

**THE UNIVERSITY OF TENNESSEE
COLLEGE OF SOCIAL WORK**

**SW 521 Clinical Social Work Practice with Individuals
Course Outline
Fall Semester 2003**

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Tuesday, 9:05 - 12:05
Thursday, 3:35 - 6:35

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Course Outline

- I. Introduction
 - A. Overview
 - B. The Nature of Clinical Practice
 - 1. Ecological orientation
 - 2. Feminist orientation
 - 3. Empirical and Heuristic issues
 - 4. Ethical Issues
- II. Theoretical Models
 - A. Psychosocial
 - B. Cognitive
 - C. Integrative perspectives
- III. The Relationship in Treatment
 - A. Professional use of self
 - B. Understanding process
 - C. Diversity and Cultural Competence
- IV. Making Decisions: The Therapeutic Process
 - A. Initial Phase
 - 1. Assessment
 - 2. Goal setting and treatment planning
 - B. Ongoing Phase
 - 1. Interventions: principles and techniques
 - 2. Factors of race, gender, ethnicity
 - 3. Other considerations: biological treatment
 - C. Ending phase
 - 1. Evaluation
 - 2. Termination
- V. Brief Therapies
- VI. Clinical Practice
 - A. Depression
 - B. Anxiety
 - C. Treatment of Borderline and other Personality Disorders
 - D. Treatment of Persistently and Chronically Mentally Ill: Therapeutic Case Management
- VII. Evaluation
- VIII. Prevention and Review
- IX. Final Examination: TBA

Course Requirements

Readings

Basic texts have been selected and readings are listed in the bibliography. In addition to assigned articles, students are encouraged to read from the recommended selections and independently from the professional journals.

Participation

Students are expected to participate in class discussions. Class exercises will use cases to identify treatment implications and address ethical dilemmas encountered in clinical practice.

Assignments and Evaluation

The course grade will be based on two papers and a final examination. The first paper will examine a clinical practice model. The final paper will focus on developing an assessment and treatment plan using a case from field. The guidelines and dates for the papers are outlined in a separate handout. The final examination will be comprehensive.

The course grade will be computed as follows:

Mid-term paper	40%
Final paper	30%
Examination	30%

The grading scale is:

A	90–100	C	70–75
B+	86–89	D	60–69
B	80–85	F	60 or below
C+	76–79		

Texts

Required

- Beck, Judith S. (1995). Cognitive Therapy: Basics and Beyond. New York: Guilford Press.
- Woods, Mary E. and Hollis, Florence (2000). Casework: A Psychosocial Therapy. 5th edition. New York: McGraw-Hill.

Supplemental

- Germain, Carel B. and Gitterman, Alex (1996). The Life Model of Social Work Practice. New York: Columbia University Press.
- Goldstein, Eda G. (1995). Ego Psychology and Social Work Practice. New York: The Free Press.

August 21, 2003 - Thursday section

August 26, 2003- Tuesday section

I. Introduction

A. Overview

August 28, 2003 - Thursday section

September 2, 2003 - Tuesday section

B. The Nature of Clinical Practice

- Atkinson, L. (Yes) and Kunkel, O.D. (No) (1992). "Should Social Workers participate in treatment only if the client consents to such treatment freely and without coercion?" in E. Gambill and R. Pruger (eds.) Controversial Issues in Social Work. Boston; Allyn & Bacon, 157-172.
- Gelman, Sheldon R., Pollack, David and Weiner, Adele (1999). "Confidentiality of social work records in the computer age" Social Work, 44(3) 243-252.
- Germain and Gitterman. "The nature of clinical practice." The Life Model of Social Work Practice, 1-59.
- Gibelman, Margaret (1999). "The search for identity: Defining social work-past, present, future" Social Work, 44(4) 298-310.
- Goldstein. Ego Psychology and Social Work Practice, 3-52.
- Hooks, B. (1984). Black women: Shaping feminist theory. Feminist theory form margin to center. Boston; South End Press.
- Mallon, G.P. (1999). Knowledge for practice with transgendered persons. In G.P. Mallon (Ed.), Social services with transgendered youth (pp. 1-18). New York: Harrington Park Press.
- Nes, J. and Iadicola, P. (1989). Toward a definition of feminist Social Work: A comparison of liberal, radical, and socialist models. Social Work, Jan., 12-21
- Saleebey, Dennis (1996). "The strengths perspective in social work practice: Extensions and cautions." Social Work 41(3), 296-305.
- Woods and Hollis. Casework: A Psychosocial Therapy, pp 3-34.
- Yalom, Itvin (2002). The Gift of Therapy: AN Open Letter to a New Generation of Therapists and their Patients. New York: Harper Collins.

September 4, 2003 - Thursday section

September 9, 2003 - Tuesday section

II. Theoretical Models

A. Psychosocial

- Goldstein. Ego Psychology and Social Work Practice, 53-142.
- Woods and Hollis. Casework: A Psychosocial Therapy, 3-112

September 11, 2003- Thursday section

September 16, 2003 - Tuesday section

B. Cognitive

Beck, Judith (1995). Cognitive Therapy, 1-12.

Freeman, Arthur; Pretzer, James; Fleming, Barbara; and Simon, Karen (1990). Clinical Applications of Cognitive Therapy. New York: Plenum Press, 3-26.

September 18, 2003- Thursday section

September 23, 2003 - Tuesday section

III. The Relationship in Treatment

Allen-Mears, Paula and Burman, Sandra (1999). Cross-cultural therapeutic relationships: entering the world of African Americans. Journal of Social Work Practice. 13 (1) 49-57

Caple, F.S., Sacido, R.M. & Di Cecco, J. (1995). Engaging effectively with culturally diverse families and children. Social Work in Education, 17, 159-170.

Coady, Nick F. (1993). "The worker-client relationship revisited." Families in Society: The Journal of Contemporary Human Services 74, 291-300.

Goldstein, Ego Psychology and Social Work Practice, 200-229

Hess, P.M. & Hess, H.J. (1998). Values and ethics in social work practice with lesbian and gay persons. In G.P. Mallon (Ed.), Foundations of Social Work Practice with Lesbian and Gay Persons. New York: Harrington Park Press. pp 31-46.

Proctor, Enola K. And Davis, Larry E. (1994). "The challenge of racial difference: Skills for clinical practice." Social Work 39, 14-323.

Robinson, Jeanne B. (1989). "Clinical treatment of black families: Issues and strategies." Social Work 34, 323-329.

Swann, S. and Herbert, S.E. (1999). Ethical issues in the mental health treatment of gender dysphoric adolescents. In G.P. Mallon (Ed.), Social services with transgendered youth (pp.19-34). New York: Harrington Park Press.

Woods and Hollis. Casework: A Psychosocial Therapy, 201-229.

September 25, 2003 - Thursday section

September 30, 2003 - Tuesday section

IV. Making Decisions: Therapeutic Process

Goldstein, Ego Psychology and Social Work Practice, pp. 166-199.

Edwards, Jana K. and Bess, Jennifer M. (1998). Developing effectiveness in the therapeutic use of self. Clinical Social Work Journal. 26 (1) 89-105.

Paulino, A. & Burgos-Servedio, J. (1997). Working with immigrant families in transition. In E.P. Congress (Ed.), Multicultural Perspectives in Working with Families. New York: Springer. pp. 125-141.

Smith, A. (1997). Cultural diversity and the coming-out process: Implications for Clinical Practice. In Beverly Green (Ed). Ethnic and Cultural Diversity Among Lesbians and Gay Men. 279-300. Thousand Oaks, CA: Sage.

Truant, G.S., and Lohrenz, J.G. (1993). "Basic principals of psychotherapy. I. Introduction, basic goals and the therapeutic relationship; II. The patient model, interventions and countertransference." American Journal of Psychotherapy. 47, 8-32.

Woods and Hollis. Casework: A Psychosocial Therapy. 267-292.

October 2, 2003 - Thursday section

October 7, 2003 - Tuesday section

A. Initial Phase

1. Assessment

Ambert, A.M. (1998). Systemic Causes of Poverty. The Web of Poverty: Psychosocial Perspectives. Haworth, 23-40.

- Atwood, N.C. (2001). Gender bias in families and its clinical implications for women. Social Work, 46, 23-35.
- Beck, Cognitive Therapy, 13-24.
- Brown, Laura S. (1995). "Lesbian identities: Concepts and issues" in Anthony R. D'Augelli and Charlotte J. Patterson (Eds). Lesbian, Gay, and Bisexual Identities over the Life Span. New York: Oxford U. Press. 2-23.
- Congress, E.P. (1997). Using the culturagram to assess and empower culturally diverse families" in E.P. Congress (Ed.) Multicultural Perspectives in Working with Families: New York: Springer, 3-16.
- DeJong, Peter and Miller, Scott D. (1995). "How to interview for client strengths." Social Work 40(6), 729-736.
- Goldstein, Ego, Psychology and Social Work Practice, pp. 143-164.
- Gonsiorek, John C. (1995). "Gay Male Identities: Concepts and issues, in Anthony R. D'Augelli and Charlotte J. Patterson (Eds). Lesbian, Gay, and Bisexual Identities over the Life Span. New York: Oxford U. Press. 24-47.
- Leedy, M.G. (1997). Effects of Client Gender and Diagnostic Label on Clinical Social Workers' Assessments. Arête, 21(2). 1-12.
- Lindhurst, T. (1997) Lesbians and Gay Men in the Country: Practice Implications for Rural Social Workers. In J.D. Smith & R.J. Mancoske (Eds.), *Rural gays and lesbians: Building on the strengths of communities* (pp. 1-11). Binghamton, NY: Harrington Park Press.
- Perry, Samuel; Cooper, Arnold M.; and Michaels, Robert (1987). "The psychodynamic formulation: Its purpose, structure, and clinical Application." American Journal of Psychiatry 144, 543-550.
- Perkins, K. & Tice, C. (1995). A Strengths Perspective in Practice: Older People and Mental Health Challenge. Journal of Gerontological Social Work. 23 (3/4) 83-97.
- Welfel, E.R. (1998). "The Ethics of Assessment: Using Fair Procedures in Responsible Ways." in *Ethics in Counseling and Psychotherapy*, Pacific Grove: Brooks/Cole, 215-243.
- Woods and Hollis. Casework: A Psychosocial Therapy, 230-270.

October 9, 2003 - Thursday section

October 14, 2003 - Tuesday section

2. Goal setting and treatment planning

Beck, J. Cognitive Therapy, 284-299.

Hepworth, Dean H., and Larsen, JoAnn (1993). Direct Social Work Practice. "Planning and implementing change oriented strategies." Belmont; Wadsworth.

Maxmen, Jerrold S. And Ward, Nicholas G., (1995). Essential Psychopathology and Its Treatment. New York: W.W. Norton & Co., 80-106.

Woods and Hollis. Casework: A Psychosocial Therapy, 325-344.

October 16, 2003 - Fall Break

October 21, 2003

Symposium for the Advancement of Family Therapy

October 23, 2003 - Thursday section

October 28, 2003 - Tuesday section

Treatment Procedures

Goldstein, Ego Psychology and Social Work Practice, 230-288.

Hancock, Kristin A. (1995). "Psychotherapy with lesbians and gay men." in Anthony R. D'Augelli and Charlotte J. Patterson (Eds). Lesbian, Gay, and Bisexual Identities over the Life Span. New York: Oxford U. Press. 398-432.

- Hill, R.B. (1998). Enhancing the resilience of African American families. *Journal of Human Behavior in the Social Environment*, 1, 49-61.
- Hartman, Ann and Laird, Joan (1998). Moral and ethical issues in working with lesbians and gay men. *E in S: The journal of Contemporary Human Services*. 79 (3) 263-276.
- Wright, Otha L. Jr. and Anderson, Joseph P. (1998). Clinical social work practice with urban African American families. *Families in Society: The Journal of Contemporary Human Services*. 79 (2) 197-205.
- Woods and Hollis. *Casework: A Psychosocial Therapy*, 113-228 and 345-366.

October 30, 2003 - Thursday section

November 4, 2003 - Tuesday section

Termination

- Anthony, Susan and Pagano, Gregory (1998). The therapeutic potential for growth during the termination process. *Clinical Social Work Journal*. 26 (3) 281-296.
- Beck, J. *Cognitive Therapy*, pp. 300-314.
- Woods and Hollis. *Casework: A Psychosocial Therapy*, 543-556.

November 6, 2003 - Thursday section

November 11, 2003 - Tuesday section

V. Psychopharmacology

- Bentley, K.J. and Walsh, J.F. (2001). "Basic Principles: Neurotransmission, Pharmacokinetics, and Pharmacodynamics" in *The Social Worker and Psychotropic Medication*. Belmont, C.A.: Brooks/Cole, 43-70.

November 13, 2003 - Thursday Section

November 18, 2003 - Tuesday Section

VI. Clinical Practice: Brief Therapies

A. Depression

- Beck, *Cognitive Therapy*, 25-192.
- Cornes, Cleon. "Interpersonal psychotherapy of depression (IPT)." Richard A. Wells and Vincent J. Giannetti (Eds) *Handbook of the Brief Psychotherapies*. New York: Plenum Press, 261-276.
- Freeman, et. al. *Clinical Applications of Cognitive Therapy*, 81-100.
- Wells, R. (1994) Short-term treatment: overview and evidence in. R. Wells (ed) *Planned Short-term Therapy* NY: Free Press. 1-20.
- Woods and Hollis. *Casework: A Psychosocial Therapy*, 513-542.

B. Anxiety

- Beck, *Cognitive Therapy*, pp.193-281.
- Freeman et. al. *Clinical Applications of Cognitive Therapy*, 119-154.

November 20, 2003 - Thursday section

November 25, 2003 - Tuesday section

C. Treatment of Borderline and Other Personality Disorders.

- Goldstein, *Ego, Psychology and Social Work*, pp.289-320.
- Freeman, et al. *Clinical Applications of Cognitive Therapy*, 181-202.

D. Treatment of Persistently and Chronically Mentally Ill.

- Harris, Maxine and Bergman, Helen (1987). "Case management with the chronically mentally ill: A clinical perspective." *American Journal of Orthopsychiatry* 57(2), 296-302.
- Intagliata, James (1982). "Improving the quality of community care for the chronically mentally disabled: The role of case management." *Schizophrenia Bulletin* 8, 655-674.

VII. Evaluation and Managed Care

Bloom, Martin, Fischer, Joel and Orme, John G. (1999). Evaluating Practice Chapter 1, “Integrating evaluation and practice: Introduction to single systems designs.” Boston: Allyn and Bacon 3-34

Blythe, Betty J. and Tripodi, Toney (1989). Measurement in Direct Social Work Practice Chapter 2 “Measurement” Newbury Park: Sage 27-52.

Cash, Kimberly. (1996) “Clinical practice evaluation” in Rachelle A. Dorfman. Clinical Social Work Practice. New York: Brunner/Mazel.133–143.

Greenley, James R.; Greenberg, Jan S. And Brown, Roger (1997). “Measuring quality of life: A new and practical survey instrument.” Social Work 42, 244-254.

VIII. Prevention and Review

November 27, 2003

Thanksgiving

IX. FINAL EXAMINATION

December 2, 2003 - Tuesday section

December 4, 2003 - Thursday section

SW 521: Bibliography

- Cipriano, L.A. (1991). Psychoanalytic perspectives on substance abuse: implications for treatment, program planning and social policy. Social Work in Health Care. 15(3): 9-46.
- DeShazer, Steve; Berg, Insoo Kim; Lipehik, Eve, Nunnally, Elam; Molnar, Ales, Gingerich, Wallace; and Weiner-Davis, Michele (1986). "Brief therapy: Focused solution development." Family Process 25(2), 207-221.
- Dorfman, Rachelle A. (1996). Clinical Social Work: Definition, Practice and Vision. New York: Brunner/Mazel. 1-40, 90-102
- Gilbar, O. (1991). Model for crisis intervention through group therapy for women with breast cancer. Clinical Social Work Journal. 19(3): 293-304.
- Kadushin, Goldie (1998). Adaptations of the traditional interview to the brief-treatment context. Families in Society: The Journal of Contemporary Human Services. 79 (4) 346-357.
- Lorber, J. (1994). Paradoxes of gender. New Haven: Yale University Press.
- Kaplan, Harold J.; Sadock, Benjamin J. And Grebb, Jack (1994). Synopsis of Psychiatry. Baltimore: Williams and Wilkins, 328-335.
- Lundy, M. (1993). Explicitness: the unspoken mandate in feminist social work. Affilia, 8, 184-199.
- Markowitz, Laura M. (1992). "Crossing the line." Family Therapy Networker 16, 24-31.
- McCarthy, B.W. (1998). Treatment of incest families: A cognitive-behavioral model. Journal of Sex Education & Therapy, 16(2), 101-114.
- Michelson, L., Marchione, K., Greenwald, M., Glanz, L., Testa, S., Marchione, N. (1990). Panic disorder: Cognitive-behavioral treatment. Behaviour Research and Therapy. 28(2): 141-52.
- Newhill, C.E. (1993). Short-term treatment of a severely suicidal Japanese American client with schizoaffective disorder. Families in Society, 74(8): 503-507.
- Peveler, R.C. & Fiarburn, C.G. (1989). Anorexia nervosa in association with diabetes mellitus—a cognitive-behavioral approach to treatment. Behaviour Research and Therapy. 27(1), 95-99.
- Reid, William. (1994). "The empirical practice movement." Social Service Review 68, 65-184.
- Reinecke, M., Dattilio, F., & Freeman, A (1996). Cognitive therapy with children and adolescents. New York: Guilford Press.
- Scharlach, A.E. (1985). Social group work with institutionalized elders: A task-centered approach. Social Work with Groups. 8(3): 33-47.
- Worrell, Judith, and Remer, Pam (1992). Feminist Perspectives in Therapy: An Empowerment Model for Women. "Gender and sex-role issues in counseling." New York: John Wiley & Sons, 3-25