Chapter 1 Social work knowledge, theory and practice

Useful websites and resources

[Australian Association of Social Workers (AASW)](http://www.aasw.asn.au/)

The AASW is the professional organisation of social workers in Australia. Membership is open to those with an AASW-approved social work qualification, or students enrolled in an AASW-accredited Bachelor of Social Work (BSW) or Master of Social Work (MSW) (qualifying). Members can access discounted professional development opportunities, student resources, written guides, free advice, and other online resources.

[Humansolutions](https://humansolutions.org.uk/)

Humansolutions is an online depository of articles, e-learning resources and other resources for professionals across diverse practice settings. Topics include social work practice; reflective practices; stress; loss, grief and trauma; equality, diversity and inclusion; and wellness and wellbeing.

Online readings

[‘Theories Used in Social Work’ – Social Work Guide](http://www.socialworkguide.org/resources/theories-used-in-social-work)

This brief guide introduces the theories and practice models that social workers commonly utilise in their clinical practice. It includes: a discussion of why theory is important to social work; a brief description of common social work theories and practice models; and how they apply to clinical practice. Some of these theories and models will be further explored in the upcoming chapters.

[‘Critical reflection: how to develop it in your practice’ – Alice Blackwell, Community Care](https://www.communitycare.co.uk/2019/11/19/critical-reflection-develop-practice/)

This article published by Community Care UK provides a foundational explanation of critical reflection and its importance in social work practice. It includes a short video which introduces the Weather Model, a four-stage model for critical reflection, as well as a brief exercise which prompts you to apply the Weather Model to reflect on a workplace experience. It also briefly discusses some organisational and personal barriers to critical reflection that social workers may face in their practice.

Multimedia link

[What is the difference between a theory, model, method and approach in social work? – Siobhan Maclean](https://www.youtube.com/watch?v=nE1rKczA2kk) [YouTube]

In this video Siobhan Maclean, an experienced social worker, educator and author, explains the difference between a theory, model, method and approach; how the four concepts link together; and how they inform and shape social work practice.