



allena  
COACHING + CONSULTING

# PRACTICE FRAMEWORK

## MY ETHICS

## MY VALUES

### THEORIES

Anti-oppressive Practice  
Feminism(s)  
Decolonizing  
Intersectionality  
Structural Social Work

### METHODS

Narrative Therapy  
Trauma-Informed Care  
Task-Centred  
Solution-Focused  
Strengths-Based

### SKILLS

Assessment	Casework
Community Work	Groupwork
Coaching	Counselling
Advocacy	Research
Activism	Writing

### EXPERIENCE

Your learning from direct experience. This may include your experience of working with particular groups of people and/or your own lived experience as a service user.

### KNOWLEDGE

Specific knowledge gained from your practice experience - may include detailed experience of particular legislation, social policies, research in a your practice area, additional academic or professional study.

### CO-CREATION

Describes how you collaborate with people you serve to support them to construct direction, action and practices which have meaning for them and which build on their lived expertise.

## YOUR FRAMEWORK

My (VALUES) and (ETHICS) are represented in (THEORIES) and

are reflected in (PRACTICE APPROACHES) which guide my use of

my skills in (SKILLS) in practice.

I have practice experience in (EXPERIENCE) and this combined with

my specific understanding of (KNOWLEDGE)

helps me to partner with (THE PEOPLE I SERVE) by (WHAT YOU DO IN PRACTICE)

## NOTES AND FURTHER READING

This concept map is designed as a guide to support your reflection about the way in which you practice. This is sometimes referred to as a practice framework. A practice framework is simply a way to think about your social work practice and to support the theory-practice connection.

The Theories, Methods and Skills lists are not meant to be exhaustive and you will no doubt identify those that matter most to you as you reflect. For a deeper dive into these elements refer to the reference material below.

This guide can be a useful tool in supervision.

### FURTHER READING

- Fox, M & Horder, S (2017) 'The Theory Tree: An Extensive Representation of Social Work Theory for Use in Practice' *Advances in Social Work & Welfare Education*, Vol.19, No.2 p.177 - 181
- Helen Cleak & Jill Wilson (2022) 'Making the Most of Field Placement, 5th Ed. p 100-101
- Department of Health and Social Care (2019) 'Strengths-based approach: Practice Framework and Practice Handbook'