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| **Worldview assumptions and metatheoretical approaches** |

Complete the table below, identifying worldview beliefs, values, and assumptions to effectively distinguish between the models and noting any areas of congruence among them.

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|  | **Biological or medical models** | **Biopsychosocial models** | **Wellness models** | **Person–environment or systems models** |
| Ways of knowing  |  |  |  |  |
| Assumptions about human nature |  | * Interconnection of mind, body, social context
 |  |  |
| Definitions of health or wellbeing |  |  |  |  |
| Assumptions about how problems develop |  |  |  |  |
| Nature of therapeutic goals | * Curing the person
 |  |  |  |
| Assumptions about causation (i.e., locus of control or responsibility)  |  |  |  | * Some problems are contextual/ systemic
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| Assumptions about change (i.e., locus of change or intervention) |  |  | * Prevention, health promotion
 |  |
| Nature of change processes |  |  |  |  |