

Acknowledgements	хi
Chapter I:An Overview of the Book	ı
What Is Generalist Social Work Practice?	2
Major Themes in Each Chapter	3
Advocacy	3
Social Justice	3
Global Focus	3
Ethics	4
Theory	4
Critical Thinking	4
How This Book Is Organized	5
Suggestions for the Social Work Student	7
Theory and Concept Tools	7
Generalizable Knowledge and Skills	7
Rationales for Decisions	8
Technology as a Friend (and Possibly a Foe)	8
Suggestions to the Social Work Instructor	9
Chapter 2: Integrative Themes That Guide Social Work	
Practice with Individuals, Families, and Small Groups	11
Definition of the Social Work Profession and Principles of the Profession	16
The Mission of Social Work	17
Social Justice Lens	18
Core Theoretical Perspectives	20
Ecological Systems Perspective and the Life Model of Social Work	
Practice Perspective	20
Empowerment Perspective	24
Sociocultural Perspective	25
Evidence-Informed (EI) Practice Perspective	29
Integrating Conceptual Perspectives	31

Chapter Review Questions	32
References	33
Chapter 3: From Evidence-Based Practice to	
Evidence-Informed Practice	35
Defining Evidence-Based Practice (EBP)	37
Assessment, Diagnosis, and Service/Intervention Planning	41
Decision Making	41
Interpersonal Expertise	42
Self-Reflection and Skill Acquisition	42
Evaluating and Using Research Evidence	42
Understanding Sources of Diversity	43
Seeking and Utilizing Available Resources	43
Establishing a Rationale for Decisions	43
The Challenges in Using the EBP Framework in Social Work	44
Steps in Applying the EBP Framework	46
Resources to Promote Evidence-Based Decisions	50
Moving from EBP to Evidence-Informed (EI) Practice	52
Chapter Review Questions	52
References	53
Charles A.B. C. J. 1941. With	
Chapter 4: Professional Values, Ethics,	
I M. d. 1 . 1.1 . d.m. 10	
and Professional Use of Self	55
Professional Social Work Values, Purpose, and Practice Principles	55 58
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards	
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making	58
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and	58 63
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and	58 63
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use	58 63
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination	58 63 66
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination Informed Consent and Confidentiality	58 63 66
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination Informed Consent and Confidentiality Privileged Communication	58 63 66 68
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination Informed Consent and Confidentiality Privileged Communication Technology/Social Media Use	58 63 66 68 68 69
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination Informed Consent and Confidentiality Privileged Communication Technology/Social Media Use Addressing Malpractice and Unethical Behavior	58 63 66 68 68 69 70
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination Informed Consent and Confidentiality Privileged Communication Technology/Social Media Use Addressing Malpractice and Unethical Behavior Professional Use of Self	58 63 66 68 68 69 70 71
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination Informed Consent and Confidentiality Privileged Communication Technology/Social Media Use Addressing Malpractice and Unethical Behavior Professional Use of Self Chapter Review Questions	58 63 66 68 68 69 70 71 74
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination Informed Consent and Confidentiality Privileged Communication Technology/Social Media Use Addressing Malpractice and Unethical Behavior Professional Use of Self	58 63 66 68 68 69 70 71 74 75
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination Informed Consent and Confidentiality Privileged Communication Technology/Social Media Use Addressing Malpractice and Unethical Behavior Professional Use of Self Chapter Review Questions	58 63 66 68 68 69 70 71 74 75 75
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination Informed Consent and Confidentiality Privileged Communication Technology/Social Media Use Addressing Malpractice and Unethical Behavior Professional Use of Self Chapter Review Questions References Chapter 5: Engagement and Relationship-Building Skills Core Values That Guide Engagement and	58 63 66 68 68 69 70 71 74 75 75 76
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination Informed Consent and Confidentiality Privileged Communication Technology/Social Media Use Addressing Malpractice and Unethical Behavior Professional Use of Self Chapter Review Questions References Chapter 5: Engagement and Relationship-Building Skills Core Values That Guide Engagement and Relationship-Building Efforts in Social Work Practice	58 63 66 68 68 69 70 71 74 75 75 76 77
Professional Social Work Values, Purpose, and Practice Principles NASW Code of Ethics Standards Ethical Decision Making A Closer Look at Self-Determination, Informed Consent and Confidentiality, Privileged Communication, and Technology/Social Media Use Self-Determination Informed Consent and Confidentiality Privileged Communication Technology/Social Media Use Addressing Malpractice and Unethical Behavior Professional Use of Self Chapter Review Questions References Chapter 5: Engagement and Relationship-Building Skills Core Values That Guide Engagement and	58 63 66 68 68 69 70 71 74 75 75 76

Skill Building That Emphasizes Collaboration to	
Improve Follow-Through	87
The Stages of Change Framework	92
Alliance Building	96
Chapter Review Questions	96
References	96
Chapter 6: Assessment in Social Work With	
Individuals and Families	99
Defining Assessment	102
Bio-Psycho-Social-Spiritual Perspective, the	
Problem-Based Approach, and the Strengths-	
Based/Resiliency Approach to the Assessment Process	104
Multidimensional Functioning (MDF) Assessment	105
Systemic and Strengths-Focused/Resiliency Approach	108
The Bio-Psycho-Social-Spiritual History	110
Key Screening Tools	112
Functioning and Wellness Screening Tools	112
Trauma Assessments and Mandated Reporting Responsibilities	119
Diagnostic and Statistical Manual of Mental Disorders (DSM-5),	
Cultural Assessment Tools in the DSM-5, and International Statistic	al
Classification of Diseases and Related Health Problems (ICD-10)	122
Chapter Review Questions	124
References	124
Chapter 7: Change Planning	127
What Is Change Planning?	129
Core Principles of Change Planning	129
Program-Driven Versus Tailored Change Plans	130
Change Plans Developed Collaboratively	131
Change Plans Informed by Comprehensive Assessment	132
Flexible Change Plans	133
Change Plans Understood by and	
Personally Meaningful to the Client	133
Change Goals	134
Intermediary Goals Versus Ultimate Goals	134
Outcomes and Processes	136
Goal Selection	137
Safety	137
Importance to the Client	138
Highest Level of Generalizability	139
Most Impairing	139
Easiest to Address	139

Goal Specification: A SMART Approach	139
Specific	140
Measurable	140
Attainable	141
Relevant	141
Time Bound	141
Intervention Selection	142
Skill Focused	142
Simple Versus Complex	143
Generalizable	143
Resource Sensitive	143
Evidence Based	143
Adaptable	144
Active	144
The Written Change Plan	145
Chapter Review Questions	146
References	146
Chapter 8: Core Intervention Skills: Using Cognitive	
and Behavioral Approaches in Social Work	
Practice With Individuals, Families, and Groups	149
•	
The Cognitive Aspect of CBT Belief Structure	151 151
Cognitive Restructuring	
Q	153 153
Step 1. Identifying Thoughts and Interpretations Step 2. Looking at Thoughts Objectively	
Step 3. Restating Unrealistic or Inaccurate Thoughts	158 160
Step 4. Adjusting Behavior	160
Behavioral Aspects of CBT	160
ABC from a Behavioral Standpoint	161
Reinforcement	163
Punishment	166
Extinction	167
CBT as an Integrative Framework	168
Practice of CBT	168
Major Treatment Tasks	169
Structural Features of CBT	169
Functional Analysis	170
Skills Training	170
Ongoing Professional Development	171
Chapter Review Questions	173
References	173
	1//

Chapter 9: Intervention Skills: Using Problem-Solving,	
Psychoeducational, and Multisystemic Intervention	
Approaches and Case/Care Management Skills in	
Working With Individuals and Families	179
Problem-Solving Approach	182
Psychoeducational Approach	187
The Substance Abuse and Mental Health Service	
Administration (SAMHSA) Evidence-Based Toolkit	189
Online Psychoeducational Modules	191
Multiple-Family Psychoeducation Program (MF-PEP)	191
Multisystem Intervention Approaches	193
Case/Care Management Approaches	198
Chapter Review Questions	200
References	200
Chapter 10: Additional Skills for Working With Families and Groups	203
Introducing the Core Skills Needed When Working	
With Families and Helping Families to Change	205
Social Work's Mission in Working With Families	205
A Multidimensional Ecosystemic Comparative Approach (MECAmaps)	
to Assess Cultural and Contextual Sociopolitical Contexts	207
Establishing a Relationship With Each Family Member	208
Models of Family Work	209
Special Note: Working With Couples	210
Introducing the Core Skills Needed When Working With Groups	211
Leading Groups and Understanding Group Development Stages	211
Chapter Review Questions	215
References	216
Chapter 11: Outcome Monitoring	217
Overview of Outcome Monitoring	219
What Is the Purpose of Outcome Monitoring?	219
Are There Any Other Benefits to Outcome Monitoring?	219
Is Outcome Monitoring Research?	220
Is Outcome Monitoring a Type of Program Evaluation?	221
General Principles of Outcome Monitoring	221
Systematic and Formal	221
Repeated Measurements	222
Quality Over Quantity	223
Relevance to Change Goals	224
Accuracy of Measurement Tools	224
Measurement Types and Data Collection	225

About the Authors	265
Index	253
References	251
References	251
Professional Social Networks Conclusion	250
Continuing Education	249
Licensure Continuing Education	248
Really Simple Syndication (RSS)	246
Open Access Journals	245
Remaining Current With the Research	245
Mentorship	244
Supervision	241
Supervision and Mentorship	240
Identity Development and Lifelong Learning	240
Defining Your Future Professional Identity	239
Defining Your Current Professional Identity	238
Your Professional Identity	238
Chapter 12: Lifelong Learning and Professional Development Over the Life Course	237
Chanter 12: Lifelong Learning and Busfassions!	
References	236
Chapter Review Questions	235
Is Being Truthful in Reporting. What Should I Do?	235
Self-Reports. I'm Not Sure If My Client	
My Outcome Measures for a Client Involve	
How Do I Find Standardized Measures?	234
Can I Change It to Fit My Needs?	234
Questionnaire or Inventory—That Already Exists,	
If I Find a Standardized Measure—That Is, a	
That It Isn't Working Well, Can I Change It?	234
If I Select an Outcome Measure and Find	20 1
Do I Measure Everything?	234
Common Measurement Questions	234
Summarizing Data and Making Inferences	233
Data Collection	230
Measurement Types	225