**Introduction**

Praxis is the process by which a lesson, skill or the theory is enacted or realized. In simple words, it could be said that it is the act of engaging, exercising, applying, realizing or practicing the ideas. In all the fields, there are some specific exercises or the practices that are taught to the individuals. All the fields and the profession have some of the practices that are emphasized on so that the basic requirements of the profession of the field could be fulfilled. Practicing the current skills or process that are being suggested or referred is the key of success or distinction in any field (Koni et al, 2019). Practices the certain recommended ideas is the element demanded that makes a difference. Praxis plays a key role in all the fields as it is the element that makes one perfect in the task being handed over. Praxis is important as it polishes the skills of people and makes them perfect with time. The more one would be practicing a lesson or the skill the more one would deliver best performance that is expected. Praxis is the only thing that would one stands out and excel. Praxis would make one expert and it is the only thing that would empowered one with a sense of confidence. Praxis is important as it is the practical application of the skills and practices being taught. Praxis helps in moving from general to practical and no prior knowledge or the practical implication makes one realize of the potential one has (O’Sullivan et al, 2019). Like practiced in all professions and careers, praxis also plays an important role for in making the social worker research expert in his/her field. Social worker researcher informs about the professional practice and estimates the needs as well as resources that people lack in their environment. Particularly taking about the social worker researchers, it could be witnessed that it is the practice of the skills or the ideas that enables the researchers to know more details how to plan strategies and policies. Praxis plays a key role that enables the social worker researcher to analyze the relevant topics of the interest and use the required information in the practice (Hassan et al, 2019). More accurate reports could be made by social worker researchers if they could be practical practicing a lesson or the theory. When the social worker researchers, would engage themselves in practicing the ideas, they would become more familiar with individuals, families groups and communities for whom he/she would be putting efforts for enhancing overall well-being and social functioning (Morley et al, 2019). More a social worker researcher would practice and develop his/her skills; more he/she would have perform the duties at its best.

**Discussion**

In the social work practice, being a social worker, what I experience is that people are oppressed because of their race, moreover there are other factors as well due to which they are oppressed in different walks of life specially while working in organizations. In social work practice there have been witnessed practical implementation of the different theories. In case of the cross cultural social work practice, social workers get a lot to learn and observed the ways in which interpersonal skills and understanding is developed (Joseph & Macgowan, 2019). It is important to be familiarized with few social work practice theories, as these theories play a key role for understanding social environment and human behavior that is an essential thing to learn for the social workers as it helps in the conceptual screen to identify relevant information.

“Psychosocial theory” is one of the theories used in social work practice. This theory was influenced by the work of Sigmund Freud and in this social work practice theory focus is on then ways through which individuals are being shaped and they respond to their social environment. As per Erikson, when a person comes in contact with social crises individual sense of self evolves and grows. It is the social crises that forces one to adapt as per the circumstances (Weenink & Spaargaren, 2019). Social, crises includes trust versus mistrust that most occurs at childhood and shows how a person start trusting after analyzing them. It is the social crises that informs how one sees himself/herself. Crises are the driving forces that teach one who to respond/react to situations, world and people. It won’t be wrong to say that crises are the “maturation timetable that could be used by social workers for informing how they treat their clients, what services are being provided to their clients and how one clients is different from other.

Learning and implementing psychosocial theory while performing social work practices I pay more attention to the behavior of client so that I could decide how to treat him/her. By judging the what sort of social environment they have faced, I make up my mind how to treat each of my clients as social conditions are not alike so I have to deal every individual by keeping in mind what sort of crises one may have went through (Strengers et al, 2019). I have experienced this thing that those who faced more crises in their lives becomes bitter and respond negatively most of the time. Psychosocial theory, helps me in inform about the client that why do they react in certain way. It is the experience or the crises that shapes up the personality of an individual so being a social worker or social work research one must try to track their social environment in a certain manner.

“Psychodynamic theory” is another important theory in used in the social work practice. Central focus of this theory is to understand reasons why people behave in particular way. It is important to not mix it this theory with behavioral psychology that determines causal relationships between one’s behavior and his/her environment seeking help of scientific methods. Psychodynamic mainly focuses on one’s inner world that is divided into ego, superego and identity. Identity drives to seek pleasure by avoiding factors that cause pain (Maller, 2019). Superego is linked with social expectations that what social expects become important for their certain behavior. It is the ego that tries to find realistic and logical ways for finding pleasure and avoiding pain. Identity and superego are part of unconscious mind while ego is the part of conscious mind. Anxiety causes a person to develop better defense system which would help him/her in better responding against the stress or inner conflict.

Social identity formation is an individual’s sense of knowing who he/she is and group membership is the central element that makes them aware of their social identity. According to Tajfel (1979) group from which a person belongs to such as family, social class and cricket team etc... There are different social groups that are responsible for my social identity formation. I belonged to a upper middle class social background and a noble family so dignity, honesty, nobility are few the elements of social identity formation and being part of the social work practice is main source of pride and self-esteem for me (Alessi & Kahn, 2019). Though there are different elements that helps in the formation of social identity, but my social identity is formed mainly because of social work practice.

Social work practice is the practical and professional application of the social work principles, techniques and values. My social work practices involves counselling, helping services for obtaining tangible services, financial help to different families and social groups for helping communities and groups so that they could have better life than they were living. Core values that I found important for my social work practice includes service, social justice, dignity, integrity, competence and focusing on centrality of human relations. I work in collaboration with different social work organizations and gather the data and experience that helps as a social work researcher (Kornbluh et al, 2019). I get a chance of observing lives of people very closely and tries to understand and concentrate upon the life of different social groups whom we provide assistance by considering all the factors (familial, environmental, social and financial)

“Transpersonal theory” is also a theory being used in the social work practice. Performing my social work practices I prefer to used it after tracking the reasons of certain responses of people against social environment. Transpersonal theory emphasis on aspiration that could be useful in a social worker’s toolkit and helps in healing. Being a social work researchers and worker I use positive influences and energies (self-confidence and positive approach towards anything) by avoiding the diseased human psyche and defense. This helps me in determining and realizing the human potential (Dunn, 2019). Personally, I experienced that people need someone to set an example for them so that they could follow. I have observed that social communities that need assistance of social workers wants to develop stronger ego identities as they grow older. Social work practices focus on aspiring different social group so that they could develop good habits.

For social work practice, having positive attitude is very important. For healing others, it is essential that one set example for them by competing with the hardships of life. For social work practice and inspiriting social communities, both personal experience as well as positive influence is of central importance. The ability to influence positively and heal the suffering of others has the central place in social work practice.

For critically evaluating the link of theory to practice and practice to theory, Transpersonal theory (mentioned in detail above) has been used. In social work, one of the most effective theory for me is transpersonal theory that helps in explaining how the clients/social communities should be treated after so that there hardships could be minimized. Transpersonal theory was proposed by Carl Jung, William James and Abraham Maslow, in 1960s so that they could study the mind-bot relation, consciousness and spiritual development of an individual with time, who faces crises in life. This theory mainly studies human development and growth from a perspective that delves deeper into the inner soul of people.

Transpersonal theory helps in explaining the ways in which people who need the social work services could be healed by using different tools and tactics. Transpersonal theory presents different in indicators of the human development and growth. One of the example that I have seen in my social work practice is that people who suffers a lot in the early years of their life they become mature before the actual age of maturity. They grow spiritually more than the rest who are less likely to be the victim of the social conditions and crises.

Second indictors of the damage to the inner of people due to which they become more spiritual and considers the social practices as a help from some divine source. In my interaction with my clients who are blacks and are oppressed specially at the workplace. A study of the client of racial minority who are aided with service of psychological counseling’s, provided in Australia also showed that people who are mistreated have lasting effects on the soul and mind. This social service was important was for as it broadens my views about the social work practice that saving people from psychological traumas and torture is also a form of social work.

Third indicator that is revealed by transpersonal theory is that when people are oppressed due to their language, color, culture, race and nationality, they grow earlier beyond their adult ego which involves their hash experiences of connectedness with phenomenon of being considered outside the threshold of ego. Transpersonal their helps in the social workers and clinicians by optimizing treatment

**Conclusion**

Praxis is the process by which a lesson, skill or the theory is enacted or realized. In simple words, it could be said that it is the act of engaging, exercising, applying, realizing or practicing the ideas. In all the fields, there are some specific exercises or the practices that are taught to the individuals. All the fields and the profession have some of the practices that are emphasized on so that the basic requirements of the profession of the field could be fulfilled. Practicing the current skills or process that are being suggested or referred is the key of success or distinction in any field (Koni et al, 2019). Practices the certain recommended ideas is the element demanded that makes a difference. Praxis plays a key role in all the fields as it is the element that makes one perfect in the task being handed over. Praxis is important as it polishes the skills of people and makes them perfect with time. The more one would be practicing a lesson or the skill the more one would deliver best performance that is expected. Praxis is the only thing that would one stands out and excel. Praxis would make one expert and it is the only thing that would empowered one with a sense of confidence.

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