

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

**SW521 - Clinical Social Work Practice with Individuals**  
Course Outline  
Fall 2005

**Instructor:** Dr. Bill Nugent  
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Thursday, 3:40 - 6:20  
Room 209 Henson Hall

**TEXTS**

Required:

Beck, J. (1995). Cognitive Therapy: Basics and Beyond. New York: Guilford.

Dumont, F., & Corsini, R. (2000). Six Therapists and One Client. Springer.

**Course Requirements and Grading:**

Class participation

There will be role plays and simulations that will be an important part of the learning process, so class attendance is mandatory.

Readings

There will be regular reading assignments given out by the course instructor. These will not only be in the required texts, but also in book chapters, journal articles, and other resources to be identified by the course instructor.

Assignments and Evaluation

The course grade will be based upon class participation, two in-class exams, a take home suicide risk assessment exam, and a paper. The first exam will be at approximately the mid-term point; the second in-class exam will be at the end of the term. The paper will be a simulated transcript of a clinical interview and will be described in detail in class.

The course grade will be computed as follows:

Exam one	30%
Exam two	30%
Suicide risk take-home exam	10%
Paper	20%
In-class participation	10%

The grading scale is:

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

## **Course Outline**

### I. Overview of Social Work Practice with Individuals

- Practice models
- Social Work values
- Ecological perspective
- Evidence based practice
- Iatrogenic outcomes
- Critical thinking
- The multi-problem nature of social work clients

### II. How practitioners err in their thinking

- Common errors of personal inquiry
- Common mental traps
- Avoiding these errors and traps
- Critical thinking in practice

### III. Theoretical approaches

- Cognitive-Behavioral
- Psychosocial
- Behavioral
- Psychodynamic
- Other models

#### IV. Cognitive-Behavioral Methods

Principles of CBT

Structure

The Cognitive Model

The relationship between client and social worker

Problems in the client-social worker relationship

Relationship building skills: active listening; summarizing statements; Socratic questioning

Assessment and measurement of client problems

Diagnostic decision making: False positives, false negatives, true positives

true negatives, sensitivity, specificity; the probabilistic nature  
of diagnosis

Suicide risk assessment

Treatment plans

Automatic thoughts

Distorted thinking

Challenging automatic thoughts

Identifying and modifying intermediate and core beliefs

The Cognitive-Behavioral treatment of depression

Cognitive-Behavioral approaches to other problems in psychosocial functioning

Cognitive-Behavioral treatment of anxiety disorders

#### V. Reframing as a general therapeutic technique

Content reframing

Context reframing

Structured reframing

Finesse reframing

Pacing

#### VI. Alternate approaches

Psychosocial approaches

Psychodynamic approaches

Behavioral approaches:

Classical conditioning; Operant conditioning;

Observational learning; Social Learning Theory

#### VII. Practice evaluation

Measurement of client problems

Single case designs

Other evaluation approaches

## Bibliography

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