

THE UNIVERSITY OF TENNESSEE
COLLEGE OF SOCIAL WORK

SW521 - Clinical Social Work Practice with Individuals

Course Outline

Fall 2006

Instructor: Dr. Bill Nugent
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Thursday, 3:35 - 6:35
Room 209 Henson Hall
Section 008

TEXTS

Required:

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

Greenberger, D., & Padesky, C. (1995). *Mind over mood: Change how you feel by changing the way you think*. New York: Guilford.

Course Requirements and Grading:

Class participation

There will be role plays, simulations, and experiential activities 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 online exams, a take home suicide risk assessment exam, weekly quizzes (online) over readings, and a paper. The first exam will be at approximately the mid-term point; the second class exam will be at the end of the term. The quizzes will cover reading assignments and lecture material, and will be weekly. 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	22%
Exam two	22%
Weekly quizzes (total)	22%
Suicide risk take-home exam	10%
Paper	20%
Class attendance/ participation	4%

100%

The grading scale is:

A	90 - 100
B+	86 - 89.99
B	80 - 85.99
C+	76 - 79.99
C	70 - 75.99
D	60 - 69.99
F	59.99 or below

Course Outline

I. Overview of Social Work Practice with Individuals

- Practice models
- Social Work values
- Biopsychosocial / ecological perspective
- Evidence based practice
- Iatrogenic outcomes
- Critical thinking
- The multi-problem nature of social work clients
- Role of discrimination, power differences, and other environmental factors

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 / Behavioral
- Psychosocial
- Client centered
- Psychodynamic

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
- Behavioral approaches:
 - Classical conditioning; Operant conditioning;
 - Observational learning; Social Learning Theory
- Cognitive-Behavioral therapy with minority and diverse populations

V. Reframing as a general therapeutic technique

- Frame expansion
- Content reframing
- Context reframing

VI. Alternate approaches to practice with individuals

- Psychosocial approaches
- Psychodynamic approaches
- Client centered approaches

VII. Practice evaluation

- Measurement of client problems
- Single case designs
- Other evaluation approaches

Bibliography

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