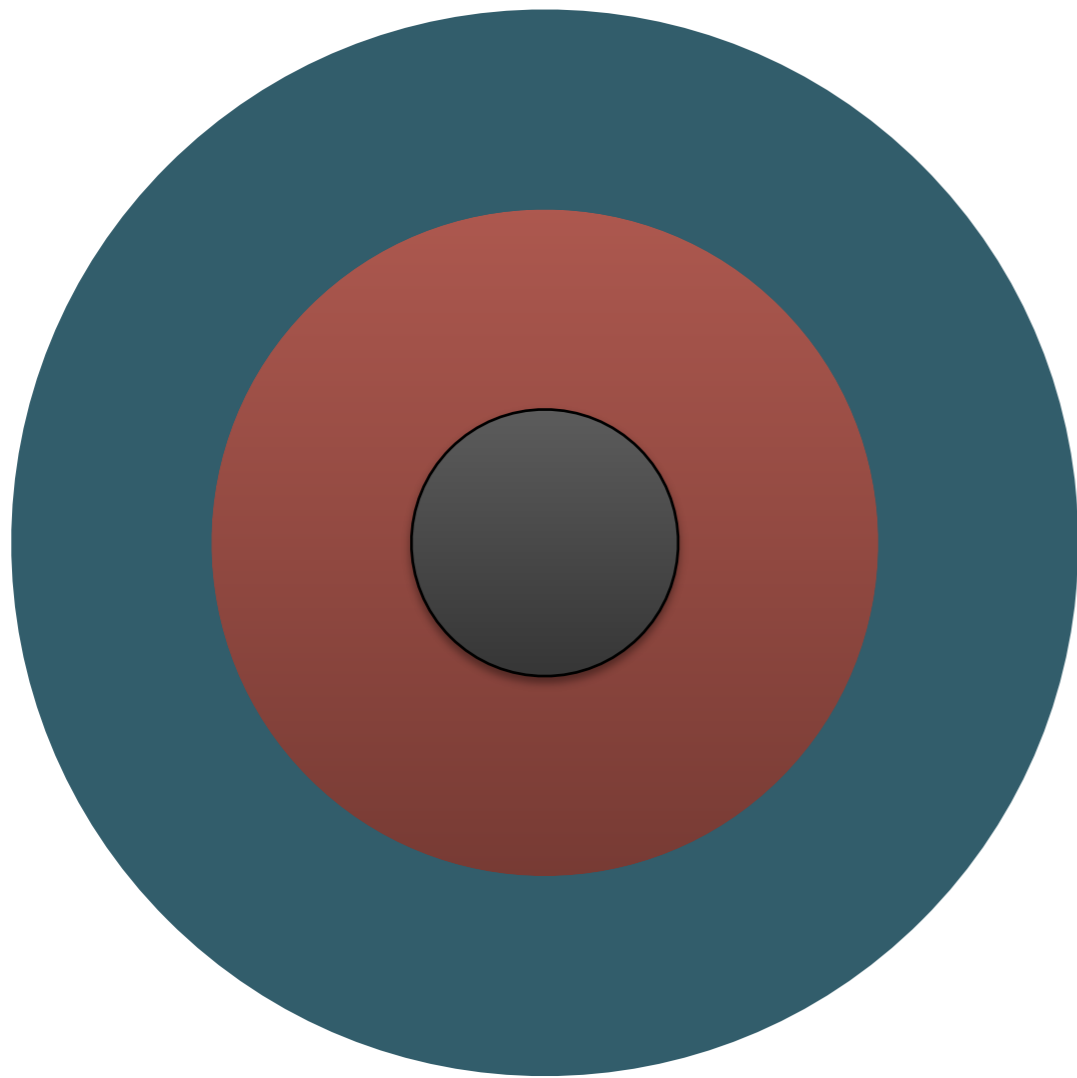
## Types of Questions

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



# Strengths Perspective

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

Ashleigh Brilliant

Solution Focused  
Brief Therapy

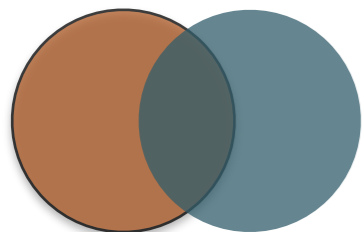
Search for Solutions,  
not Admire the Problem

# Solution Focused Brief Therapy

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## 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

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## Interventions

Not knowing

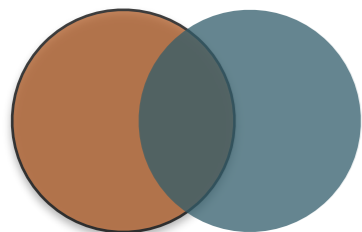
Complementing strengths

Scaling questions

Exception questions

Coping questions

Miracle question



# Solution Focused Brief Therapy

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## Interventions

Not knowing

Complementing strengths

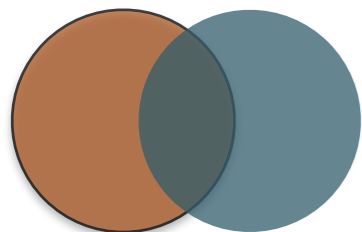
Scaling questions

Exception questions

Coping questions

Miracle question

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



# Solution Focused Brief Therapy

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## Interventions

Not knowing

Complementing strengths

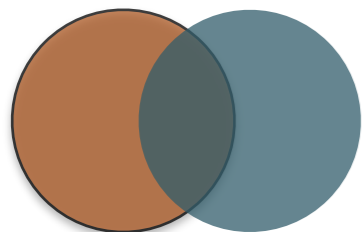
Scaling questions

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

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## Interventions

Not knowing

Complementing strengths

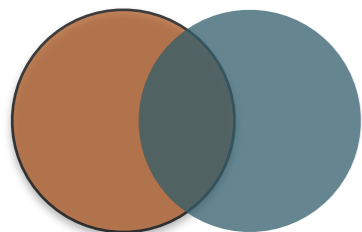
Scaling questions

Exception questions

Coping questions

Miracle question

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



# Solution Focused Brief Therapy

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## Interventions

Not knowing

Complementing strengths

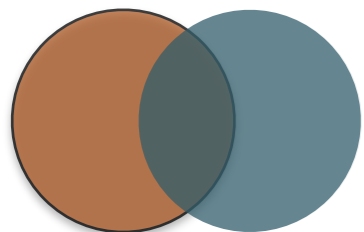
Scaling questions

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

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## Interventions

Not knowing

Complementing strengths

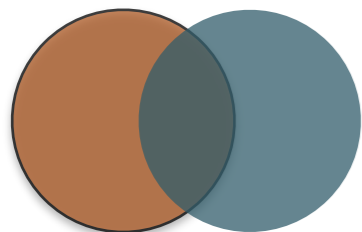
Scaling questions

Exception questions

Coping questions

Miracle question

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



# Solution Focused Brief Therapy

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## Interventions

Not knowing

Complementing strengths

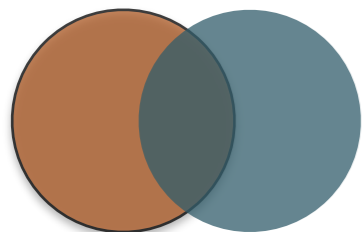
Scaling questions

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

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- Social Exchange Theory
- Behaviorism & Social Learning Theory
- Social Constructionism
- Psychodynamic Theory
- Symbolic Interactionism
- Psychosocial Developmental Theory
- Conflict Theory
- Transpersonal Theory
- Contingency Theory
- Feminist Perspective

