

ソーシャルワーク実践の理論と技術について
ChatGPT(生成AI)と対話できるようになるミニ・ワークショップ

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今回のミニ・ワークショップ<資料>として、ChatGPTと英文による対話した一つの例を参考として以下に添付しておきます。

質問 1

I am intersted in Social Work. Please give the major 10 traditional social work practice theories and the 5 progressive social work practice theories.

私はソーシャルワークに興味があります。10の主要なトラディショナル(伝統的)・ソーシャルワーク実践理論と5つのプログレッシブ(革新的)・ソーシャルワーク実践理論を示してください。

ChatGPT:

That's wonderful, Eiji! Here's a clear breakdown of **10 traditional** and **5 progressive** social work practice theories. These frameworks have guided practice for decades and continue to influence how social workers understand and intervene in human behavior and social systems.



10 Major Traditional Social Work Practice Theories

These are foundational and still widely used:

1. **Psychodynamic Theory**
 - Rooted in Freudian psychoanalysis. Focuses on unconscious processes and early childhood experiences.
 - Example: Exploring unresolved trauma or family conflict influencing current behavior.
2. **Cognitive Behavioral Theory (CBT)**
 - Focuses on the relationship between thoughts, feelings, and behaviors.
 - Goal: Change negative thought patterns to influence positive behavior change.
3. **Systems Theory**
 - Views clients as part of complex systems (family, community, institutions).
 - Focus: Improving interactions and functioning within these systems.
4. **Ecological Perspective**
 - Expands systems theory to include the environment's influence.
 - Examines the dynamic interaction between people and their physical, social, and cultural environments.
5. **Task-Centered Practice**
 - Time-limited, goal-focused approach.
 - Breaks problems into manageable tasks and tracks progress.
6. **Crisis Intervention Model**
 - Short-term approach for individuals in acute distress.
 - Goal: Restore client's pre-crisis functioning quickly.
7. **Person-Centered (Rogerian) Theory**
 - Emphasizes empathy, unconditional positive regard, and client autonomy.
 - The therapist is a supportive presence rather than a directive guide.
8. **Behavioral Theory**
 - Based on principles of learning and behavior modification.
 - Uses reinforcement, punishment, and modeling to encourage change.
9. **Casework (Functional and Diagnostic)**
 - Classic method focusing on individual diagnosis and structured intervention.
 - Diagnostic casework: Emphasizes understanding personality and history.
 - Functional casework: Emphasizes client goals and agency function.

10. Family Systems Theory

- Views the family as an emotional unit.
 - Problems are understood in the context of family patterns and roles.
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5 Progressive (Postmodern or Contemporary) Social Work Practice Theories

These are more recent, critical, and reflective of diversity, empowerment, and social justice:

1. **Narrative Therapy**
 - Views people as the authors of their own stories.
 - Focuses on re-authoring the client's narrative to empower change.
 2. **Feminist Social Work Theory**
 - Addresses power imbalances and gender-based oppression.
 - Emphasizes equality, intersectionality, and the client's lived experience.
 3. **Anti-Oppressive Practice (AOP)**
 - Seeks to recognize and reduce systemic power imbalances.
 - Promotes social justice and advocacy for marginalized groups.
 4. **Strengths-Based Approach**
 - Focuses on clients' resources, resilience, and capacities.
 - Encourages empowerment and builds on what's working.
 5. **Critical Theory (including Critical Race Theory)**
 - Analyzes societal structures that perpetuate inequality.
 - Encourages transformative practice and structural change.
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Would you like me to give you practical examples or typical skills used in each theory?

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質問2

Please tell me the 5 major social work skills in each of the 10 traditional and 5 progressive social work practice theories mentioned above.

以上の10のトラディショナルと5つのプログレッシブのソーシャルワーク実践理論のそれぞれの主要な5つのソーシャルワーク実践技術を教えてください。

ChatGPT:

Certainly, Eiji! Here's a comprehensive overview of **five core social work skills** associated with each of the **10 traditional** and **5 progressive** social work practice theories. This breakdown highlights how different theoretical frameworks emphasize distinct skill sets in practice.

Traditional Social Work Practice Theories & Core Skills

1. Psychodynamic Theory

- **Reflective listening:** Attending to unconscious cues and emotional content.
- **Transference analysis:** Recognizing and working through client projections.
- **Emotional containment:** Providing a safe space for deep emotional exploration.
- **Interpretation:** Helping clients gain insight into unconscious processes.
- **Boundary setting:** Maintaining professional limits to support therapeutic work.

[Social Work](#)

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2. Cognitive Behavioral Theory (CBT)

- **Cognitive restructuring:** Assisting clients in identifying and challenging distorted thoughts.
- **Behavioral activation:** Encouraging engagement in positive activities.
- **Psychoeducation:** Teaching clients about the interplay between thoughts, emotions, and behaviors.
- **Goal setting:** Collaboratively establishing achievable objectives.
- **Homework assignments:** Providing tasks to reinforce skills outside sessions.

3. Systems Theory

- **Holistic assessment:** Evaluating clients within their broader social systems.
- **Interdisciplinary collaboration:** Working with other professionals to address systemic issues.
- **Feedback loop analysis:** Understanding patterns within systems.
- **Resource linkage:** Connecting clients to community supports.
- **Systemic intervention planning:** Designing strategies that consider multiple system levels. [SocialWorkGraduate+12Journal of Long-Term Care+12mysocialworknews.com+12Verywell Mind+8Social Work Test Prep+8onlinedegrees.unr.edu+8dulwichcentre.com.au+5iriss.org.uk+5ojs.uwindsor.ca+5](#)

4. Ecological Perspective

- **Person-in-environment assessment:** Analyzing how environmental factors affect clients.
- **Environmental modification:** Advocating for changes in clients' surroundings.
- **Empowerment strategies:** Enhancing clients' control over their environment.
- **Cultural competence:** Understanding diverse backgrounds and contexts.
- **Strengths identification:** Recognizing clients' inherent resources. [Social Work Test Prep](#)

5. Task-Centered Practice

- **Problem prioritization:** Identifying and focusing on immediate client concerns.
- **Task negotiation:** Collaboratively determining specific tasks.
- **Time-limited interventions:** Implementing short-term strategies.

- **Progress monitoring:** Regularly reviewing task completion.
- **Solution-focused techniques:** Emphasizing practical outcomes. [Social Work Test Prep](#)

6. Crisis Intervention Model

- **Rapid assessment:** Quickly determining the nature and severity of the crisis.
- **Stabilization techniques:** Implementing immediate measures to reduce distress.
- **Safety planning:** Ensuring the client's physical and emotional safety.
- **Resource mobilization:** Activating support systems and services.
- **Follow-up:** Providing ongoing support post-crisis. [ICANotes+2 インターナショナル JECSE+2obssr.od.nih.gov+2Wikipedia](#)

7. Person-Centered (Rogerian) Theory

- **Unconditional positive regard:** Accepting clients without judgment.
- **Empathic understanding:** Deeply comprehending clients' experiences.
- **Congruence:** Being genuine and transparent with clients.
- **Active listening:** Fully concentrating on clients' verbal and non-verbal messages.
- **Client autonomy support:** Encouraging self-directed growth.

8. Behavioral Theory

- **Behavioral assessment:** Identifying antecedents and consequences of behaviors.
- **Reinforcement strategies:** Using rewards to encourage desired behaviors.
- **Modeling:** Demonstrating behaviors for clients to emulate.
- **Behavioral contracts:** Establishing agreements outlining behavior-change plans.
- **Desensitization techniques:** Gradually exposing clients to feared stimuli.

9. Casework (Functional and Diagnostic)

- **Comprehensive assessment:** Gathering detailed client histories.
- **Diagnostic formulation:** Identifying underlying issues.
- **Individualized planning:** Developing tailored intervention strategies.

- **Therapeutic relationship building:** Establishing trust with clients.
- **Outcome evaluation:** Measuring the effectiveness of interventions. [Job Search | Indeed+1mysocialworknews.com+1ICANotes+11PositivePsychology.com+11onlinemswprograms.com+11](#)

10. Family Systems Theory

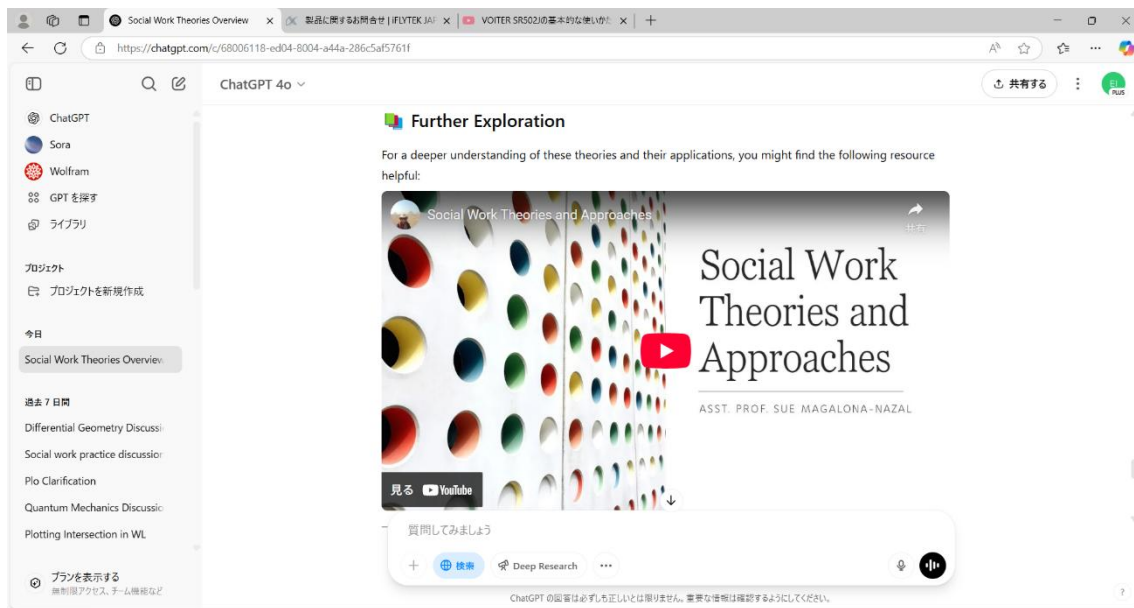
- **Genogram creation:** Mapping family relationships and patterns.
 - **Boundary setting:** Clarifying roles within the family.
 - **Family communication enhancement:** Improving intra-family dialogue.
 - **Subsystem analysis:** Examining smaller units within the family system.
 - **Intervention planning:** Designing strategies that address family dynamics. [Social Work Test Prep+2サイエンスダイレクト+2therapplatform.com+2](#)
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Progressive Social Work Practice Theories & Core Skills

1. Narrative Therapy

- **Storytelling facilitation:** Encouraging clients to share their narratives.
- **Externalization:** Helping clients view problems as separate from themselves.
- **Re-authoring:** Collaboratively developing alternative, empowering stories.
- **Identifying unique outcomes:** Highlighting exceptions to problem-saturated



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質問3

How about the 5 major social work practice skills of the progressive social work practice theories mentioned before?

上に述べられた5つのプログレッシブ・ソーシャルワーク実践の技術についてはどうですか？

ChatGPT:

Certainly, Eiji! Here are the five major social work practice skills associated with each of the five progressive social work practice theories:

1. Narrative Therapy

Narrative therapy centers on the stories individuals tell about their lives, aiming to help them re-author these narratives to foster empowerment and change.

socialwork.columbia.edu

Key Skills:

1. **Externalization:** Helping clients view problems as separate entities from themselves.
 2. **Deconstruction:** Analyzing and breaking down dominant societal narratives that influence the client's story.[Diana R. Garland School of Social Work+2mysocialworknews.com+2 ガーディアン+2](#)
 3. **Re-authoring:** Collaboratively constructing alternative, empowering narratives.
 4. **Identifying Unique Outcomes:** Highlighting moments when the client resisted the problem's influence.
 5. **Reflective Listening:** Deeply understanding and validating the client's experiences and stories.[socialwork.columbia.edu](#)
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2. Feminist Social Work Theory

Feminist social work emphasizes understanding and addressing power imbalances and systemic inequalities based on gender and other intersecting identities.
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Key Skills:

1. **Consciousness-Raising:** Facilitating awareness of social and political inequalities affecting clients.
 2. **Empowerment:** Encouraging clients to take control of their lives and advocate for themselves.[ojs.uwindsor.ca+30PositivePsychology.com+30 シンプル心理学+30](#)
 3. **Collaboration:** Working alongside clients as equals in the therapeutic process.
 4. **Advocacy:** Challenging oppressive systems and advocating for social change.
 5. **Intersectional Analysis:** Recognizing and addressing the interconnected nature of social categorizations such as race, class, and gender.
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3. Anti-Oppressive Practice (AOP)

AOP focuses on recognizing and combating systemic oppression and promoting social justice within social work practice.

Key Skills:

1. **Critical Self-Reflection:** Examining one's own biases and the power dynamics in the client-worker relationship.
 2. **Cultural Competence:** Understanding and respecting diverse cultural backgrounds and experiences.
 3. **Empowerment:** Supporting clients in gaining control over their lives and decisions.
 4. **Advocacy:** Working to change oppressive policies and practices within institutions. jswve.org+8Diana R. Garland School of Social Work+8campusmentalhealth.ca+8
 5. **Collaborative Practice:** Engaging clients as partners in the decision-making process. シンプル心理学
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4. Strengths-Based Approach

This approach emphasizes individuals' strengths and resources, focusing on their potential and resilience rather than deficits. PositivePsychology.com

Key Skills:

1. **Strengths Identification:** Recognizing and highlighting clients' abilities and resources.
 2. **Goal Setting:** Collaboratively establishing achievable and meaningful objectives.
 3. **Resource Mobilization:** Connecting clients with community resources and support systems.
 4. **Positive Reinforcement:** Encouraging and affirming clients' efforts and successes.
 5. **Solution-Focused Techniques:** Concentrating on solutions and future possibilities rather than problems.
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5. Critical Theory (including Critical Race Theory)

Critical theory in social work seeks to understand and challenge power structures and inequalities within society.

Key Skills:

1. **Structural Analysis:** Examining how societal structures contribute to individual and group oppression.
 2. **Advocacy:** Working to transform unjust systems and policies.
 3. **Empowerment:** Supporting marginalized individuals and communities in asserting their rights.
 4. **Critical Reflection:** Continuously analyzing one's practice to ensure it aligns with social justice principles.
 5. **Community Engagement:** Collaborating with communities to identify issues and develop collective solutions.
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These skills are integral to progressive social work practice, aiming to promote equity, empowerment, and systemic change.

あなた:

質問4

Great. Then, could you clarify the differences between those traditional たら and progressive social work practice theories?

すばらしいですね。では、トラディショナル・ソーシャルワーク実践理論とプログレッシブ・ソーシャルワーク実践理論の違いを明確にしてしてみてください。

ChatGPT:

Certainly, Eiji! Understanding the distinctions between traditional and progressive social work practice theories is essential for grasping the evolution and diversity of approaches within the field. Here's a comparative overview:

Traditional vs. Progressive Social Work Practice Theories

| Aspect | Traditional Theories | Progressive Theories |
|---------------------------|---|--|
| Primary Focus | Individual behavior, psychological processes, and immediate social environments. | Structural inequalities, systemic oppression, and social justice. |
| Theoretical Foundations | Drawn from psychology and sociology, emphasizing established frameworks like psychodynamic theory and systems theory. | Influenced by critical theories, including feminist theory, anti-oppressive practice, and critical race theory. |
| Approach to Client Issues | Focus on diagnosing and treating individual problems, often within the existing social order. | Aim to empower clients by addressing broader societal structures that contribute to their challenges. |
| Role of the Social Worker | Expert or authority figure guiding the client through problem-solving processes. | Collaborator or facilitator working alongside clients to challenge oppressive systems. |
| Goal of Intervention | Restore or improve individual functioning within current societal norms. | Promote transformative change at both individual and societal levels. |
| Examples of Theories | Psychodynamic Theory, Cognitive Behavioral Theory, Systems Theory, Ecological Perspective, Task-Centered Practice. | Narrative Therapy, Feminist Social Work Theory, Anti-Oppressive Practice, Strengths-Based Approach, Critical Theory. |

Key Differences

1. Perspective on Problems:

- *Traditional theories* often view problems as residing within the individual or their immediate environment.
- *Progressive theories* consider problems as manifestations of larger systemic issues, such as inequality and discrimination. [Cambridge Assets](#)

2. Intervention Strategies:

- *Traditional approaches* may utilize structured interventions like cognitive-behavioral techniques or psychodynamic therapy.
- *Progressive approaches* focus on empowerment, advocacy, and social action to address root causes of issues. [Quizlet](#)

3. Client–Social Worker Relationship:

- *Traditional models* position the social worker as the expert who directs the intervention.
- *Progressive models* emphasize a partnership, valuing the client’s lived experience and promoting shared decision-making.

Further Exploration

For a deeper understanding of these theories and their applications, you might find the following resource helpful:

This video provides an overview of various social work theories, illustrating how they inform practice and the importance of integrating both traditional and progressive perspectives.

If you’re interested in exploring how these theories are applied in specific contexts or populations, feel free to ask!

あなた:

You are really great. That is enough for today. Thank you very much. Eiji.

すばらしいです。今日はここまでにしておきます。ほんとうにありがとうございました。

ChatGPT:

You're very welcome, Eiji! I'm delighted that the information was helpful to you. If you have any more questions or need further assistance in the future, feel free to reach out. Have a wonderful day!
