

Social Work Theory Chart

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

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

Interpretation of Data: