

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		<ul style="list-style-type: none"> • Interconnection of mind, body, social context 		
Definitions of health or wellbeing				
Assumptions about how problems develop				

Nature of therapeutic goals	<ul style="list-style-type: none">• Curing the person			
Assumptions about causation (i.e., locus of control or responsibility)				<ul style="list-style-type: none">• Some problems are contextual/ systemic

Assumptions about change (i.e., locus of change or intervention)			<ul style="list-style-type: none"> • Prevention, health promotion 	
Nature of change processes				