PART I

A Multidimensional, Multi-Theoretical Approach for Multifaceted Social Work  1

1. Setting the Stage: A Multidimensional Approach  3
Elizabeth D. Hutchison
Key Ideas  3
Case Study: Manisha's Quest for Dignity and Purpose  4
Social Work's Purpose and Approach: Individual and Community Well-being  6
A Multidimensional Approach  7
   Personal Dimensions  12
   Environmental Dimensions  13
   Time Dimensions  15
Diversity, Inequality, and the Pursuit of Social Justice: A Global Perspective  17
   Diversity  18
   Inequality  20
   The Pursuit of Social Justice  21
Knowing and Doing  23
   Knowledge About the Case  23
   Knowledge About the Self  24
   Values and Ethics  25
Scientific Knowledge: Theory and Research  26
   Theory  26
   Empirical Research  27
   Critical Use of Theory and Research  29
A Word of Caution  31
Implications for Social Work Practice  32
Key Terms  32
Active Learning  33
Web Resources  33
PART II

The Multiple Dimensions of Person and Environment  73

3. The Biological Person  75
Stephen French Gilson
Key Ideas  76
Case Study 3.1: Cheryl's Brain Injury  76
Case Study 3.2: A Diabetes Diagnosis for Bess  77
Case Study 3.3: Melissa’s HIV Diagnosis  77
Case Study 3.4: Lifestyle Changes for Thomas  78
Case Study 3.5: Max's Post-Polio Syndrome  79
Case Study 3.6: Juan and Belinda’s Reproductive Health  79
An Integrative Approach for Understanding the Intersection of Interior Biological Health and Illness and Exterior Environment Factors  80
A Look at Six Interior Environment Systems  83
Nervous System  83
Endocrine System  87
Immune System  89
Cardiovascular System  93
Musculoskeletal System  96
Reproductive System  99
Exterior Socioeconomic Environment/Interior Health Environment  104
Implications for Social Work Practice  106
Key Terms  107
Active Learning  107
Web Resources  107
4. The Psychological Person  109
Joseph Walsh
Key Ideas  110
Case Study: Sheila’s Difficult Transition to University Life  110
Cognition and Emotion  112
Theories of Cognition  113
  Cognitive Theory  113
  Information Processing Theory  114
  Social Learning Theory  115
  Theory of Multiple Intelligences  115
  Theories of Moral Reasoning  116
  Theories of Cognition in Social Work Practice  118
Theories of Emotion  120
  Physiological Theories of Emotion  121
  Psychological Theories of Emotion  122
    Psychoanalytic Theory  122
    Ego Psychology  123
    Attribution Theory (A Cognitive Perspective)  123
    Theory of Emotional Intelligence  124
  Social Theories of Emotion  125
  Theories of Emotion in Social Work Practice  125
Cognitive/Emotional “Disorders”  127
The Self  128
Theories of the Self in Relationships  129
  Object Relations Theory  129
  Relational Theory  131
  Feminist Theories of Relationships  132
  Afrocentric Relational Theory  133
  Social Identity Theory  133
Research on the Impact of Early Nurturing  134
The Concept of Stress  135
  Three Categories of Psychological Stress  136
  Stress and Crisis  137
  Traumatic Stress  138
  Vulnerability to Stress  138
Coping and Adaptation  138
  Biological Coping  139
  Psychological Coping  140
  Coping Styles  140
  Coping and Traumatic Stress  143
  Social Support  144
    How Social Support Aids Coping  144
    How Social Workers Evaluate Social Support  145
Normal and Abnormal Coping  145
  The Medical (Psychiatric) Perspective  146
  Psychological Perspectives  146
  The Sociological Approach: Deviance  147
  The Social Work Perspective: Social Functioning  148
5. The Spiritual Person 153
Michael J. Sheridan

Key Ideas 154

Case Study 5.1: Caroline’s Challenging Questions 154
Case Study 5.2: Naomi’s Health Crisis 155
Case Study 5.3: Matthew’s Faith Journey 156
Case Study 5.4: Trudy’s Search for the Sacred 156
Case Study 5.5: Leon’s Two Worlds 157
Case Study 5.6: Jean-Joseph’s Serving the Spirits 158

The Spiritual Dimension 158
The Meaning of Spirituality 159
Spirituality in the United States and Globally 160

Transpersonal Theories of Human Development 165
Fowler’s Stages of Faith Development 167
Wilber’s Integral Theory of Consciousness 171
Summary and Critique of Fowler’s and Wilber’s Theories 176

The Role of Spirituality in Social Work 178
Spirituality and Human Diversity 180
Race and Ethnicity 181
Sex and Gender 184
Sexual Orientation 184
Other Aspects of Diversity 186
Spirituality and the Human Experience 186
Problems in Living 187
Individual and Collective Well-Being 188

Spiritual Assessment 191

6. Culture and the Physical Environment 197
Linwood Cousins and Elizabeth D. Hutchison

Key Ideas 198

Case Study 6.1: Stan and Tina at Community High School 198
Case Study 6.2: Ben Watson’s Changing Experience With the Physical Environment 200

The Challenge of Defining Culture 202
Changing Ideas About Culture and Human Behavior 206
Some Important Culture Concepts 208

A Postmodern View of Culture 210
Cultural Maintenance, Change, and Adaptation 212
Common Sense, Customs, and Traditions 213
Immigration 214
 Processes of Cultural Change 215

The Relationship Between the Physical Environment and
 Human Behavior 217
 Stimulation Theories 218
 Control Theories 220
 Privacy 220
 Personal Space 220
 Territoriality 221
 Crowding 222
 Behavior Settings Theories 223

The Natural Environment 224
 The Built Environment 227
 Healing Environments 227
 Urban Design and Health 229
 Behavior Settings and Addictions 230

Place Attachment 230
 Homelessness 231
 Accessible Environments for Persons With Disabilities 232
 Implications for Social Work Practice 234
 Active Learning 235
 Key Terms 235
 Web Resources 236

7. Social Structure and Social Institutions: Global and National 237

Elizabeth D. Hutchison

Key Ideas 238

Case Study: The Meza Family's Struggle to Make It in the United States 238

Patterns of Social Life 240
 Contemporary Trends in Global and U.S. Social Institutions 241
 Trends in Government and Politics 247
 Trends in the Economy 251
 Trends in Education 255
 Trends in Health Care 258
 Trends in Social Welfare 262
 Trends in Religion 265
 Trends in Mass Media 267
 Trends in Family and Kinship 270

Theories of Social Inequality 272
 Classical Sociological Theories of Social Inequality 273
 The Contemporary Debate 273
 Structural Determinism Versus Human Agency 274

Implications for Social Work Practice 275
 Key Terms 276
 Active Learning 276
 Web Resources 277
8. Formal Organizations, Communities, and Social Movements 279
Elizabeth D. Hutchison
Key Ideas 280
Case Study 8.1: Changing Leadership at Beacon Center 280
Case Study 8.2: Filipina Domestic Workers Creating Transnational Communities 282
Case Study 8.3: Fighting for a Living Wage 284
Formal Organization Defined 287
Perspectives on Formal Organizations 288
    Rational Perspective 289
        The Ideal-Type Bureaucracy 289
        Scientific Management 291
        Human Relations Theory 291
    Systems Perspective 292
        Political Economy Model 293
        Learning Organization Theory 293
    Interpretive Perspective 293
        Social Action Model 294
        Organizational Culture Model 294
        Managing Diversity Model 295
    Critical Perspective 295
        Organizations as Multiple Oppressions 296
        Nonhierarchical Organizations 296
Community: Territorial and Relational 297
Theoretical Approaches to Community 301
    Contrasting Types Approach 301
    Spatial Arrangements Approach 302
    Social Systems Approach 304
    Social Capital Approach 307
    Conflict Approach 309
Social Movements: A Definition 311
Perspectives on Social Movements 312
    Political Opportunities Perspective 312
        Openness of the Political System 314
        Stability of Political Alignments 315
        Availability of Elite Allies 315
        International Relations 315
    Mobilizing Structures Perspective 316
        Informal and Formal Structures 317
        The Life Course of Social Movements 318
        Computer-Mediated Social Movement Communication 318
    Cultural Framing Perspective 319
        Frames for Understanding That a Problem Exists 320
        Frames for Recognizing a Window of Opportunity 320
        Frames for Establishing Goals 321
        Frames for Identifying Pathways for Action 321
Emerging Perspectives on Social Movements 322
9. Small Groups and Families 327
Elizabeth P. Cramer and Elizabeth D. Hutchison

Key Ideas 328

Case Study 9. 1: Terry's Support Group 328
Case Study 9. 2: The Sharpe Family Prepares for Deployment 330

Small Groups and Social Work 332
Small Group Structure, Composition, and Processes 336
Theories of Small Group Processes 336

Psychodynamic Theory and Small Groups 336
Symbolic Interaction Theory and Small Groups 337
Status Characteristics and Expectation
  States Theory and Small Groups 338
  Exchange Theory and Small Groups 339
  Self-Categorization Theory and Small Groups 340

Family Defined 341

The Family in Historical Perspective 343
Theoretical Perspectives for Understanding Families 346

Psychodynamic Perspective and Families 346
Family Systems Perspective 347
Family Life Cycle Perspective 349
Feminist Perspective 350
Family Stress and Coping Perspective 351
Family Resilience Perspective 352

Diversity in Family Life 354
Diversity in Family Structures 354

Nuclear Families 354
  Extended Families 355
  Cohabiting Heterosexual Couples 356
  Couples With No Children 357
  Lone-Parent Families 358
  Stepfamilies 360
  Same-Sex Partner Families 361
  Military Families 362

Economic Diversity, Cultural Diversity, and Immigrant Families 365
  Economic Diversity 365
  Cultural Diversity 366
  Immigrant Families 368

Implications for Social Work Practice 370

Key Terms 370
Active Learning 371
Web Resources 371
PART III

The Changing Life Course  373

10. The Human Life Course: The Journey Begins  375
Marcia P. Harrigan, Suzanne M. Baldwin, and Elizabeth D. Hutchison

Key Ideas  376

Case Study 10.1: David Sanchez's Search for Connections  376
Case Study 10.2: Mahdi Mahdi's Shared Journey  378
Case Study 10.3: Jennifer Bradshaw's Experience With Infertility  379
Case Study 10.4: The Thompsons' Premature Birth  381

The Life Course Perspective  383
  Basic Concepts of the Life Course Perspective  384
  Major Themes of the Life Course Perspective  386

Sociocultural Organization of Childbearing  388
  Sociocultural Organization of Conception and Pregnancy  388
  Sociocultural Organization of Childbirth  389

Reproductive Genetics  392
  Control Over Conception and Pregnancy  395
    Contraception  395
    Medical Abortion  399
    Infertility Treatment  401

Normal Fetal Development  404
  First Trimester  405
    Fertilization and the Embryonic Period  405
    The Fetal Period  406
  Second Trimester  406
  Third Trimester  407
    Labor and Delivery of the Neonate  407

Miscarriage and Stillbirth  408
At-Risk Newborns  409
  Major Congenital Anomalies  409
  Prematurity and Low Birth Weight  413

Implications for Social Work Practice  416
Key Terms  417
Active Learning  417
Web Resources  418

11. Infancy and Toddlerhood  419
Debra J. Woody

Key Ideas  420

Case Study 11.1: Holly's Early Arrival  420
Case Study 11.2: Sarah's Teen Dad  421
Case Study 11.3: Overprotecting Henry  422
Healthy Development in Infants and Toddlers 423
  Physical Development 425
    Self-Regulation 426
    Sensory Abilities 427
    Reflexes 428
    Motor Skills 428
    The Growing Brain 431
  Cognitive Development 433
    Piaget's Stages of Cognitive Development 433
    Pre-Language Skills 436
  Socio-emotional Development 436
    Erikson's Theory of Psychosocial Development 437
    Emotional Control 438
    Temperament 439
    Attachment 441
  The Role of Play 445
Developmental Disruptions 447
  Child Care Arrangements in Infancy and Toddlerhood 448
    Family Leave 448
    Paid Child Care 450
  Infants and Toddlers in the Multigenerational Family 450
    The Breastfeeding Versus Bottle Feeding Decision 451
    Postpartum Depression 452
Risks to Healthy Infant and Toddler Development 453
  Poverty 453
  Inadequate Caregiving 455
  Child Maltreatment 455
Protective Factors in Infancy and Toddlerhood 457
  Education 457
  Social Support 457
  Easy Temperament 458
  National and State Policies 458
Implications for Social Work Practice 458
Key Terms 459
Active Learning 459
Web Resources 459

12. Early Childhood 461
  Debra J. Woody and David Woody, III
  Key Ideas 462
  Case Study 12.1: Terri's Terrible Temper 462
  Case Study 12.2: Jack's Name Change 463
  Case Study 12.3: A New Role for Ron and Rosiland's Grandmother 464
Healthy Development in Early Childhood 464
  Physical Development in Early Childhood 465
  Cognitive and Language Development 468
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Piaget’s Stages of Cognitive Development</td>
<td>468</td>
</tr>
<tr>
<td>Language Skills</td>
<td>469</td>
</tr>
<tr>
<td>Moral Development</td>
<td>471</td>
</tr>
<tr>
<td>Understanding Moral Development</td>
<td>471</td>
</tr>
<tr>
<td>Helping Young Children to Develop Morally</td>
<td>473</td>
</tr>
<tr>
<td>Personality and Emotional Development</td>
<td>473</td>
</tr>
<tr>
<td>Erikson’s Theory of Psychosocial Development</td>
<td>473</td>
</tr>
<tr>
<td>Emotions</td>
<td>474</td>
</tr>
<tr>
<td>Aggression</td>
<td>475</td>
</tr>
<tr>
<td>Attachment</td>
<td>475</td>
</tr>
<tr>
<td>Social Development</td>
<td>476</td>
</tr>
<tr>
<td>Peer Relations</td>
<td>476</td>
</tr>
<tr>
<td>Self-Concept</td>
<td>476</td>
</tr>
<tr>
<td>Gender Identity and Sexual Interests</td>
<td>477</td>
</tr>
<tr>
<td>Racial and Ethnic Identity</td>
<td>479</td>
</tr>
<tr>
<td>The Role of Play</td>
<td>480</td>
</tr>
<tr>
<td>Play as an Opportunity to Explore Reality</td>
<td>482</td>
</tr>
<tr>
<td>Play's Contribution to Cognitive Development</td>
<td>482</td>
</tr>
<tr>
<td>Play as an Opportunity to Gain Control</td>
<td>483</td>
</tr>
<tr>
<td>Play as a Shared Experience</td>
<td>483</td>
</tr>
<tr>
<td>Play as the Route to Attachment to Fathers</td>
<td>484</td>
</tr>
<tr>
<td>Developmental Disruptions</td>
<td>484</td>
</tr>
<tr>
<td>Early Childhood Education</td>
<td>486</td>
</tr>
<tr>
<td>Early Childhood in the Multigenerational Family</td>
<td>487</td>
</tr>
<tr>
<td>Risks to Healthy Development in Early Childhood</td>
<td>489</td>
</tr>
<tr>
<td>Poverty</td>
<td>489</td>
</tr>
<tr>
<td>Homelessness</td>
<td>489</td>
</tr>
<tr>
<td>Ineffective Discipline</td>
<td>490</td>
</tr>
<tr>
<td>Divorce</td>
<td>493</td>
</tr>
<tr>
<td>Violence</td>
<td>494</td>
</tr>
<tr>
<td>Community Violence</td>
<td>494</td>
</tr>
<tr>
<td>Domestic Violence</td>
<td>495</td>
</tr>
<tr>
<td>Child Maltreatment</td>
<td>496</td>
</tr>
<tr>
<td>Protective Factors in Early Childhood</td>
<td>498</td>
</tr>
<tr>
<td>Implications for Social Work Practice</td>
<td>499</td>
</tr>
<tr>
<td>Key Terms</td>
<td>499</td>
</tr>
<tr>
<td>Active Learning</td>
<td>499</td>
</tr>
<tr>
<td>Web Resources</td>
<td>500</td>
</tr>
</tbody>
</table>

13. Middle Childhood 501

Leanne W. Charlesworth, Jim Wood, and Pamela Viggiani

Key Ideas 502

Case Study 13.1: Anthony Bryant’s Impending Assessment 502

Case Study 13.2: Brianna Shaw’s New Self-Image 503

Case Study 13.3: Manuel Vega’s Difficult Transition 504

Historical Perspective on Middle Childhood 506
Middle Childhood in the Multigenerational Family 507
Development in Middle Childhood 507
  Physical Development 507
  Cognitive Development 510
  Cultural Identity Development 514
  Emotional Development 515
  Social Development 517
    The Peer Group 519
    Friendship and Intimacy 520
    Team Play 521
    Gender Identity and Gender Roles 521
  Spiritual Development 522
Middle Childhood and Formal Schooling 524
  Formal Schooling and Cognitive Development 525
  Formal Schooling and Diversity 526
  Formal Schooling: Home and School 527
  Formal Schooling: Schools Mirror Community 528
Special Challenges in Middle Childhood 532
  Poverty 532
  Family and Community Violence 535
  Mental and Physical Challenges 537
    Attention Deficit/Hyperactivity Disorders (ADHD) 538
    Autistic Spectrum Disorders 538
    Emotional/Behavioral Disorders 538
  Family Disruption 540
Risk Factors and Protective Factors in Middle Childhood 541
Implications for Social Work Practice 542
Key Terms 543
Active Learning 543
Web Resources 543

14. Adolescence 545
Susan Ainsley McCarter
Key Ideas 546
  Case Study 14.1: David's Coming Out Process 546
  Case Study 14.2: Carl's Struggle for Identity 547
  Case Study 14.3: Monica's Quest for Mastery 548
The Social Construction of Adolescence Across Time and Space 548
The Transition From Childhood to Adulthood 549
Biological Aspects of Adolescence 552
  Puberty 552
  The Adolescent Brain 553
  Nutrition, Exercise, and Sleep 554
Psychological Aspects of Adolescence 555
  Psychological Reactions to Biological Changes 556
  Changes in Cognition 557
Identity Development 558
  Theories of Self and Identity 558
  Gender Identity 560
  Identity and Ethnicity 561
Social Aspects of Adolescence 563
  Relationships With Family 563
  Relationships With Peers 564
  Romantic Relationships 565
  Relationships With Organizations, Communities, and Institutions 565
    School 565
    The Broader Community 567
    Work 568
    Leisure 568
    Cell Phones and the Internet 570
Adolescent Spirituality 572
Adolescent Sexuality 573
  Sexual Decision Making 574
  Sexual Orientation 576
  Pregnancy and Childbearing 577
  Sexually Transmitted Infections 578
Potential Challenges to Adolescent Development 580
  Substance Use and Abuse 580
  Juvenile Delinquency 581
  Bullying and Other School and Community Violence 582
  Dating Violence and Statutory Rape 583
  Poverty and Low Educational Attainment 584
  Obesity and Eating Disorders 584
  Depression and Suicide 585
Risk Factors and Protective Factors in Adolescence 586
Implications for Social Work Practice 587
Key Terms 588
Active Learning 588
Web Resources 589

15. Young and Middle Adulthood 591
Elizabeth D. Hutchison and Holly C. Matto
Key Ideas 592
Case Study 15.1: Scott Pukalski, Wanting to Work at 22 592
Case Study 15.2: Carla Aquino, Transitioning to Parenthood at 30 593
Case Study 15.3: Viktor Spiro, Assuming New Responsibilities as He Turns 40 594
Case Study 15.4: Phuong Le, Serving Family and Community at 57 595
The Meaning of Adulthood 597
Theoretical Approaches to Adulthood 598
  Jung’s Analytic Psychology 599
  Erikson’s Psychosocial Life Span Theory 599
  Levinson’s Theory of Seasons of Adulthood 601
  Arnett’s “Emerging” Adulthood 604