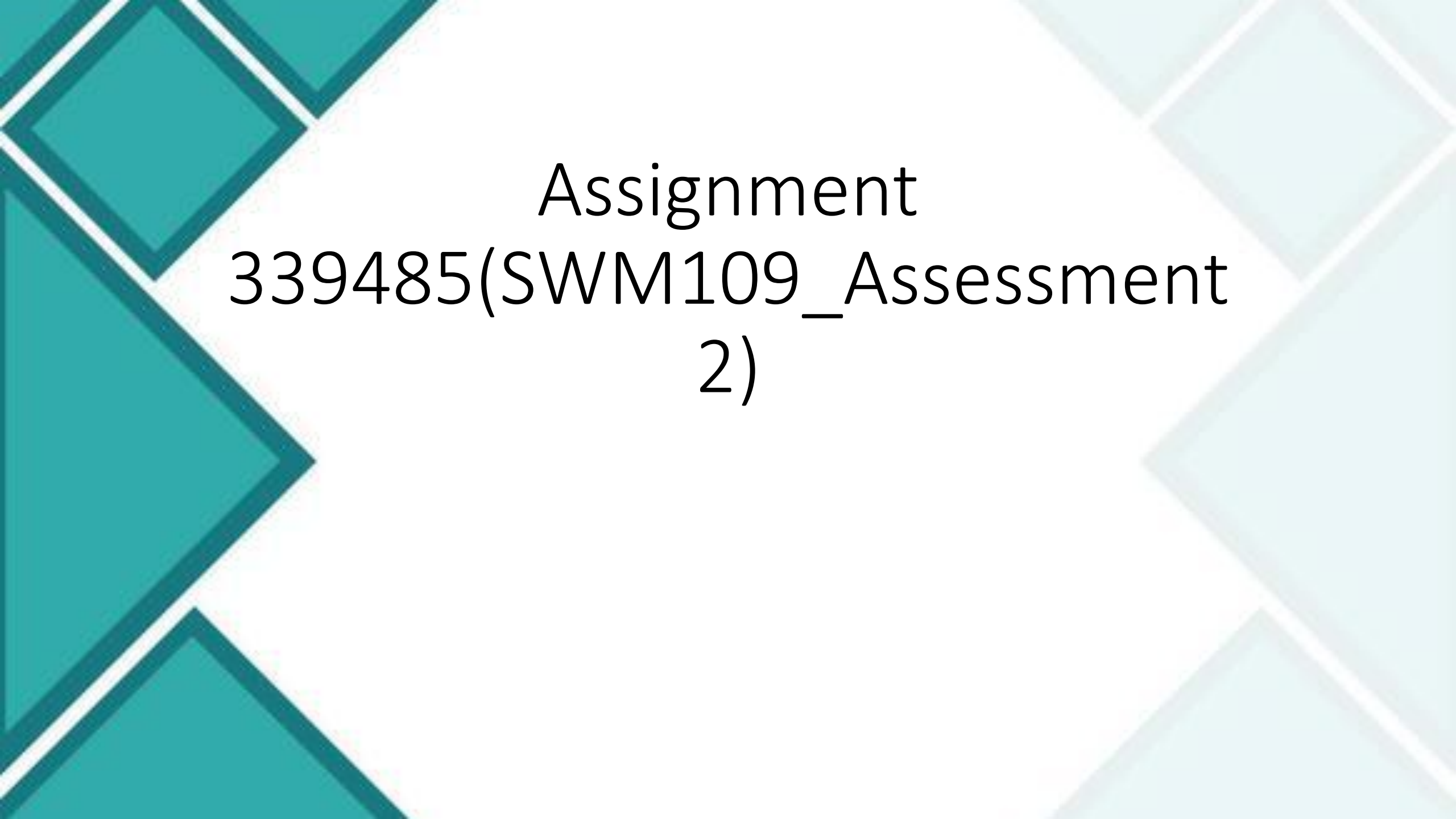




Assignment 339485(SWM109_Assessment 2)

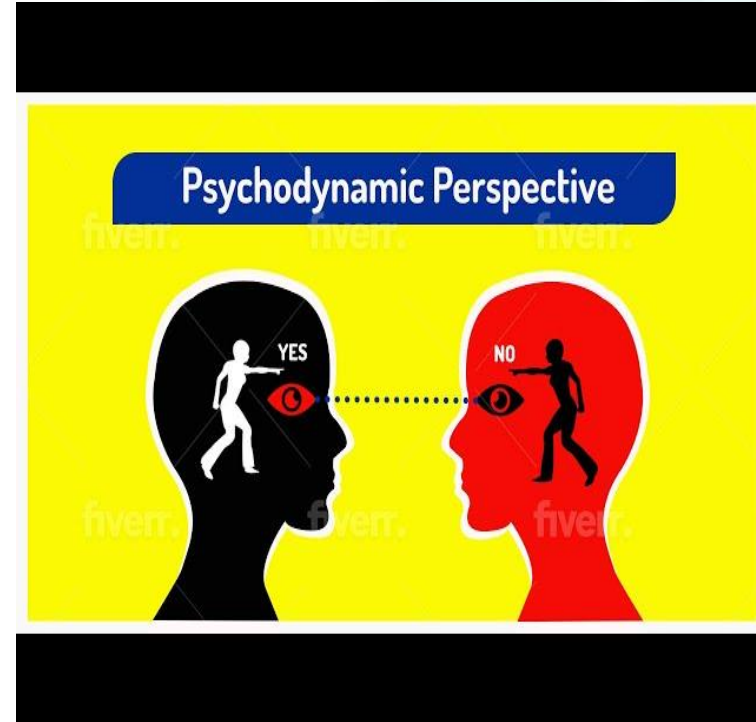
A brief description of a reallife experience.

- One of the students became withdrawn and uncooperative
- Begun to avoid meetings
- Student suffering from stress
- Caused by the overwhelming academic expectations
- How inconspicuous psychological factors can impact behaviour



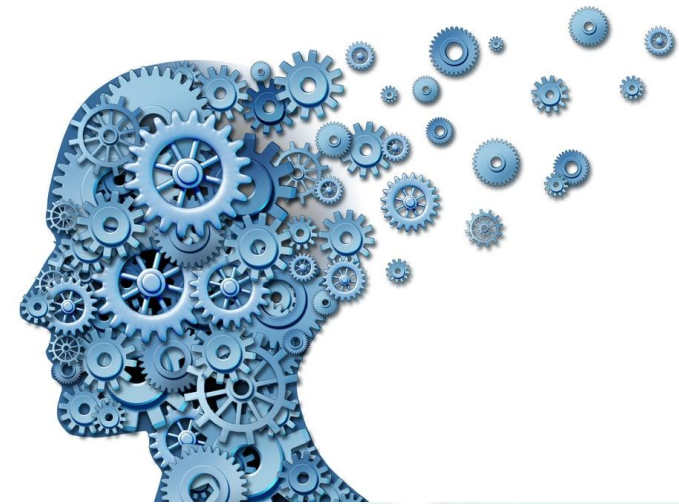
Connection to psychodynamic theory of psychology

- Individual's withdrawal can be understood as a defense mechanism
- Theory provides an indication that the behavior is influenced by the unconscious processes
- Come across fear of failure
- Inclined to the adoption of avoidance as coping strategy
- Behaviour cannot be considered as a conscious selection



Connection to cognitive psychology

- Behaviour is shaped by thoughts and interpretations
- Student might have established negative notion
- Me and other group members created cognitive biases
- Behaviour was caused by personality attributes of laziness
- Cognitive psychology implies significance of perceptions in influencing behaviour



A short explanation of how these insights relate to Social Work practice

- Theories is important because the client's behavior is often driven by underlying psychological causes
- Provides the scope of gaining insight beyond the surface level behavior
- Exploration of emotional history
- Promoting empathy and reducing judgement
- Guides the social work practitioner to look for underlying causes



Key takeaways or what you learned

- Behaviour seldom lacks relation to any intrinsic factor
- The actions of individual shaped by:
 - Hidden emotions
 - Internal thought process
- Importance of empathy and avoiding preconceived notions
- Becoming reflective and open minded

Reference List

- McLeod, S. (2025). Psychodynamic Approach In Psychology. Retrieved from <https://www.simplypsychology.org/psychodynamic.html>
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- Karpetis, G. (2018). Psychodynamic clinical social work practice with parents in child and adolescent mental health services: A case study on the role of the father. *Journal of Social Work Practice*, 24(2), 155-170. <https://doi.org/10.1080/02650531003741629>