

Evidence-Based Practice Perspectives

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Evidence-based Practice (EBP) refers to an approach whose primary objective is to improve the scientific quality evidence within research, and it can be translated into decisions that are practical to improve people's health. It revolves around various disorders that have become the central influence in providing services that relate to psychotherapy. To look into the various perspectives of EBP, one has to consider the various approaches towards evidence, functionalist perspective, conflict, and interactionist paradigm.

Approaches Towards Evidence

One of them includes the critical realist as well as the realist method. Realism involves the view in which people perceive different objects which exist and are naturally independent within one's mind. The idea of objects existing independently within the mind is essential for the judgment to be considered true. The other approach is the social realist and construction approaches which is the perspective in which an idea is regarded as authentic simply if the individual believes it to be true. Pragmatic approaches, on the other hand, is a method that entails combining various methods if the approach choice is primarily based on the research purpose rather than on assumptions.

Functionalist perspective

Functionalist paradigm/ perspective perceives the community to be stable and also describes every mechanism which maintains stability within the society. Functionalism claims that the structure of society is responsible for every instability and stability. Also, the structure of the society strives to continuously attempts to maintain an equilibrium within society. It is a paradigm which describes processes carried out in a large scale system within the society and focuses less on behaviors among individuals.

Interactionist Paradigm

Interactionist symbolism describes the community as small groups of people that interact based on the different ways in which people get to interpret their cultural symbols including non-verbal, written and spoken language. People's behaviors among others (their interaction) result from an understanding that is shared through understanding cultural symbols. It is a paradigm which describes the various small scale processes as well as social systems and is mainly interested in behaviors among other people.

Conflict Paradigm

It is a perspective that explains sexism, ageism, racism, socioeconomic inequality, etc. It elaborates on the various inequalities which are within every society globally. Conflict is specifically centered on the existing inequalities that are found on the premise of the ethnicity, race, religion, age and even disability or ability. Each society is said to be plagued by the inequalities based on the social differences that exist within different groups within the community.