

# Social Work Theory Chart

Client Information
Name: _____ Age: _____ Gender: _____
Referral Source: _____
Presenting Issue: _____

Category	Theory	Application
<b>Human Behavior Theories</b>	Psychodynamic Theory	Insight-Oriented therapy
	Cognitive Theory	Cognitive-behavioral therapy (CBT)
	Behavioral Theory	Behavior modification techniques
<b>Social Environment Theories</b>	<b>Systems Theory</b>	Family systems therapy
	Ecological Theory	Assessing environmental influences on well-being.
<b>Practice Theories</b>	Solution-Focused Brief Therapy	Short-term goal-oriented therapy
	Motivational Interviewing	Encouraging client-driven change
<b>Critical Theories</b>	Feminist Theory	Empowerment and advocacy for social justice
	Anti-Opressive Practice	Advocacy and structural change
<b>Integrative Theories</b>	Biopsychosocial Model	Holistic assessments and interventions
	Person-in-Environment (PIE) Theory	Integrating multiple theoretical perspectives

Interpretation of Data: