

SWK658 Journal 5

Colin Smith

Alliance University

SWK658: Clinical Social Work Practice III with Groups

Professor Carlton Jean

March 4, 2023

Journal #5

The chapter readings further discuss Alfred Adler's concepts of psychology regarding implementing robust psychosocial interventions when delivering services to groups or individuals. Adlerian psychology emphasizes the human need and ability to create positive social change and impact. At its core, Adler's work stressed the importance of nurturing feelings of belonging and striving for superiority. The content details how Adler's concept factors equality, civil rights, mutual respect, and the advancement of democracy as core values when dealing with individual service users or within group settings. Adler's impact on psychology is priceless, as a pioneer of family and group counseling, and as an essential figure in the development of education. Adler's work is a helpful tool for championing community health.

Adler's theory is invaluable in psychological interventions for groups and families. Considering one's social environment, for instance, when using the strength-based interview, I can focus on the internal and external strengths and resources my client may use to meet life challenges. I believe one of the ways I may use Adler's perspective or theory is when handling individual cases or helping a person overcome mental health challenges. For instance, I can use the strengths-based perspective during the initial stage of counseling, specifically when building the therapeutic relationship or during the final step, while encouraging clients to make changes based on their strengths. It is always important to remind service users of their powers that they can make use of to change their situations and sustain healthy behaviors. Another scenario I believe may be appropriate to implement Adler's theory is when intervening for service users facing substance use-related disorders.