

Social Work Practice Methods Matrix

	Basic Tenants	Purpose	Concepts	Population
Psychodynamic Therapy	The use of more supportive or more interpretive (insight-enhancing) interventions Psychodynamic psychotherapy can be carried out both as a short-term (time-limited) and as a long-term open-ended treatment	Psychodynamic therapy assists a client to gain self-awareness and understanding of the influence of the past on present behavior The goal is to resolve early trauma or disruptions in caregiving relationships and to make unconscious more conscious and resolve conflicts through insight Often the relationship with social worker offers a reparative and corrective emotional experience	Structural (a.k.a. "drive theory") Id, ego, superego Ego psychology Ego functions and defenses Object relations Internalization Holding environment Self Psychology Transference Countertransference Psychoanalysis Dream analysis Therapeutic transference Free Association Internal working models	Anxiety, panic disorders, post-traumatic stress disorder, personality disorders, such as borderline personality disorder, stress-related physical ailments, physical symptoms that lack a physical basis, persistent feelings of isolation and loneliness, prolonged sadness, sexual difficulties
Cognitive Behavioral Therapy	CBT is structured, short-term, goal-oriented and focused on the present Social workers provide education around the particular mental illness or challenge and how the illness or challenge affects client Social worker teaches practice skills and strategies like problem-solving or realistic thinking to help client make changes in their thoughts, feelings, and behaviors	Patients that undergo this therapy learn the relationship between their thoughts, feelings and behaviors and how each component influences the other At the heart of CBT is an assumption that a person's mood is directly related to his or her patterns of thought. Negative, dysfunctional thinking affects a person's mood, sense of self, behavior, and even physical state	Automatic Thoughts Core Beliefs Cognitive Restructuring Cognitive Distortions Mindfulness Progressive relaxation Psychoeducation Thought Record	Depression, Anxiety Disorders, Obsessive Compulsive Disorder (OCD), Posttraumatic Stress Disorder (PTSD), Mild to Moderate Eating Disorder, Insomnia, Gender-Identity Dysphoria, Mild to Moderate Addictive Disorders, Relationship Problems, Social Skills Deficits, Assertiveness Deficits, Attention Problems, Some Impulse Control Disorders
Solution Focused Therapy	Change is constant and inevitable	Solution Focused therapy assumes that change in one part of the system can effect change in another part of the system,	Miracle Question Coping questions Scaling Reframing	Depression, mandated clients, those with communication difficulties, stress and anxiety, drug and alcohol abuse, behavioral

	<p>Small changes result in bigger changes</p> <p>Since you can't change the past, concentrate on the future</p> <p>People have the resources necessary to help themselves; they are the experts</p> <p>Every human being, relationship and situation is unique</p> <p>Everything is interconnected and every problem has at least one exception</p>	<p>therefore, only a small change is necessary. It is important to focus on what is possible and changeable, from a present tense perspective, rather than what is impossible and unchangeable</p> <p>Small steps lead to big changes</p> <p>The future is created and negotiated</p> <p>Instill hope by helping client focus on personal strengths</p>	<p>Exceptions</p> <p>If it isn't broken, don't fix it</p> <p>If it works, do more of it</p> <p>Not working? Try another approach</p> <p>Does not work? Stop doing it....</p>	<p>or legal problems, eating disorders and relationship difficulties</p>
Narrative Therapy	<p>Reality is socially constructed, which means that our interactions and dialogue with others impacts the way we experience reality</p> <p>Having a narrative that can be understood helps us to organize and maintain our reality. In other words, stories and narratives help us to make sense of our experiences.</p> <p>There is no "objective reality" or absolute truth, meaning that what is true for us may not be the same for another person, or even for ourselves at another point in time. Most importantly, how it creates meaning, determines identity</p>	<p>The focus of narrative therapy is on the relationship between experience and interpretation revealed in the narrative, and attention by the social worker should be paid to the way people tell their stories, rather than the accuracy of the account</p> <p>Help the client to create a new story where you co-create richer narratives</p> <p>Motivate the client to add essential details for problem solving</p> <p>Help incorporate details into client's main plot</p>	<p>Externalizing Problems</p> <p>Deconstructing Problem Saturated Narratives</p> <p>Re-authoring Mapping</p> <p>What we experience</p> <p>How we experience it</p> <p>What is unfolding</p> <p>How it all moves together</p> <p>How it all comes together...</p>	<p>Depression or sadness, Bipolar Disorder, Anxiety, Substance Abuse or Misuse, Parental divorce or discord, Tantrums, Problems in School, Anger, Explosive behavior, Fears/phobias, Sexual Identity and/or Sexuality, PTSD/responses to trauma, Other problems that interrupt or overtake happiness in one's life addiction/child sexual abuse</p>
Motivational Interviewing	<p>A directive, client-centered counseling style</p>		<p>Open-ended questions</p>	<p>Social and emotional problems, depression, inattention and impulsivity, disruptive</p>

	<p>It elicits behavior change by helping clients explore and resolve ambivalence</p> <p>It helps resolve ambivalence by increasing discrepancy between client's current behaviors and desired goals while minimizing resistance</p>	<p>MI is a goal-oriented, client-centered counseling style for eliciting behavior change by helping clients to explore and resolve ambivalence</p>	<p>Affirming & reflective listening</p> <p>Ambivalence</p> <p>Change talk</p> <p>Expressing Empathy</p> <p>Develop Discrepancy</p> <p>Roll with Resistance</p> <p>Support Self-Efficacy</p>	<p>behavior and aggression, substance use, self-harm and suicide</p>
<p>Dialectical Behavioral Therapy</p>	<p>DBT is a type of cognitive behavioral therapy. Its main goals are to teach people how to live in the moment, cope healthily with stress, regulate emotions, and improve relationships with others</p>	<p>The goal of DBT is to help people change patterns of behavior that are not helpful, such as self-harm, suicidal ideation, substance abuse</p> <p>DBT works towards helping people increase their emotional and cognitive regulation by learning about the triggers that lead to reactive states and helping to assess which coping skills to apply in the sequence of events, thoughts, feelings, and behaviors to help avoid undesired reactions</p>	<p>Radical Acceptance</p> <p>Mindfulness</p> <p>Coping Skills</p> <p>Effective Interpersonal skills</p> <p>Distress tolerance skills</p> <p>Emotional regulation skills</p>	<p>Borderline Personality Disorder, Persistent Suicidal Thoughts and Behavior, Severe Drug Addiction, Severe Eating Disorders, Complex Posttraumatic Stress Disorder, Geriatric Depression, Severe Impulse Control Problems, Severe Anger Management Problems</p>

<p>Trauma Focused Cognitive Behavioral Therapy</p>	<p>TF-CBT is a psychotherapy approach for those who are experiencing significant emotional and behavioral difficulties related to traumatic life events</p> <p>It is a components-based treatment model that incorporates trauma-sensitive interventions with cognitive behavioral, family, and humanistic principles and techniques</p>	<p>Resolve PTSD, depressive, anxiety and other trauma-related symptoms</p> <p>Optimize adaptive functioning</p> <p>Reduce or eliminate intrusive and upsetting memories, thoughts, or dreams about the trauma</p> <p>Reduce or eliminate avoidance of things, situations, or people which are trauma reminders,</p> <p>Reduce emotional numbing, physical reactions of hyperarousal, trouble concentrating, or irritability</p>	<p>Psychoeducation and parenting skills</p> <p>Relaxation</p> <p>Affect modulation</p> <p>Cognitive coping</p> <p>Trauma narrative and processing</p> <p>In vivo mastery of trauma reminders</p> <p>Conjoint child-parent sessions</p> <p>Enhancing future safety and development</p>	<p>Traumatized Children, PTSD, depression, anxiety, shame, and behavior problems compared to supportive treatment, Improved parental distress, parental support, and parental depression compared to supportive treatment, Successful with diverse ethnic and racial populations</p>
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