

8 Elements of Thought

Purpose

- Your purpose is your goal, your objective, what you are trying to accomplish.
- Why is this case study (treatment plan) being developed?

Key Question

- Whenever you reason through something, you are trying to answer some question or address some problem (s).
- What is the problem being presented or addressed?

Information

- Information includes the facts, data evidence, or experiences used to figure things out.
- What information do I need to answer the question?
- What information do I have and what information do I not have, but need?

Concepts

- Concepts are ideas, theories, laws, principles, or hypothesis used in thinking to make sense of things.
- What concepts will I use to correct the problem?
- What information do I need to apply to correct the problem?

Assumptions

- Assumptions are beliefs one takes for granted.
- Assumptions need to be clear and justified by sound evidence.
- What am I taking for granted?
- Am I assuming something I shouldn't?
- What assumption is leading me to this conclusion?

Implications and Consequences

- Implications are claims or truths that logically follow from other claims or truths.
- Implications follow from thoughts.
- Consequences follow from actions.
- What are the implications of my proposed solution?
- If I decide to do/not do "X", what might happen?
- What is likely to happen if I did this versus that?

Point of View

- To reason through something, you do so with some point of view.
- "The place" from which you view something.
- It includes what you are looking at and the way you are seeing it.
- What is your point of view?
- What other points of view should be considered in reasoning through the problem?

Interpretations and Conclusions

- What are the judgments that will allow me to know if I've been successful?
- Trace the implications and consequences that follow from your reasoning.
- Search for negative as well as positive implications.
- Consider all possible consequences