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Counseling theories are extremely important to counseling professionals. Although master's programs in counseling include courses on counseling theories, they may fail to explain why theory is important. This series of posts will begin with a explanation of the importance of theory, followed by posts on

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Because human behavior is complex and the social work profession is broad, numerous theories are utilized for social work practice at the micro-meso-macro levels. These theories focus on human growth and development, psychological and social functioning, and social service delivery. Some theories emphasize social and economic justice.

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