

## B R I E F   C O N T E N T S

*Preface*   xxi

*About the Author*   xxix

<b>CHAPTER 1</b>	<i>Theory: The Foundation of Social Work</i> 1
<b>CHAPTER 2</b>	<i>Lenses for Conceptualizing Problems and Interventions: The Person in the Environment</i> 19
<b>CHAPTER 3</b>	<i>Lenses for Conceptualizing Problems and Interventions: Biopsychosocial Dimensions</i> 48
<b>CHAPTER 4</b>	<i>Lenses for Conceptualizing Problems and Interventions: Sociocultural Dimensions</i> 79
<b>CHAPTER 5</b>	<i>Lenses for Conceptualizing Problems and Interventions: Social Change Dimensions</i> 109
<b>CHAPTER 6</b>	<i>Pre-Pregnancy and Prenatal Issues</i> 134
<b>CHAPTER 7</b>	<i>Development in Infancy and Early Childhood</i> 166
<b>CHAPTER 8</b>	<i>Development in Middle Childhood</i> 198
<b>CHAPTER 9</b>	<i>Development in Adolescence</i> 224
<b>CHAPTER 10</b>	<i>Development in Early Adulthood</i> 260
<b>CHAPTER 11</b>	<i>Development in Middle Adulthood</i> 288
<b>CHAPTER 12</b>	<i>Development in Late Adulthood</i> 316

*References*   R-1

*Credits*   C-1

*Glossary/Index*   I-1

## DETAILED CONTENTS

*Preface* xxi

*About the Author* xxix

### CHAPTER 1 *Theory: The Foundation of Social Work* 1

Defining Human Behavior in the Social Environment 2

*Knowledge, Theories, and Social Work* 3

Use of Theories and Empirical Knowledge in Social Work 4

The Debate over Theory in Social Work 5

*What It Means to Be Eclectic* 8

The Single Theory Argument 9

The Argument for Eclecticism 10

*Evaluating the Quality of Knowledge and Theory* 11

Relating Knowledge of Human Behavior to Other Social Work Content Areas 15

Using This Book to Think about Human Development and Social Work Practice 16

Conclusion 16

Main Points 17

Exercises 18

### CHAPTER 2 *Lenses for Conceptualizing Problems and Interventions: The Person in the Environment* 19

Micro, Mezzo, and Macro Levels of Conceptualization 20

*Applying the Micro, Mezzo, and Macro Levels of Conceptualization* 24

*Critiquing the Micro, Mezzo, and Macro Levels of Conceptualization* 25

The Biopsychosocial Approach 26

*Applying the Biopsychosocial Approach* 27

*Critiquing the Biopsychosocial Approach* 27

Systems Theory	29
<i>Applying Systems Theory</i>	32
Family Subsystems and Boundaries	32
Roles and Homeostasis	33
Input and Output	33
Entropy	33
<i>Critiquing Systems Theory</i>	34
Ecological Theory	34
<i>Applying Ecological Theory</i>	39
<i>Critiquing Ecological Theory</i>	40
<i>Combining Ecological and Systems Theories: An Ecosystems Approach</i>	40
The Strengths Perspective	41
<i>Applying the Strengths Perspective</i>	43
<i>Critiquing the Strengths Perspective</i>	44
Conclusion	45
Main Points	46
Exercises	47

## CHAPTER 3

### ***Lenses for Conceptualizing Problems and Interventions: Biopsychosocial Dimensions*** 48

The Disease Model	49
<i>The Medical Model</i>	49
<i>Applying the Medical Model</i>	53
<i>Critiquing the Medical Model</i>	53
Theories of Cognitive Development	55
<i>Piaget's Theory of Cognitive Development</i>	55
<i>Applying Piaget's Theory</i>	57
<i>Critiquing Piaget's Theory</i>	58
Psychodynamic Theories	59
<i>Freud's Theory of Psychosexual Development</i>	59
<i>Applying Freudian Theory</i>	62
<i>Critiquing Freudian Theory</i>	63
<i>Erikson's Theory of Psychosocial Development</i>	64

<i>Applying Erikson's Theory</i>	66
<i>Critiquing Erikson's Theory</i>	67
Behavioral and Learning Theories	68
<i>Classical Conditioning</i>	68
<i>Operant Conditioning</i>	69
<i>Social Learning Theory</i>	70
<i>Applying Learning Theory</i>	70
<i>Critiquing Learning Theory</i>	72
Humanistic and Existential Perspectives	73
<i>Person-Centered Therapy and Transactional Analysis</i>	74
<i>Applying and Critiquing Humanistic and Existential Perspectives</i>	75
Conclusion	76
Main Points	76
Exercises	77

## CHAPTER 4

### ***Lenses for Conceptualizing Problems and Interventions: Sociocultural Dimensions*** 79

Sociological Theories	80
<i>Conflict Theory</i>	80
Marx and Conflict Theory	80
Conflict Theories since Marx	83
<i>Applying Conflict Theory</i>	84
The Family	84
Health Care	85
Conflict Theory and Social Work	86
Aisha's Case Revisited	87
<i>Critiquing Conflict Theory</i>	87
<i>Functionalist Theory</i>	88
Manifest Functions, Latent Functions, and Dysfunctions	89
Functionalist Theorists: Durkheim and Parsons	89
<i>Applying Functionalist Theory</i>	90
Education and Language	90
Functionalist Theory and Social Work	91
Aisha's Case Revisited	91

	<i>Critiquing Functionalist Theory</i>	92
	<i>Symbolic Interaction Theory and Social Constructionism</i>	93
	George Herbert Mead	94
	Erving Goffman	95
	Charles Horton Cooley	95
	<i>Applying Symbolic Interaction Theory</i>	95
	Body Piercing	96
	Aisha's Case Revisited	96
	<i>Critiquing Symbolic Interaction Theory</i>	96
	Feminist Theory	97
	<i>Branches of Feminist Theory</i>	98
	<i>Applying and Critiquing Feminist Theory</i>	100
	Cultural Perspectives	101
	<i>Defining Culture</i>	101
	<i>Cultural Perspectives and Social Work</i>	103
	<i>Applying and Critiquing Cultural Perspectives</i>	105
	Conclusion	107
	Main Points	107
	Exercises	108
CHAPTER 5	<i>Lenses for Conceptualizing Problems and Interventions: Social Change Dimensions</i>	109
	Theories of Racism, Discrimination, and Oppression	110
	<i>Racism</i>	112
	<i>Discrimination and Prejudice</i>	113
	Theories of Prejudice	114
	Prejudice and Social Work	116
	<i>Oppression</i>	116
	<i>Applying Theories of Racism, Discrimination, and Oppression</i>	117
	<i>Critiquing Theories of Racism, Discrimination, and Oppression</i>	118
	Social and Economic Justice Perspectives	119
	<i>Applying Social and Economic Justice Perspectives</i>	121
	<i>Critiquing Social and Economic Justice Perspectives</i>	122

Social Change and Social Action Perspectives	122
<i>Contemporary Social Action Perspectives</i>	124
<i>Applying Social Change and Social Action Perspectives</i>	125
<i>Critiquing Social Change and Social Action Perspectives</i>	126
Community Organization Theory	126
<i>How Social Work Defines and Perceives Community</i>	127
<i>Community and Social Work Practice</i>	128
<i>Applying and Critiquing Community Organization Theory</i>	130
Conclusion	131
Main Points	132
Exercises	133

## CHAPTER 6

### *Pre-Pregnancy and Prenatal Issues* 134

Developmental Milestones in the Fetus	135
<i>Growth Processes from Conception through Birth</i>	135
<i>Low Birth Weight</i>	137
Pregnancy, Birth, and the Individual	139
<i>Planned and Unplanned Pregnancy</i>	139
Pregnancy in Later Life	140
Fertility Issues	141
<i>Parents' Biological, Psychological, and Emotional Health</i>	141
<i>Hazards to Fetal Development</i>	143
<i>Birth Defects</i>	144
Alcohol and Drugs	144
Rh Incompatibility	145
Environmental Toxins	146
Paternal Age	146
Maternal Diseases	146
Genetic Disorders	147
Pregnancy, Birth, and the Family and Immediate Environment	148
<i>Access to Health Care</i>	149
<i>The Relationship between the Birth Mother and Her Care Providers</i>	150

<i>Control over the Childbirth Environment</i>	151
Episiotomies	151
C-Sections	151
Breastfeeding	152
Doulas and Midwives	153
Birthing Classes	153
<i>Adoption</i>	155
<i>Workplace Policies</i>	156
Pregnancy, Birth, and the Larger Social Environment	157
<i>Effects of Poverty on Pregnancy and Birth</i>	157
Maslow's Hierarchy of Needs Model	157
Poverty, Pregnancy, and the Hierarchy of Needs	159
<i>Social Policies Related to Pregnancy and Birth</i>	159
Medical Leave Laws	160
International Family Planning	160
<i>Environmental Issues Related to Pregnancy and Birth</i>	162
Conclusion	163
Main Points	163
Exercises	164

## **CHAPTER 7      *Development in Infancy and Early Childhood*      166**

Developmental Milestones in Infants and Young Children	166
<i>Language Acquisition</i>	167
Biological vs. Behavioral Perspectives on Language Development	168
Balancing the Biological and Behavioral Perspectives	169
<i>Emotional Development</i>	170
<i>Motor Development</i>	171
The Individual in Infancy and Early Childhood	173
<i>Attachment</i>	173
Secure Attachments: The Debates	174
Insecure Attachments: The Causes	175
<i>Temperament</i>	176
<i>Autism</i>	178
<i>Other Considerations in Individual Development</i>	179

The Family and Immediate Environment in Infancy and Early Childhood	180
<i>Parenting</i>	181
<i>Grandparenting</i>	182
<i>Siblings</i>	184
Personality Traits and Birth Order	184
Family Size	185
<i>Day Care</i>	186
<i>Child Abuse and Neglect</i>	187
The Larger Social Environment in Infancy and Early Childhood	189
<i>Child Protection</i>	189
<i>Permanency Planning: Foster Care, Adoption, and Family Support</i>	190
<i>Health Care</i>	192
<i>Educational Policy: Head Start</i>	193
Head Start: Current Debates	193
Educational Policy from an Ecological Perspective	194
Conclusion	195
Main Points	195
Exercises	196

## CHAPTER 8

<b><i>Development in Middle Childhood</i></b>	<b>198</b>
Developmental Milestones in Older Children	198
The Individual in Middle Childhood	201
<i>Intelligence and Intelligence Testing</i>	201
Standardized Intelligence Tests	203
Critiques of Standardized Intelligence Tests	203
<i>Learning Disabilities</i>	204
<i>Attention Deficit Hyperactivity Disorder</i>	205
The Family and Immediate Environment in Middle Childhood	207
<i>Peer Groups in Middle Childhood</i>	207
<i>Play</i>	208
<i>Parental Discipline</i>	210
Discipline in Middle Childhood	210
The Debate over Physical Punishment	211



<i>Separation, Divorce, and Alternative Family Forms</i>	212
Stepfamilies and Blended Families	214
Gay and Lesbian Parents	214
The Larger Social Environment in Middle Childhood	216
<i>The Mass Media</i>	216
The Mass Media and Violence	217
The Mass Media and Physical Inactivity	218
<i>The Educational Context</i>	219
Special Education and the Least Restrictive Environment	219
School Vouchers	220
Conclusion	221
Main Points	221
Exercises	222

## **CHAPTER 9**

<i>Development in Adolescence</i>	224
Developmental Milestones in the Teen Years	225
<i>Physical Development</i>	225
<i>Cognitive Development</i>	226
<i>Theories of Moral Development</i>	228
Kohlberg's Theory of Moral Development	228
Gilligan's Theory of Moral Development	228
The Individual in Adolescence	231
<i>Early and Late Maturation</i>	231
<i>Self-Esteem</i>	232
<i>Eating Disorders</i>	233
Anorexia Nervosa	233
Bulimia Nervosa	234
<i>Sexuality and Sexual Identity Development</i>	236
Sexual Development in Heterosexual Teens	237
Sexual Development in Gay, Lesbian, and Bisexual Teens	238
<i>STIs, HIV, and AIDS</i>	241

<i>Substance Abuse</i>	243
Factors Associated with Substance Abuse	243
Research with Teens: An Ethical Dilemma	244
<i>Suicide</i>	245
The Family and Immediate Environment in Adolescence	247
<i>Peer Groups in Adolescence</i>	247
<i>Teen Pregnancy</i>	248
The Larger Social Environment in Adolescence	250
<i>Runaway and Homeless Teens</i>	250
<i>Deviance, Crime, and Violence</i>	251
<i>Sex Education</i>	253
The Debate over Sex Education	253
A Critique of Sex Education	253
<i>Heterosexism and Homophobia</i>	255
Conclusion	257
Main Points	257
Exercises	258

## CHAPTER 10

<i>Development in Early Adulthood</i>	260
Developmental Milestones in Young Adults	260
The Individual in Early Adulthood	262
<i>Mental Illness</i>	262
Schizophrenia: Possible Causes	262
Mental Illness and Social Work Strategies	263
<i>Disability</i>	265
<i>Spirituality</i>	266
Fowler's Theory of Faith Development	267
Incorporating Spirituality into Social Work Practice	269
The Family and Immediate Environment in Early Adulthood	270
<i>Domestic Violence</i>	270
Theories of Domestic Violence	271
Domestic Violence and Social Work	272
<i>Alternative Relationships and Living Arrangements</i>	272

The Larger Social Environment in Early Adulthood 274

*Sexism* 274

Sexism in the Workforce 275

Sources and Theories of Sexism 277

*Sexual Harassment* 279

Sexual Harassment and Popular Culture 279

Strategies to Prevent Sexual Harassment 280

*Civil Rights Laws and Affirmative Action* 281

The Affirmative Action Debate 281

Theoretical Bases of Affirmative Action 282

Affirmative Action and Social Work 283

*Higher Education* 284

Conclusion 285

Main Points 285

Exercises 286

**CHAPTER 11**      ***Development in Middle Adulthood* 288**

Developmental Milestones in Middle Age 289

*Physical and Cognitive Developments in Middle Adulthood* 289

*Levinson's Theory of Adult Development* 291

The Individual in Middle Adulthood 293

*Menopause* 293

Reactions to Menopause: The Psychological Dimension 294

Reactions to Menopause: The Cultural Dimension 294

Carmen's Case Revisited 295

*The Male Climacteric* 296

*Midlife Crisis* 296

*Chronic Illness and Disease* 298

Health Disparities 299

The Family and Immediate Environment in Middle Adulthood 301

*Marriage and Love* 301

Reasons for Marriage 302

Sternberg's Theory of Love 303

<i>Divorce</i>	304
<i>Remarriage and Other Familial Patterns</i>	305
Adult Children and the Empty Nest Syndrome	305
Other Familial Patterns	306
Social Work with Families	306
Carmen's Case Revisited	307
<i>Retirement</i>	308
Planning for Retirement	309
Theoretical Perspectives on Retirement	310
Retirement and Carmen's Case	310
The Larger Social Environment in Middle Adulthood: Ageism	311
Conclusion	313
Main Points	313
Exercises	315

## CHAPTER 12

### ***Development in Late Adulthood*** 316

Developmental Milestones in Older Adults	317
<i>Physical Changes in Late Adulthood</i>	317
Osteoporosis	318
Loss of Muscle Mass	319
Arthritis	319
Changes in Appearance	320
Hearing-Related Problems	321
Vision-Related Problems	321
Reaction Time and Coordination	322
Social Workers and the Physical Changes of Late Adulthood	322
<i>Psychological Changes</i>	323
Dementia in Late Adulthood	323
Personality and Aging	325
Depression and Suicide in Late Adulthood	325
Social Workers and the Psychological Changes of Late Adulthood	327
The Individual in Late Adulthood	328
<i>Psychosocial Theories of Aging</i>	328
Disengagement Theory	328

Activity Theory	328
Continuity Theory	329
Aging Well	330
Judy's Case Revisited	330
<i>Spirituality and Aging</i>	331
<i>Sexuality in Late Adulthood</i>	332
<i>Gay, Lesbian, Bisexual, and Transgendered Older Adults</i>	332
<i>Grief and Loss</i>	333
The Family and Immediate Environment in Late Adulthood	336
<i>Grandparenting Issues in Late Adulthood</i>	336
<i>Older Adults and Their Caregivers</i>	338
Effects of Caregiving on Caregivers	338
Caregiving and Social Work	339
<i>Elder Abuse and Neglect</i>	340
The Larger Social Environment in Late Adulthood	341
<i>Long-Term and Alternative Care</i>	341
Managed Care and LTC Insurance	343
Housing Options	343
Judy's Case Revisited	344
<i>Poverty and Older Adults</i>	345
<i>Policies Linked to Services for Older Adults</i>	346
Social Security	346
Older Americans Act	346
Medicare	349
Medicaid	350
<i>End-of-Life Considerations</i>	350
Conclusion	352
Main Points	352
Exercises	353
<i>References</i>	R-1
<i>Credits</i>	C-1
<i>Glossary/Index</i>	I-1