

**UNIVERSITY OF TENNESSEE  
COLLEGE OF SOCIAL WORK**

**SW521 - Clinical Social Work Practice with Individuals**

Course Outline

Fall 2008

**Professor:** Dr. R. Lyle Cooper  
**Contact:** (615)782-6135 (office)  
(615) 431-2125 (home)

**Day:** Thursday 5:30-8:20  
**Office Hours:** Tuesday 9-12:00

**Required Texts**

Arkowitz, H., Westra, H.A., Miller, W.R., & Rollnick, S. (2007). *Motivational interviewing in the treatment of psychological problems*. New York: Guilford Press

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

Weissman, M.M., Markowitz, J.C., & Klerman, G.L. (2000). *Comprehensive guide to interpersonal psychotherapy*. New York: Basic Books

**COURSE REQUIREMENTS/GRADING**

The course grade will be based on five online quizzes, five worksheets, and one live observation done during a face to face session demonstrating one of the clinical practices taught in class, motivational interviewing, cognitive therapy, or interpersonal psychotherapy. A description of this assignment is available on BlackBoard, please review it prior to the first session and choose the practice you would like demonstrate. Students are expected to read the assigned articles/chapters thoughtfully and attend class sessions prepared to ask questions, make comments and add to the overall discussion. The course grade will be computed as follows:

Quizzes 5 @ 5 points apiece	25%
Worksheets 5 @ 10 points apiece	50%
Live observation	25%

**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, Ethics and Cultural Competence  
8/21

Readings on BB: NASW (1996). *NASW Code of Ethics*. New York: NASW Press.  
Speicher, M. (1998). Ethical reasoning and ethical awareness. *Clinical Social Work Journal*, 4, 427-432.  
Brinson, J.A., Brew, L., & Denby, R. (2008). Real scenarios and complementary lectures: A classroom training approach to increase awareness, knowledge, and skill. *Journal of Counseling and Development*, 86, 11-17.

**Assignment:** QUIZ #1 To be completed by 8/28/08

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**WEEK #2** Transtheoretical Model of Change, and Intro to the Practice of Motivational Interviewing  
8/28

Text Readings: **Arkowitz, et al. (2007). MI in the TX of Psychological Problems**

Chapter 1: *Learning, applying, and extending MI* (pp. 1-25)

Readings on BB: Miller, W.R. (1996). Motivational Interviewing: Research, practice, and puzzles. *Addictive Behaviors*, 21, 835-842.

Prochaska, Redding, Harlow, Rossi, & Velicer (1994). The Transtheoretical model of change and HIV prevention: A review. *Health Education Behavior*, 21, 471-486.

**Rollnick, Miller, & Butler (2008). Motivational Interviewing in Health Care**

Chapter 3: Practicing motivational interviewing (pp. 33-43)

Chapter 4: Asking (pp. 44-64)

Chapter 5: Listening (pp. 65-85)

Video- Miller and Rollnick discuss the TTM

**Assignment:** Complete the Transtheoretical Model Worksheet and put in digital drop box by 9/4/08

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**WEEK #4** The Practice of Motivational Interviewing  
9/11

Text Readings: **Arkowitz, et al. (2007). MI in the TX of Psychological Problems**

Chapter 2: Integrating motivational interviewing into the treatment of anxiety (pp. 26-56)

Chapter 4: Motivating treatment-refusing patients with OCD (pp. 85-108)

Chapter 5: Motivational interviewing as a prelude to psychotherapy of depression (pp. 109-144)

Readings on BB: **Miller & Rollnick (2002). Motivational interviewing.**

Chapter 9: Enhancing Confidence (pp. 111-125)

Chapter 10: Phase 2: Strengthening commitment to change (pp. 126-139)

Video - Moyer Interview (Rounder)

**Assignment:** Video Worksheet and put in digital drop box by 9/18/08

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**WEEK #5** The Practice of Motivational Interviewing (Cont'd)  
9/18

Text Readings: **Arkowitz, et al. (2007). MI in the TX of Psychological Problems**

Chapter 9: Motivational interviewing in the treatment of problem and pathological gambling (pp. 225-248)

Chapter 10: Motivational interviewing for medication adherence in individuals with schizophrenia (pp. 248-276)

Chapter 11: Motivational interviewing with dually diagnosed patients (pp. 277-303)

Chapter 8: Motivational Interviewing in the Management of Eating Disorders (pp. 194-224)

Video- Miller Interview (Ponytail) **(WATCH BEFORE CLASS)**

**Assignment:** Complete MI Global Rating Skill Worksheet on Ponytail and turned in after class and Motivational Interviewing Live Observations

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**WEEK #6** Cognitive Theory and the Therapy Model

9/25

Text Readings: **Beck, Rush, Shaw, & Emery. (1979). Cognitive therapy of depression**

Chapter 1: An Overview (pp. 1-33)

Chapter 2: The Role of Emotions in Cognitive Therapy (pp.34-44)

Chapter 3: The Therapeutic Relationship: Application of Cognitive Therapy (pp. 45-60)

Chapter 4: Structure of the Therapeutic Interview (pp. 61-86)

**Assignment:** QUIZ #2 To be completed by 10/2

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**WEEK #7** Session by Session Description of CT

10/2

Text Readings: **Beck, Rush, Shaw, & Emery. (1979). Cognitive therapy of depression**

Chapter 5: The Initial Interview (pp.87-103)

Chapter 6: Session by Session Treatment (pp. 104-116)

Chapter 7: Application of Behavioral Techniques (pp. 117-141)

Chapter 8: Cognitive Techniques (pp. 142-166)

Video- Meichenbaum, D. Mixed Anxiety and Depression: A Cognitive Behavioral Approach

**Assignment:** Complete Elements of CT Worksheet and put in Digital Drop Box by

10/16

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**WEEK #8** The Practice of CT

10/16

Text Readings: **Beck, Rush, Shaw, & Emery. (1979). Cognitive therapy of depression**

Chapter 9: Focus on Target Symptoms (167-208)

Chapter 10: Specific Techniques for the Suicidal Patient (pp. 209-224)

Chapter 11: Interview with a Depressed Patient (pp. 225-243)

Chapter 12: Depressogenic Assumptions (pp. 244-271)

Readings on BB: Rodriguez, L.J. (2007). A closer look: The benefits and effectiveness of cognitive behavioral therapy on a female-specific unit for treatment of bipolar disorder. *Issues in Mental Health Nursing*, 28, 533-542.

**Assignment:** QUIZ #3 to be completed by 10/23

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**WEEK #9** The Practice of CT Cont'd

10/23

**Face to Face 9:00-12:00**

Text Readings: **Beck, Rush, Shaw, & Emery. (1979). Cognitive therapy of depression**

Chapter 13: Integration of Homework into Therapy (pp. 272-294)

Chapter 14: Technical Problems (pp. 295-316)

Chapter 15: Problems Related to Termination and Relapse (pp. 317-327)

**Assignment:** CT Session Worksheet due after class and CBT Live Observations

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**WEEK #10** Introduction to Interpersonal Psychotherapy

10/30

**Asynchronous Online**

Text Readings: **Weissman, Markowitz, & Klerman. (2000). Comprehensive guide to interpersonal psychotherapy.**

Chapter 1: An Outline of IPT (pp. 19-26)

Chapter 2: The Initial Phase (pp. 27-60)

Chapter 3: Grief (Complicated Bereavement) (pp. 61-74)

Chapter 4: Interpersonal Role Disputes (pp. 75-88)

Chapter 5: Role Transitions (pp. 89-102)

**Assignment:** QUIZ #4 completed by 11/6

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**WEEK #11** Introduction to Interpersonal Psychotherapy Cont'd

11/6

Text Readings: **Weissman, Markowitz, & Klerman. (2000). Comprehensive guide to interpersonal psychotherapy.**

Chapter 6: Interpersonal Deficits (pp. 103-116)

Chapter 7: Termination of Treatment (pp. 117-122)

Chapter 8: Specific Techniques (pp. 123-138)

Chapter 9: Common Problems (pp. 139-162)

Chapter 10: Efficacy Data for Acute Major Depression (pp. 163-172)

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**WEEK #12** The Practice of Interpersonal Psychotherapy

11/13

Text Readings: **Weissman, Markowitz, & Klerman. (2000). Comprehensive guide to interpersonal psychotherapy.**

Chapter 11: Maintenance IPT for Recurrent Major Depression (pp. 173-184)

Chapter 12: IPT for Dysthymic Disorder (pp. 185-194)

Chapter 13: IPT for Depressed Adolescents (pp. 195-212)

Chapter 14: IPT for Late Life Depression (pp. 213-222)

Chapter 16: Bipolar Disorder (pp. 267-278)

Video- IPT with Depressed Older Adults

**Assignment:** Complete IPT Session Worksheet and put in Digital Drop Box by 11/20/08

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**WEEK #13** The Practice of Interpersonal Psychotherapy Cont'd

11/20

**Asynchronous Online**

Text Readings: **Weissman, Markowitz, & Klerman. (2000). Comprehensive guide to interpersonal psychotherapy.**

Chapter 17: Primary Care and Mentally Ill Patients (pp. 279-288)

Chapter 18: IPT for Depressed HIV Positive Patients (pp. 289-298)

Chapter 19: Depressed Ante- and Post-Partum Patients (pp. 299- 310)

**Assignment:** QUIZ #5 to be completed by 11/27

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**Week#14** The Practice of Interpersonal Psychotherapy Cont'd

11/27

Text Readings: **Weissman, Markowitz, & Klerman. (2000). Comprehensive guide to interpersonal psychotherapy.**

Chapter 20: Substance Use Disorders (pp. 311-316)

Chapter 21: Eating Disorders: Bulimia and Anorexia (pp. 317-328)

Chapter 22: Anxiety Disorders (pp. 329-340)

**Assignments:** Interpersonal Psychotherapy Live Observations