|  |
| --- |
| **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.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **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 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Assumptions about change (i.e., locus of change or intervention) |  |  | * Prevention, health promotion |  |
| Nature of change processes |  |  |  |  |