

I believe getting wisdom will lead us to good judgment because we will have acumen in using our knowledge and understanding.

1. The medical approach directs toward assessment, diagnosis and treatment of diseases and disorders. The social workers use frequently DSM-5-TR to assess and diagnose clients' presenting problems. While working with multidisciplinary team, this approach would be useful as they use same professional terms. Further still, this approach will direct clients' problems to the evidence-based medicine and intervention and prove the efficacy of the outcomes by evaluating the absence of the disease or disorder. However, this approach has major drawbacks such as ignorance of problems of living that include unavoidable personal troubles and environmental conditions. Not all problems of living are treatable as a medical disease or disorder.

The psychodynamic approach was originated from the work of Sigmund Freud, the father of psychoanalysis and psychodynamic therapy. This approach can assist social workers to conceptualize the causes of symptoms and the roles of past events and trauma on the current symptomology. However, the major drawback of this approach is that we tend to increase pathological labels without sound theoretical and etiological explanations.

The learning approach allows us to understand how maladaptive and adaptive behaviors are formed, reinforced, or disappeared based on environmental stimuli and reinforcers. This approach assumes that clients can learn new adaptive behaviors by behavioral conditioning and modifications. While the major pieces of this approach have influenced on the development of cognitive behavior therapy, education methods, and behavior analysis, it nevertheless limits our understanding of human behaviors on one specific measurable behavior while ignoring the biological, genetical, and mental and emotional influences.

The social, group, community, institutional, and organizational approaches focus on how the structure and functions of social relationships with other systems contribute the development and progress of presenting problems in human behaviors. These approaches give us some insight on the roles of relations with other people on human behaviors and broaden our understand of human behaviors to include other systematic contexts. However, this approach limits the explanation of human behavior to social and structural factors while ignoring other important factors of biological and psychological systems.

The strengths perspective can help social workers focus more on the strengths, talents, and resources that clients present with the belief that clients are the experts of the helping process and solutions to problems are generated and implemented in strengths. However, this approach does not provide a sound theoretical framework and lacks theoretical and empirical guidance to predict human behaviors and generate solutions to the problems.

2. It is impossible for us to limit person and environment assessment to a single cause. I argue that we cannot understand human behavior by isolating internal variables from external environmental variables as both are interconnected and transactional. Further still, human beings are unique and diversified. This interindividual difference and diversity warrant us to understand human behavior and its assessment through multidimensional perspectives of bio-psychosocial approach.

3. If we use a single-causal approach to person and environment assessment, we will have a narrow focus on the causes and solutions of presenting problems. Although efficient and convenient, the single-causal approach fails to include both person factors and environment factors. On the other hand, the integrative multidimensional framework can guide us to explore both personal and environmental factors of human behavior by formulating comprehensive biopsychosocial descriptions for each case over clients' development stages.