

**UNIVERSITY OF TENNESSEE
COLLEGE OF SOCIAL WORK**

SW521 - Clinical Social Work Practice with Individuals

Course Outline

Fall 2007

Thursday Class (Section 002)

Professor: Dr. R. Lyle Cooper
Contact: 256-1885, ext. 140
431-2125 (home)

Day: Thursdays, 9:00am-11:50
Office Hours: Tues. 12:30pm.-1:30pm
Thur. 12:30pm-1:30

Required Texts

Beck, A., T. (1987). *Cognitive therapy of depression*. New York: Guildford Press (paperback)

Goldstein, E, G. (1995). *Ego psychology and social work practice*. New York: the Free Press

COURSE REQUIREMENTS/GRADING

The course grade will be based on 4 online quizzes, a mid-term assignment, and a presentation/final paper. Students are expected to read the assigned articles/chapters thoughtfully and to come to class prepared to ask questions, make comments and add to the overall discussion. The guidelines for the presentation and paper are outlined in a separate hand-out. The description of the mid-term assignment is included at the end of this syllabus and may also be accessed via Blackboard. The course grade will be computed as follows:

| | |
|--------------------------|-----|
| Quizzes | 20% |
| Midterm assignment | 40% |
| Presentation/Final paper | 40% |

EVALUATION PROCEDURES AND GRADES

A (95-100) Outstanding/Superior. Exceptional performance. Consistently exceeds expectations.

B+ (90-94) Very Good. Student consistently meets, and occasionally exceeds, normal expectations for the course.

B (85-89) Good. Student consistently meets normal expectations for the course.

C+ (80-84) Average. There is unevenness in grasping course content. Student is inconsistent in meeting normal expectations

for the course.
C (70-76) Poor. There is lack of understanding of course content. Student does not meet course expectations.
F (69-Below) Very Poor. There is a lack of attendance or incomplete assignments. Course expectations are not met.

COURSE OUTLINE

WEEK #1 Introduction to the Course
8/23

WEEK #2 The nature of Social Work Practice - the relationship of theory to practice;
8/30 Feminist Theory; a feminist approach to practice

Readings: Walsh, J. (2006). Theories for direct social work practice. Chapter 1: Thinking About Theory, pp. 1-15. Chapter 2: A Social Work Perspective on Clinical Theory and Practice, pp. 16-27

Lundy, M. (1993). Explicitness: the unspoken mandate in feminist social work. *Affilia*, 8, 184-199.

Ximena, E. (2005). Gender Matters: Working With Adult Male Survivors of Trauma. *Journal-of-Counseling-and-Development*, 8(1): 29-40

Hooks, B. (1984). Black women: Shaping feminist theory. *Feminist theory from margin to center*. Boston; South End Press.

WEEK #3 Theoretical Models - Theoretical Models - Feminist Theory continued;
9/6 Introduction to Ego Psychology and the Psychodynamic Model (theoretical background, key concepts)

Video - *Feminist Therapy with Dr. Laura Brown*

Readings: Goldstein - chapters 3, 4 & 5

WEEK #4 Theoretical Models - Psychodynamic; key concepts continued;
9/13 worker/client relationship; assessment

Readings: Goldstein - chapters 7 & 9

WEEK #5 Theoretical Models - Psychodynamic; treatment techniques and
9/20 termination

Readings: Goldstein - chapter 8

Lawrence, L. (1992). "Till death do us part: The application of object relations theory to facilitate mourning in a young widows' group. *Social Work in Health Care*, 67-81

QUIZ #1

WEEK #6 Theoretical Models - Cognitive Therapy; the cognitive therapy model, principles of CT
9/27

Readings: Beck, A. (1979). *Cognitive Therapy of Depression* - Chapter 1

Freeman, et al. (1990). *Clinical applications of Cognitive Therapy*. NY: Plenum Press, pp.3-24.

Dia, D. (2001). Cognitive-behavioral therapy with a six-year-old boy with separation anxiety disorder: A case study. *Health & Social Work*, 26, 125-128.

WEEK #7 Cognitive Therapy - Worker-client relationship; structure of therapy; assessment
10/4

Readings: Beck, A. - chapters 3, 4, & 5

QUIZ # 2

WEEK #8 Theoretical Models - Cognitive Therapy; Techniques for intervention; termination and follow-up
10/11

Video - *Constructivist Cognitive-Behavioral Therapy*

Readings: Beck, A. - chapters 6, 7, and 8 (* if you have time, I also recommend reading chapter 12)

MIDTERM ASSIGNMENT DUE

WEEK #9 Theoretical Models - Brief Therapies overview, Crisis Intervention
10/18

Readings: Wells, R. (1994). Short-term treatment: Overview and evidence. In R. Wells (ed.). *Planned short-term therapy*. NY: Free Press, pp. 1-20.

Ell, K. (1996). Crisis theory and social work practice. In F. Turner (ed.). *Social Work Treatment*. New York: The Free Press, pp. 168-190.

Myer & Hanna. Working in hospital emergency departments: guidelines for crisis intervention workers. In A. Rhodes (ed). *Crisis Management & Brief Treatment: Theory, techniques, and applications.*, pp. 37-59. Chicago: Nelson-Hall

QUIZ # 3

WEEK #10 Theoretical Models - Brief Therapies continued (Motivational Interviewing)
10/25

Readings: Walsh, J. (2006). *Theories for Direct Social Work Practice*. Chapter 11: Motivational Interviewing, pp. 229-248

Miller & Rollnick (2002). *Motivational Interviewing: Preparing People for Change*. Chapter 4: What is Motivational Interviewing, pp. 33-42. Chapter 6: Phase 1: Building Motivation for Change, pp. 52-84.

WEEK #11 Motivational Interviewing Continued
11/1 Video – Motivational Interviewing, William Miller

Readings: Miller & Rollnick (2002). *Motivational Interviewing: Preparing People for Change*. Chapter 7: Responding to Change Talk, pp. 85-97. Chapter 8: Responding to Resistance, pp. 98-110.

QUIZ # 4

WEEK #12 Individual consultations for final presentations/papers
11/8

Week#13 Case Studies - Student Presentations
11/15 ****Final Papers Due**** - for those doing the final paper option

Week #14 Thanksgiving Week
11/24

Week #15 Case Studies - Student Presentations
11/29