Prerequisite(s):

Code of Conduct

It is the student's responsibility to have read the College of Social Work Ethical Academic and Professional Conduct Code that is in the College of Social Work MSSW Handbook (www.csw.utk.edu). Students are also expected to sign and adhere to the Social Work Field Placement Code of Conduct.

Honor Statement

An essential feature of The University of Tennessee is a commitment to maintaining an atmosphere of intellectual integrity and academic honesty. As a student of the University, I pledge that I will neither knowingly give nor receive any inappropriate assistance in academic work, thus affirming my own personal commitment to honor and integrity. (Hilltopics).

Disability

If you need course adaptations or accommodations because of a documented disability, or if you have emergency information to share, please contact The University of Tennessee Office of Disability Services at 100 Dunford Hall (865-974-6087). This will ensure that you are properly registered for services.

University Civility Statement

Civility is genuine respect and regard for others: politeness, consideration, tact, good manners, graciousness, cordiality, affability, amiability and courteousness. Civility enhances academic freedom and integrity, and is a prerequisite to the free exchange of ideas and knowledge in the learning community. Our community consists of students, faculty, staff, alumni, and campus visitors. Community members affect each other’s well-being and have a shared interest in creating and sustaining an environment where all community members and their points of view are valued and respected. Affirming the value of each member of the university community, the campus asks that all its members adhere to the principles of civility and community adopted by the campus: http://civility.utk.edu/.

Dimensions of Diversity

Dimensions of Diversity Statement

The College of Social Work and the University of Tennessee welcome and honor all people. In accordance with the U.S. National Association of Social Workers (NASW) and the U.S. Council on Social Work Education (CSWE 2015 Educational Policy Statement), “the dimensions of diversity are understood as the intersectionality of multiple factors including” age, class, color, culture, mental or physical disability and ability, ethnicity, gender, gender expression, gender identity, immigration status, marital status, national origin, political ideology, race, regionality, religion and spirituality, sex, sexual orientation, and tribal sovereign status. The College values intellectual curiosity, pursuit of knowledge, and academic freedom and integrity. “A person’s diverse life experiences may include oppression, poverty, marginalization, and alienation as well as privilege, power, and acclaim” (CSWE 2015 Educational Policy Statement). The College of Social Work promotes social justice and social change, and strives to end discrimination, oppression, poverty, and other forms of social injustice.
Course Description
This is an elective course. The course examines the role of spirituality in clinical social work practice, and provides an introduction to current evidence based practices that incorporate spirituality. The course emphasizes the consideration of the spiritual beliefs of both the practitioner and client in clinical practice, and the use of spiritually-based psychotherapies in practice. Ethical issues, intervention skills, and critical review of the evidence-base for spiritually-based psychotherapies are the central topics of the course.

Course Rationale
Currently, mindfulness-based, acceptance and commitment, and dialectical behavioral therapy have the strongest evidence base of clinical interventions that incorporate spirituality. These therapies will be the focus of the course. Additionally, because spirituality, in many forms, is a factor that plays a role in the lives of clients and practitioners, consideration of the students’ beliefs and their perceptions of the beliefs of others will also be analyzed.

Course Competencies
By the completion of this course, the students are expected to be able to demonstrate (through course activities, assignments, and/or exams):

1. Describe the role of spirituality in ethical clinical social work practice.
   (Values and Ethics C.2; Diversity C.1, 2, 3).(content: integration of spirituality in practice; self-awareness in practice as it relates to spirituality).

2. Critically analyze several theoretical models for integrating spirituality into clinical practice. (Practice-C.3; HBSE-C.1). (content: neurophysiologic effects of spirituality; mindfulness based cognitive therapy model of cognition and behavior).

3. Apply knowledge of spiritually based clinical practice to case conceptualization in clinical practice with populations at risk (Practice-C.1, C.3). (content: assessment and treatment planning using mindfulness-based CBT (MBCBT), acceptance and commitment (ACT), and dialectical behavioral therapies (DBT)).

4. Critically analyze the evidence base supporting the implementation of spiritually based clinical social work practice (CT/EBP-C.2; Practice- C.1). (content: review of pertinent research studies on MBCBT, ACT, and DBT).

5. Demonstrate beginning skill in the application of spiritually based clinical social work interventions with populations at risk (Practice-C.1). (content: role play of practice skills related to MBCBT, ACT, and DBT).
Course Assignments

Discussion Board 1 (CC1) – Due 6/14/2016 at 9:00pm CST (10 Points)
Discussion Board 2 (CC 1,2,3,4) – Due 7/05/2016 at 9:00pm CST (10 Points)
A series of questions will be posted on the discussion board. The dates these assignments are
due is denoted in the course outline. They will be posted the day of the class on which they are
based and will be open for your posts for one week. Grades will be given on the discussion
board based on the amount of effort placed on responding to both the questions and your peers’
responses.

Discussion Board Rubric:
9-10= Clear rational answer to the question and response to at least three peers. Active
engagement in a discussion is evident.
7-8= Clear rational answer to the question and brief responses to 1-3 peers.
6-7= Answer to question is unclear and/or responses are too brief or unclear
1-5= variation of the above

My Own Views on Spirituality in Social Work (CC 1)
Due dates: Part 1: 6/21/16 (16 points) and Part 2: 6/29/2016 (4 points)

NOTE: This paper will be shared with the other students in this class. Please use your best
judgment as to what you would like to share through this assignment. Clinical practice will be
wrought with situations in which you are faced with decisions about self-disclosure and this will
be good practice for these situations.

**Part 1: Due 6/21/2016 by 9:00pm CST (16 points)**

This paper is strictly your views on spirituality and its role in your professional social work practice. As such there are no “wrong ideas.” Thus grades will be assigned on the perceived level of effort that learners put into the assignment as well as the effort put into considering the way your personal beliefs relate to the code of ethics. This will be assessed based on use of references (this can include spiritual texts, poems, or any document that has meaning for you), indication of honest self-reflection, and courage to share personal values that rise from one’s spiritual views. This two to three page paper (DO NOT DO MORE) and consists of three sections each is described below along with the point value assigned to each.

*This I Believe (6 points):* Describe your spiritual background and the three core values and/or morals you draw from it that are central to your life. You may give examples of life experiences to illustrate these core values or you may simply describe them.

**Note:** Some experiences may be too personal to share and you should think very carefully about what you think is safe for you to share, even if these more personal aspects do not make it to your paper you will have thought about them. This is included in this assignment because we often ask our clients to think about their values – it is a good exercise for us as well!

*How Might My Beliefs Impact Me as a Social Worker (10 points):* In this section you are asked to discuss both strengths and challenges you may encounter when taking your beliefs into practice. Please relate your core values as well as any perceived challenges to the NASW Code of Ethics. This is an opportunity to discuss how your spiritual beliefs might shape your professional practice and identify ways your spiritual perspective may both help and/or hurt your ability to live out the NASW Code of Ethics. An important part of upholding the Code of Ethics is being able to identify areas that may challenge us and then being mindful of those challenges as we do our work.

*Grammar, Spelling, and APA Formatting:* Remember to proofread and cite the NASW Code of Ethics. Also remember to cite any religious or spiritual text you reference! The professor reserves the right to deduct points from your paper for errors. Remember that plagiarism will result in an automatic 0 on the entire assignment and may be reported to the academic board.

**Part 2: Response to Peer Papers (4 Points) Due 6/29/2016 at 9:00pm CST**

This part of the assignment is designed to give you exposure to “listening” to the spiritual perspectives of others. This is often a new experience for us as social workers as we are not always trained to discuss spirituality or comfortable doing so. Here is a chance to try it out and give some feedback about your experience as a clinician learning about the views of another person. Please be respectful to your peers in this discussion. This is not a place to give feedback about the other person’s views – it is a place for you to notice what is coming up for you and find ways to address it.

**Directions:** Read the papers of at least 3 of your peers. Include thoughtful responses to your peers that address the following (A) What feelings came up as similar beliefs were learned? (B) What feelings came up as differing spiritual beliefs were learned? (C) How might the spiritual perspective of your peer impact treatment planning or patient care in a “real patient” situation? (D) What tools could be used to address needs for you as the social worker? For instance, is learning needed about the spiritual beliefs presented? Is self-care needed? Is supervision needed to discuss differing beliefs?
Comprehensive Spiritual Assessment Assignment (CC 1,3, 4)  
Due Date 6/28/2016 at 9:00pm CST (25 Points)

NOTE: This assignment is designed to accomplish two things (1) Provide increased insight into our own spiritual perspective so that we might be aware of this perspective as it impacts our social work practice (2) Begin to gain assessment skills related to spiritual assessment in a safe way, by practicing on ourselves.

This assignment will be centered on the framework provided in the required reading for week 3:


Prior to beginning this assignment, it is suggested that each student complete the course readings for the week (there are 2). This will give you a full picture of the role of spiritual assessment in social work practice.

Rubric and Directions:

Brief Spiritual Assessment (5 Points): Complete the Brief Spiritual Assessment found in Table 1 on page 343 of the Hodge Reading. Record answers to each question in paragraph form. This section of the paper should be no more than 3 pages double-spaced.

Comprehensive Spiritual Assessment (7 Points): Each student will participate in one of the following comprehensive spiritual assessments: a spiritual genogram, a spiritual ecomap, or a spiritual life map. Each of these are described at length in the reading along with reasons to participate in one type of assessment or the other. Directions as well as examples are given for each type of assessment in the Hodge reading. The spiritual genogram, spiritual ecomap, or spiritual life map should be representative of yourself.

Hints: Be creative – I am more interested in the effort and detail you include than the way it looks. You can create this electronically or on paper. If you complete it on paper, simply take a picture of it and upload it as an attachment along with your paper.

Reflection (13 Points): Include no more than 5 pages of double-spaced reflection that answers the following questions:

(A) How did you decide which of the 3 comprehensive spiritual assessment choices you would complete? (1 point)

(B) What was the process of completing the comprehensive assessment like? (2 points)

(C) Did you gain any insight about yourself from this assessment? Describe. (2 points)

(D) Would this assessment be useful in spiritual assessment with clients in the future? Are there any circumstances in which you might use it? (2 points)

(E) Do you find this assessment to be in-line with social work ethics? Why or why not? Refer to the NASW Code of Ethics in your response (4 points)
F) Did this exercise help you gain confidence in your ability to provide spiritual assessment as a social worker? (2 points)

**Spiritual-Clinical Intervention Paper (CC 2,5)**
**Due date 07/5/16 by 9:00pm CST (35 points)**

Each student will choose an area clinical practice as defined by a diagnostic group (depression, borderline personality disorder, etc.) or social problem addressed through clinical intervention (interpersonal violence, parenting skills, marital discord, etc.) and demonstrate how integrate a spiritually focused intervention into work with clients facing these issues. All of the following should be included in your paper:

**Description of Intervention (10 points):** Choose an intervention we have discussed in class or one that you have found yourself. Clearly describe the intervention, include principles underlying the practice as well as interventive techniques. Describe the evidence base for the practice. If the evidence is abundant summarize it. If it is sparse, summarize it and give a rationale for why you think it will be effective.

**Population for Intervention (5 points):** In this section you should clearly define your rationale for choosing this population. Be sure to discuss whether the client should be of a particular faith background to benefit from this intervention and what about the intervention you chose makes it appropriate for this population.

**Case-Study (5 points):** With your group members, discuss cases you have had at your practicum or work that you think could benefit from a spiritually based intervention. Develop a case-study (2 paragraphs max) that describes a composite of the cases you discussed.

**Case-Conceptualization (10 points):** Use the theory behind your intervention described above to conceptualize the case for the composite client you developed above. Include the spiritual elements that influence the problem and its solution. For example, MB-CBT, you will partially conceptualize using CBT, but will include elements of mindfulness in describing your understanding of the case.

**Ethical Issues in Applying the Intervention (5 points):** Spirituality and more specifically religion is an issue fraught with possible ethical dilemmas and problems. Analyze the ethical issues related to your intervention and discuss how you will overcome them.

**EVALUATION PROCEDURES AND GRADES**

**A(95-100) Outstanding/Superior.** Exceptional performance that 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 class.

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

**C (75-79) Poor.** There is a lack of understanding of the course content. Student does not meet course expectations.

**F (74 and below) Very Poor.** There is a lack of attendance or incomplete assignments. Course expectations are not met.

**LATE ASSIGNMENT POLICY:** Late work is not accepted and a grade of zero will be assigned with the exception of a serious emergency. It will be up to the discretion of the professor if an emergency will qualify for an extension on an assignment and the extension needs to be arranged in advance. Computer issues do not qualify as an emergency.
COURSE OUTLINE

Week 1: 6/08/15 Introduction to Spirituality and Social Work Practice
Synchronous online at 7:00pm CST

Objectives: Learners should be able to:
- Identify the difference between “spirituality” and “religion”
- Critically analyze the evidence base supporting the implementation of spiritually based clinical social work practice
- Begin to understand the ethical imperative of integrating the spiritual dimension of care in social work practice

Readings:


Assignment: Discussion Board 1: Post your answer to both of these questions in one post:
(A) “Why is spiritual assessment important (or not) to social work practice?” Please refer to the reading for the week in your answers and feel free to include your own personal beliefs as well.
(B) What are you hoping to learn from this class this semester? The discussion board will close on 06/14/2015 at 9:00pm CST

Week 2: 6/15/2015 Faith Development Theory and Application to Social Work Practice
Synchronous Online at 7:00pm CST

Objectives: Learners should be able to:
- Demonstrate an understanding of the way evidence based developmental theory of faith development relates to human development theories
- Gain skills to help with case conceptualization and identification of appropriate interventions

Required Readings:


Supplemental Reading:


Assignment: My Own Views on Spirituality in Social Work (Part 1) Due 6/21/2016 at 9:00pm CST

Week 3: 6/22/2016 Assessment of Spirituality in Clinical Social Work Practice
Note: We will not be meeting for a live session this week. Instead there will be a recording that you can view at any time. I will post it prior to 6/22

Objectives: Learners should be able to:
- Demonstrate acceptance and support of others spiritual beliefs that differ from their own
- Demonstrate beginning proficiency in methods of spiritual assessment

Reading:


Assignment: Comprehensive Spiritual Assessment: Due 6/28/2016 at 9:00pm CST

Week 4: 6/29/16 Applying Spiritually-Based Interventions in Clinical Practice:
Mindfulness in Clinical Practice
Synchronous online at 7:00pm CST

Objectives: Learners should be able to:
- Demonstrate an understanding of mindfulness application in social work
- Critically analyze their perspectives on the role spirituality has on all areas of life for both clients and social workers

Readings:


Assignment: Discussion Board 2: (CC 1,2,3,4): Answer the question- “How does mindfulness fit into clinical practice?” What appeals to you about it, what does not?” The discussion board will close on 07/05/16 at 9:00pm CST. Please make sure you refer to the course readings in your response.

Week 5: 7/06/16 Applying Spiritually-Based Interventions in Clinical Practice: Integrating Spirituality with DBT and CBT Practices
Synchronous online at 7:00 pm CST
**Objectives:** Learners should be able to:

- Articulate the application of a spiritual-clinical intervention
- Critically analyze DBT-based and CBT-based models of spiritual-clinical intervention

**Readings:**


**Assignment: Spiritual-Clinical Intervention Paper Due 7/5 by 9:00pm CST**