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## **Reflection**

In this lesson I will be discussing the three approaches that social workers should be careful when using. The first is undisciplined eclecticism in this theory social worker might realize the importance of this approach but may effectively grasp it fully. The point behind this approach is to draw from many theories together depending on the situation of the client. This is beneficial for clients so they don't feel like their in a category. However It can still come off as controlling if the process of combing theories is not systematic , self reflective , well grounded in evidence. The next approach to avoid is theoretical dogmatism. Some Practitioners hold onto a specific theory as though it were the absolute truth and they begin to hold to much attachment to that theory. This may persuade them to apply it to everything. This can be dangerous because not every situation is the same and not every client is the same. The next approach is reject theory. As social workers their our strong values we must carry. No one should be ignored or rejected because Practitioners have a service deliver. The approach that is high recommended Is the critically reflective approach. This involves clearing awareness of individuals about values , goals , practice commitments , strengths and limitations. It also involves developing knowledge of many theories that deals with the person and the environment. You will also have to make evaluation of the strengths and weakness of each theory.

Concepts to theories:

- 11- The interconnectedness of all thing: Systems Theory
- 4- Social Justice requires social change: Conflict Theories

- 9- Consciousness rising and collective action: Empowerment theories-
- 2- The personal is political: Feminist theory 2
- 7- Cultural adaptation and compound Development: Theories of Acculturation, Assimilation, and Bicultural & Socialization
- 8- The inner world of intrapsychic processes: Psychodynamic Theory-
- 3- Lifelong challenges for change and improvement: Theories of Life Span Growth
- 10- The centrality of reason: Theories of Cognitive and Moral Development
- 5- Social process gives rise to self: Symbolic Interaction-
- 1- The centrality of consciousness: Phenomenology, Social Constructionism, and Hermeneutics
- 12- Environmental determinants: Behaviorism, Social learning, and Exchange Theory
- 6- Self-transcendence and fulfillment: Transpersonal theories