

Educational Philosophy

Brickman’s Models of Helping

Self responsible for the problem	Self responsible for the solution	
	High	Low
High	Moral Model (needs motivation)	Enlightenment model (needs discipline)
Low	Compensatory model (needs power)	Medical model (needs treatment)

Moral model: individuals have full responsibility for having created the problem and also for solving the problem. They are considered to have a high level of personal control to solve the problem. They need motivation.

Enlightenment model: individual recognize and accept their lifestyle and health behaviors have led to problematic consequences (e.g., weight gain) and feel they cannot do much about it. They need to be enlightened and have discipline from an outside force. An example is Overeaters Anonymous.

Compensatory model: individuals are not blamed for their current conditions or problems because the problems are not of their own making, rather they result from the failure of the social environment to provide them with goods and services to which they are entitled (e.g., access to nutritious food). They need power to mobilize resources to change their social environment.

Medical model: individuals did not cause the problem nor are they responsible for the solution. They are in need of treatment such as medication or drugs.

Data from Brickman, P, VC Rabinowitz, J Karuza, D Coates, E Cohn and L Kidder. 1982. Models of Helping and coping. *American Psychologist* 37:368-84.

Contento IR and Koch PA, *Nutrition Education: Linking Research, Theory and Practice*. 4th Edition. Jones and Bartlett Learning, 2021, page 281