

**RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY
SCHOOL OF SOCIAL WORK
MASTER COURSE SYLLABUS**

**General Practice I
09/50:910:472**

**MASTER Academic Year 2022-2023
Summer and Fall 2022**

Course: 09/50:910:472

Time:

Location:

Instructor:

Email:

Office:

Office Hours: By arrangement

I. Catalog Course Description

This is the first half of two required sequential courses in the Professional Foundation Year. It provides the basic knowledge and skills as a foundation for the advanced practice curriculum. Using a problem-solving model in an ecological perspective, the course prepares students to apply a generalist practice perspective to systems of all sizes and levels. Essential values, concepts, and ethical considerations within a human rights perspective as they pertain to generalist social work practice are explored.

II. Course Overview

This course approaches social work practice from a generalist perspective using a problem-solving process, which engages individuals, families, small groups, organizations and the community, in the larger society. The problem-solving process is combined with an ecological and human rights perspective. Practice content includes the following skills: developing professional relationships; collecting and assessing data; defining problems; using appropriate practice research knowledge; goal-setting; planning and contracting; identifying alternative interventions; selecting and implementing appropriate courses of action; using empirical measurement to monitor and evaluate outcomes; and concluding intervention. Emphasis is given to facilitative and constraining effects of the sociocultural context surrounding practice. Special attention is given to human diversity and populations-at-risk, such as persons of color, women, and gays and lesbians.

III. Place of Course In Program

This is the first of two generalist practice foundation courses. The course is co-requisite with Field Placement I, and is a prerequisite for both Social Work Practice II and Field Placement II. Students should discuss any issues that arise in their field placement with their field instructor and the office of Field Education.

IV. Program Level Learning Goals and the Council of Social Work Education's Social Work Competencies

The MSW Program at Rutgers is accredited by the Council on Social Work Education (CSWE). CSWE's accreditation standards can be reviewed at www.cswe.org

In keeping with CSWE standards, the Rutgers School of Social Work has integrated the CSWE competencies within its curriculum. *These competences serve as program level Learning Goals for the MSW Program and include the following. Upon completion of their MSW education students will be able to: demonstrate ethical and professional behavior; engage in diversity and difference in practice; advance human rights and social, economic and environmental justice; engage in practice informed research and research informed practice; engage with individuals, families, groups organizations and communities; intervene with individual, families, groups organizations and communities; and evaluate practice with individuals, families, groups, organizations and communities.*

Competency 6: Engage with Individuals, Families, Groups, Organizations, and Communities Social workers understand that engagement is an ongoing component of the dynamic and interactive process of social work practice with, and on behalf of, diverse individuals, families, groups, organizations, and communities. Social workers value the importance of human relationships. Social workers understand theories of human behavior and the social environment, and critically evaluate and apply this knowledge to facilitate engagement with clients and constituencies, including individuals, families, groups, organizations, and communities. Social workers understand strategies to engage diverse clients and constituencies to advance practice effectiveness. Social workers understand how their personal experiences and affective reactions may impact their ability to effectively engage with diverse clients and constituencies. Social workers value principles of relationship-building and inter-professional collaboration to facilitate engagement with clients, constituencies, and other professionals as appropriate. Social workers:

- apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks to engage with clients and constituencies; and
- use empathy, reflection, and interpersonal skills to effectively engage diverse clients and constituencies.

Competency 7: Assess Individuals, Families, Groups, Organizations, and Communities Social workers understand that assessment is an ongoing component of the dynamic and interactive process of social work practice with, and on behalf of, diverse individuals, families, groups, organizations, and communities. Social workers understand theories of human behavior and the social environment, and critically evaluate and apply this knowledge in the assessment of diverse clients and constituencies, including individuals, families, groups, organizations, and communities. Social workers understand methods of assessment with diverse clients and constituencies to advance practice effectiveness. Social workers recognize the implications of the larger practice context in the assessment process and value the importance of inter-professional collaboration in this process. Social workers understand how their personal experiences and affective reactions may affect their assessment and decision-making. Social workers:

- collect and organize data, and apply critical thinking to interpret information from clients and constituencies;

- apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks in the analysis of assessment data from clients and constituencies;
- develop mutually agreed-on intervention goals and objectives based on the critical assessment of strengths, needs, and challenges within clients and constituencies; and
- select appropriate intervention strategies based on the assessment, research knowledge, and values and preferences of clients and constituencies.

Competency 8: Intervene with Individuals, Families, Groups, Organizations, and Communities Social workers understand that intervention is an ongoing component of the dynamic and interactive process of social work practice with, and on behalf of, diverse individuals, families, groups, organizations, and communities. Social workers are knowledgeable about evidence-informed interventions to achieve the goals of clients and constituencies, including individuals, families, groups, organizations, and communities. Social workers understand theories of human behavior and the social environment, and critically evaluate and apply this knowledge to effectively intervene with clients and constituencies. Social workers understand methods of identifying, analyzing and implementing evidence-informed interventions to achieve client and constituency goals. Social workers value the importance of inter-professional teamwork and communication in interventions, recognizing that beneficial outcomes may require interdisciplinary, inter-professional, and inter-organizational collaboration. Social workers:

- critically choose and implement interventions to achieve practice goals and enhance capacities of clients and constituencies;
- apply knowledge of human behavior and the social environment, person-in-environment, and other multidisciplinary theoretical frameworks in interventions with clients and constituencies;
- use inter-professional collaboration as appropriate to achieve beneficial practice outcomes; negotiate, mediate, and advocate with and on behalf of diverse clients and constituencies; and
- facilitate effective transitions and endings that advance mutually agreed-on goals.

This course focuses on providing you with the knowledge, skills, and values for you to engage, assess, and intervene with individuals, families, groups, and communities. In order to assess your attainment of these three competencies, an integrative case study is assigned. In this integrative assignment, you are required to write a scholarly paper. You are assessed on your beginning ability to apply theories learned in this course and use the skills of engagement, assessment, goal setting, and evaluation.

V. Course Objectives

Upon completion of the course students will have beginning competence to

1. Identify the purposes and objectives of social work practice.
2. Identify how personal and professional values and ethics direct and guide social work practice.
4. Apply principles of engagement to direct social work practice.

5. Demonstrate basic skills in the assessment process.
6. Articulate and apply core practice theories to assessment.
7. Use a person-in-environment perspective to recognize and appraise the effects of context on practice at the micro, mezzo, and macro level.
8. Identify and apply change strategies to direct social work practice.

VI. School of Social Work Mission Statement and School Wide Learning Goals

The mission of the School of Social Work is to develop and disseminate knowledge through social work research, education, and training that promotes social and economic justice and strengths individual, family, and community well-being, in this diverse and increasingly global environment of New Jersey and beyond.

School Wide Learning Goals: Upon graduation all students will be able to:

1. Demonstrate Ethical and Professional Behavior;
2. Engage Diversity and Difference in Practice; and
3. Engage, Assess, and Intervene with Individuals, Families, Groups, Organizations, and Communities

VII. Required Texts and Readings

Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed.* Boston, MA: Cengage Learning.

Payne, M. (2014). *Modern Social Work Theory, 4th edition.* Chicago, IL: Lyceum Books.
This book is available electronically free of charge from the library.

Students also are expected to read other works drawn from a selection of additional books and journals.

Other required readings (separate from textbook) are available through the Rutgers University Library “Reading List” that is integrated into your Canvas course. To find your readings:

Click on the “Reading List” tab in the Canvas navigation bar to the left-hand side of the course. Please note, this list contains links to articles and other required readings separate from the textbook (if applicable). Please follow the syllabus and/or Canvas Readings and Resources page in each module for more specific required readings and resources for each week (including textbook/media).

For further instructions [please click here for a video tutorial](#)

VIII. Attendance

In order to gain the most from their educational experience, students are expected to attend class regularly. You should arrive to class on time and stay for the entire duration of class. More than 3 late arrivals or early departures will result in grade deductions. Because of the amount of instruction you would miss, more than three absences may result in the failure of the class. In addition, students are expected to take leadership roles in class discussions and exercises and come to class having completed any readings and assignments. If you do need to miss class or come late, please reach out to me and let me know.

Netiquette

1. In all of your interactions, remember there is a person behind the written post.
2. Pause and reflect on a post that is uncomfortable before responding. Consider the root of your emotional reaction.
3. Remember, we are discussing ideas and disagreements that are not personal in nature. Take care in crafting your response to demonstrate your disagreement with the idea, not the person.
4. Do not participate in "flaming." Flaming is inflammatory comments that are hostile and insulting and do not contribute to the learning process. Choose not to respond to "flames" to support a better learning experience for everyone.
5. Be careful with humor and sarcasm. Because the visual cues are absent, many people cannot tell if your comments are meant seriously or facetiously.
6. Contribute to a meaningful discussion by presenting your "best self" in the course environment: Take the time to explain your ideas respectfully and completely. However, also keep brevity in mind. You want to make your point clearly, but also make it concisely.
7. If a peer misinterprets your meaning, acknowledge this without being rude or defensive. It can be challenging to communicate some ideas in writing. This is your opportunity to practice clarifying your ideas to others.
8. Do not post in all caps. This is the equivalent of SHOUTING at someone and is not acceptable.

All assignments for this class must reflect social work values and ethics including awareness of issues of diversity and economic and social injustice. All written work **must** be typed. **Late assignments will not be accepted**, unless the student has made arrangements prior to the assignment due date. The professor reserves the right to reduce the letter grade for late assignments. All written assignments **must** follow APA format. The professor reserves the right to reduce the letter grade for any assignment that does not confirm to APA format.

IX. Assignments and Grading

<i>Grading Scale</i> (grades are rounded up at .5)	
90 - 100	A
85 - 89	B+
80 - 84	B
75 - 79	C+
70 - 74	C
60 - 69	D

To ensure that each student is successfully able to complete the course expectations, specific issues with your field setting need to be taken directly to your respective field supervisor, field liaison and/or field education office representative. If there are concerns about a student being able to successfully complete the assignments of the course, your instructor for your practice course reserves the right to contact the field office and/or your field instructor to determine if you are able to carry out your assignment. These are educational issues that directly impact a student's ability to meet the educational objectives for this course. A student's course evaluation is based on the following 6 required assignments:

1. **DISCUSSIONS AND REFLECTIONS** – 20% of final grade. This course takes an active learning approach, meaning that while there will be lectures and readings, one of the main ways that you will be learning in this course is through investigating, problem-solving, practicing, and collaborating with peers through discussions. Consequently, the course will feature weekly discussions, in which you will apply what you've learned and receive peer feedback on your applications, and reflections, which are opportunities to synthesize your learning and consider additional applications.
2. **Engagement Assignment (25% of final grade)** The main goal of these short assignments is to provide you opportunities to build skills for your practice and receive instructor and/or peer feedback.
3. **MIDTERM EXAM (20% of final grade):** **This will take place during Module 10 of the course.**
4. **INTEGRATIVE ASSIGNMENT (35% of final grade)** - The final paper for this class is a 12-15 page integrative assignment that applies your readings and class materials to a particular case or client system that you are working with in your field placement. The purpose of this assignment is to facilitate a deeper understanding of the assessment and problem-solving process. Through this assignments, you will demonstrate skills in assessment and case formulation. **Please be sure to check with your field instructor about your case or client-system selection.**
5. Throughout the semester, students may also be assigned short homework assignments at the instructor's discretion.

More detailed instructions about assignments will be distributed directly to students at the beginning of the semester.

X. Academic Resources

Library Research Assistance

Julia Maxwell is the social work the social work librarian on the New Brunswick Campus jam1148@libraries.rutgers.edu p. 848-932-6124; **Natalie Borisovets** is at Newark, Dana Library ; **Natalie Borisovets** is at Newark, Dana Library natalieb@rutgers.edu 973-353-5909; **Katie Anderson** is at Camden, Robeson Library: Katie.anderson@rutgers.edu 856-225-2830. They

are all available to meet with students.

Writing Assistance

Success in graduate school and within the larger profession of social work depends on strong writing skills. Several resources are available to help students strengthen their professional and academic writing skills. Writing assistance is available to all MSW students as described below.

All MSW SSW students (New Brunswick, Camden, Newark, Intensive Weekend, online and blended) are eligible to access writing assistance at the New Brunswick Learning Center. Online tutoring may also be available.

<https://rlc.rutgers.edu/student-services/writing-tutoring>

Newark Campus

The Newark writing center is available for MSW students on the Newark campus by appointment.

<http://www.ncas.rutgers.edu/writingcenter>

Additional Online Resources

APA Style

Purdue OWL <https://owl.english.purdue.edu/owl/resource/560/01/>

APA Style Guide <http://www.apastyle.org/learn/faqs/index.aspx>

Purdue OWL Mechanics, grammar, organization

<https://owl.english.purdue.edu/owl/section/1/>

Email Etiquette for Students

<https://owl.english.purdue.edu/owl/resource/694/01/>

XI. Course Evaluation

Rutgers University issues a survey that evaluates both the course and instructor. This survey is completed by students toward the end of the semester, and all answers are confidential and anonymous. The instructor may also choose to conduct a mid-point evaluation.

XII. Academic Integrity

As per Rutgers University Academic Integrity Policy, “Students are responsible for understanding the principles of academic integrity and abiding by them in all aspects of their work at the University. Students are also encouraged to help educate fellow students about academic integrity and to bring all alleged violations of academic integrity they encounter to the attention of the appropriate authorities.” All SSW students are expected to review and familiarize themselves with the [RU Academic Integrity Policy](#) in its entirety.

As per Rutgers University Academic Integrity Policy, “The principles of academic integrity require that a student: make sure that all work submitted in a course, academic research, or other activity is the student’s own and created without the aid of impermissible technologies, materials, or collaborations; properly acknowledge and cite all use of the ideas, results, images, or words of others; properly acknowledge all contributors to a given piece of work; obtain all data or results by ethical means and report them accurately without suppressing any results inconsistent with the student’s interpretation or conclusions; treat all other students ethically, respecting their integrity and right to pursue their educational goals without interference. This principle requires that a student neither facilitate academic dishonesty by others nor obstruct their academic progress; uphold the ethical standards and professional code of conduct in the field for which the student is preparing.”

Students should review all types of Academic Integrity Violations per the RU Academic Integrity Policy. Below are some of the more common violations, as articulated in Rutgers University Academic Integrity Policy:

“Plagiarism: Plagiarism is the use of another person’s words, ideas, images, or results, no matter the form or media, without giving that person appropriate credit. To avoid plagiarism, a student must identify every direct quotation using quotation marks or appropriate indentation and cite both direct quotation and paraphrasing properly according to the accepted format for the particular discipline or as required by the instructor in a course. Some common examples of plagiarism are: Copying word for word (i.e. quoting directly) from an oral, printed, or electronic source without proper attribution; Paraphrasing without proper attribution, i.e., presenting in one’s own words another person’s written words or ideas as if they were one’s own, regardless of the nature of the assignment; Incorporating into one’s work graphs, drawings, photographs, diagrams, tables, spreadsheets, computer programs, or other non-textual material from other sources, regardless of format, without proper attribution.”

“Cheating: Cheating is the use or possession of inappropriate or prohibited materials, information, sources, or aids in any academic exercise. Cheating also includes submitting papers, research results or reports, analyses, and other textual or visual material and media as one’s own work when others prepared them. Some common examples are: Prohibited collaboration: receiving research, programming, data collection, or analytical assistance from others or working with another student on an assignment where such help is not permitted; Copying another student’s work or answers on a quiz or examination; Using or having access to books, notes, calculators, cell phones, technology, or other prohibited devices or materials during a quiz or examination; Submitting the same work or major portions thereof to satisfy the requirements of more than one course without permission from the instructors involved; Preprogramming a calculator or other device to contain answers, formulas, or other unauthorized information for use during a quiz or examination; Acquiring a copy of an examination from an unauthorized source before the examination; Having a substitute take an examination in one’s place; Submitting a purchased or downloaded term paper or other materials to satisfy a course requirement; Submitting as one’s own work a term paper or other assignment prepared, in whole or in part, by someone else.”

Any faculty member or academic administrator who becomes aware of a possible academic integrity violation must initiate a formal complaint with the Office of Student Conduct and the SSW’s Academic Integrity Facilitator (Patricia Findley at pfindley@ssw.rutgers.edu). The AIF

deciding the case (the “adjudicator”) shall notify the accused student of the allegation in writing or by electronic communication within fifteen working days of the time the faculty member becomes aware of the alleged violation.

Once the student has been notified of the allegation, the student may not drop the course or withdraw from the school until the adjudication process is complete. A TZ or incomplete grade shall be assigned until the case is resolved. For more information, see [RU Academic Integrity Policy](#) and [Procedures for Adjudicating Academic Integrity Violations](#)

To promote a strong culture of academic integrity, Rutgers has adopted the following honor pledge to be written and signed on examinations and major course assignments submitted for grading: *On my honor, I have neither received nor given any unauthorized assistance on this examination/assignment.*

XIII. Disability Accommodation

Rutgers University welcomes students with disabilities into all of the University's educational programs. In order to receive consideration for reasonable accommodations, a student with a disability must contact the appropriate disability services office at the campus where you are officially enrolled, participate in an intake interview, and provide documentation: <https://ods.rutgers.edu/students/documentation-guidelines>.

If the documentation supports your request for reasonable accommodations, your campus’ disability services office will provide you with a Letter of Accommodations. Please share this letter with your instructors and discuss the accommodations with them as early in your courses as possible. To begin this process, please complete the Registration form on the ODS web site at: <https://ods.rutgers.edu/students/registration-form>.

XIV. Other Resources

Our school is committed to fostering a safe, productive learning environment. Title IX and our school policy prohibit discrimination on the basis of sex, which regards sexual misconduct — including harassment, domestic and dating violence, sexual assault, and stalking. We understand that sexual violence can undermine students’ academic success and we encourage students who have experienced some form of sexual misconduct to talk to someone about their experience, so they can get the support they need.

Confidential support and academic advocacy are available through the Rutgers Office on Violence Prevention and Victim Assistance, 848.932.1181, <http://vpva.rutgers.edu>. Services are free and confidential and available 24 hrs/day, 7 days a week.

Active Shooter Resources: Over the years, there has been an increase in the number of active shootings on campus. It is important that you know what to do in cases there is an active shooter on campus. Please go to this site to retrieve information that will reduce your personal risk in case of an active shooting on campus-<http://rupd.rutgers.edu/shooter.php>.

COVID -19 community safety practices

Per University community safety regulations, "face coverings must be worn:

- indoors in shared spaces (e.g., meeting rooms, conference rooms, conference rooms, breakrooms, copy rooms, etc.)
- indoors in classrooms, seminar rooms, lecture halls, etc.
- indoors in private spaces with more than one occupant (shared offices)
- indoors in public spaces (e.g., hallways, restrooms, stairs, elevators, etc.)"

For additional information about community COVID-19 safety practices, please see <https://coronavirus.rutgers.edu/health-and-safety/community-safety-practices/>

XV. COURSE OUTLINE

UNIT 1: OVERVIEW OF GENERALIST SOCIAL WORK PRACTICE

Week 1: The Social Work Profession & the Helping Process

Learning Objectives:

- Define the helping process.
- Identify your role, as a social worker, in the helping process.

Reading

Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed.* Boston, MA: Cengage Learning.

Chapter 1. The Challenges and Opportunities of Social Work (pp. 2-22)

Chapter 2. Direct Practice: Domain, Philosophy, and Roles (pp. 23-34)

Chapter 3. Overview of the Helping Process (pp. 35-56)

Week 2: Values and Ethics in Social Work Practice

Learning Objectives:

- Articulate the NASW code of ethics.
- Define the relationship between ethics and values.
- Identify how power, context, and history shape social work values and ethics.

Reading

- Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed.* Boston, MA: Cengage Learning.
- Chapter 4. Operationalizing the Cardinal Social Work Values (pp. 57-88)

Finn, J. L. (2016). *Just practice: A social justice approach to social work.* Oxford University Press.

- Chapter 3 Excerpt (Values, Ethics, Vision): Power, Context, History (pp.117-133).

Podcast: Allan Barsky – Practice Standards on Social Work and Technology: Changes, Challenges, and Ongoing Debates. <https://www.insocialwork.org/wp-content/uploads/2021/06/insocialwork-episode-231.pdf>

National Association of Social Workers (NASW). (2017). *Code of ethics of the National Association of Social Workers*. Washington, DC: National Association of Social Workers. Retrieved from <https://www.socialworkers.org/About/Ethics/Code-of-Ethics/Code-of-Ethics-English>

International Federation of Social Workers & International Association of Schools of Social Work (IASSW). (2018). *Global social work statement of ethical principles*. Retrieved from <https://www.iassw-aiets.org/wp-content/uploads/2018/04/Global-Social-Work-Statement-of-Ethical-Principles-IASSW-27-April-2018-1.pdf>

UNIT II: ENGAGEMENT: COMMUNICATION AND INTERVIEWING

Week 3: Engagement: Therapeutic Communication and Relationship-Building

Learning Objectives:

- Define and apply the principles of therapeutic communication.
- Define and apply the principles of relationship-building.
- Define and apply the principles of “tuning-in.”

Reading

Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed.* Boston, MA: Cengage Learning.

- Chapter 5. Building Blocks of Communication: Conveying Empathy and Authenticity (p. 91-137)
- Chapter 6. Verbal Following, Exploring, and Focusing Skills (pp. 138-167)

Shulman, L. (2009). *The skills of helping individuals, families, groups, and communities* (6th ed.). Itasca, Illinois: F.E. Peacock Publishers, Inc.

- Chapter 3: The preliminary phase of work (pp. 52-73).

Week 4: Engagement: Belief-Bonding and Strengths-Based Interviewing

Learning Objectives:

- Identify counterproductive and positive communication patterns.
- Define and apply core skills of additive empathy, interpretation and confrontation.
- Define and apply principles of ‘belief-bonding.’

Reading

Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed.* Boston, MA: Cengage Learning.

- Chapter 7. Eliminating Counterproductive Communication Patterns and Substituting Positive Alternatives (pp. 168-186)
- Chapter 17. Additive Empathy, Interpretation, and Confrontation (pp. 512-534)

Bisman, C. (2014). *Social work: Value-guided practice for a global society*. New York: Columbia University Press. Chapter 5: Respect and dignity in relationships (pp. 130-160)

UNIT III: CASE THEORY CONSTRUCTION AND PRACTICE THEORIES

Week 5: Case Theory Construction: Integrating the Micro and Macro in Assessment

Learning Objectives:

- Explain the process of case theory construction.
- Apply principles of case theory construction to case material

Reading

Bisman, C. D. (1999). Social work assessment: Case theory construction. *Families in Society*, 80(3), 240-246.

Payne, M. (2014). *Modern Social Work Theory, 4th edition*. Chicago, IL: Lyceum Books.

- Chapter 1: The social construction of social work theory (pgs. 1-29)
- Chapter 2: Evaluating social work theory (pgs.31-63)
- Chapter 3: Connecting theory and practice (pgs. 65-86)

Week 6: Integrating Theory and Practice: Psychodynamic Theory

Learning Objectives:

- Explain core principles of psychodynamic theory
- Apply core principles of psychodynamic theory to case assessment

Reading

Payne, M. (2014). *Modern Social Work Theory, 4th edition*. Chicago, IL: Lyceum Books.
Chapter 4: Psychodynamic Practice (pp.93-125)

Cabaniss, D. L., Cherry, S., Douglas, C. J., & Schwartz, A. R. (2016). *Psychodynamic Psychotherapy: A clinical manual*. John Wiley & Sons.

- Part Two: Assessment (pp. 15-57).

Fraiberg, S., Adelson, E., & Shapiro, V. (1975). Ghosts in the nursery: A psychoanalytic approach to the problems of impaired infant-mother relationships. *Journal of the American Academy of Child & Adolescent Psychiatry*, 14(3), 387-421.

To Watch: Psychodynamic Practice from minute X to Y

Week 7: Cognitive-Behavioral Theory

Learning Objectives:

- Define core principles of cognitive-behavioral theory
- Apply principles cognitive-behavioral theory to practice

Reading

Payne, M. (2014). *Modern Social Work Theory, 4th edition*. Chicago, IL: Lyceum Books.

- Chapter 6: Cognitive-Behavioral Practice (pp. 93-125)

LaSala, M.C. (2006). Cognitive and environmental interventions for gay males: Addressing stigma and its consequences. *Families in Society, 87*, 181-189.

To Watch: CBT Video

Week 8: Trauma-Informed Perspectives & Applications

Learning Objectives:

- Explain core principles of trauma-informed care
- Identify how complex trauma shapes behavior
- Apply principles of trauma-informed care to casework

Reading

Knight, C. (2015). Trauma-informed social work practice: Practice considerations and challenges. *Clinical Social Work Journal, 43*(1), 25-37.

Cook, A., Spinazzola, J., Ford, J., Lanktree, C., Blaustein, M., Cloitre, M.,...& Mallah, K. (2017). Complex trauma in children and adolescents. *Psychiatric annals, 35*(5), 390-398.

Blaustein M.E., Kinniburgh K.M. (2017) Attachment, Self-Regulation, and Competency (ARC). In: Landolt M., Cloitre M., Schnyder U. (eds) Evidence-Based Treatments for Trauma Related Disorders in Children and Adolescents. Springer, Cham. pp. 299-319

Podcast: [Creating Trauma-Informed Organizations: Planning, Implementing, and Sustaining Transformational Change with Susan Green](#)

Week 9: Assessment with Individuals: Exploring Challenges and Strengths

Learning Objectives:

- Be able to assess for client strengths and problems.
- Be able to assess for intrapersonal, interpersonal, and environmental issues.

Reading

Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed*. Boston, MA: Cengage Learning.

- Chapter 8. Assessment: Exploring and Understanding Problems and Strengths (pp. 186-215)
- Chapter 9. Assessment: Intrapersonal, Interpersonal, and Environmental Factors (pp. 216-250)

Bisman, C. (2014). *Social work: Value-guided practice for a global society*. New York: Columbia University Press.

- Chapter 4: Evidence for knowledge-guided assessments (pp. 93-129)

Week 10: Intervention with Individuals: Planning, Contracting, and Goal-Setting

MIDTERM

Learning Objectives:

- Identify process for developing goals and formulating a contract with clients
- Articulate how to plan and implement change-oriented strategies

Reading

Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed.* Boston, MA: Cengage Learning.

- Chapter 12. Developing Goals and Formulating a Contract (pp. 312-362)
- Chapter 13. Planning and Implementing Change-Oriented Strategies (pp. 364-422)

Ridley, C. R. (2005). *Overcoming unintentional racism in counseling and psychotherapy* (2nd ed.). Thousand Oaks, Calif.: Sage.

- Chapter 8: Setting culturally relevant goals (pp. 106-122)

Week 11: Intervening with Individuals: Strategies to Enhance Change

Learning Objectives:

- Identify barriers to change
- Apply strategies for addressing barriers to change in casework
- Explain core principles of Motivational Interviewing and its role in addressing barriers to change.

Reading

Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed.* Boston, MA: Cengage Learning.

- Chapter 18. Managing Barriers to Change (pp. 535-566)

Hohman, M. (2015). *Motivational interviewing in social work practice.* Guilford Publications.

- Chapter 2: The Heart of Motivational Interviewing (pp.15-29).

Finn, J. L. (2016). *Just practice: A social justice approach to social work.* Oxford University Press.

- Chapter 7 Excerpt: Action and Accompaniment (pp. 287-305)

3 Videos: Motivational Interviewing

UNIT IV: UNDERSTANDING AND INTERVENING WITH FAMILIES AND GROUPS

Week 12: Assessment and Intervention with Families

Learning Objectives:

- Identify core principles in assessing family function
- Apply strategies for enhancing family functioning to casework

Reading

Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed.* Boston, MA: Cengage Learning.

- Chapter 10. Assessing Family Functioning in Diverse and Cultural Contexts (pp. 251-278)
- Chapter 15. Enhancing Family Functioning and Relationships (p. 455-483)

LaSala, M. C. (2013). Out of the darkness: Three waves of family research and the emergence of family therapy for gay and lesbian people. *Clinical Social Work, 42*, 267-276.

Week 13: Assessment and Intervention with Groups

Learning Objectives:

- Identify core components in assessing social work groups
- Apply intervention strategies in groups to casework.

Reading

Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed.* Boston, MA: Cengage Learning.

- Chapter 11. Forming and Assessing Social Work Groups (279-311)
- Chapter 16. Intervening with Groups (pp. 484-511)

UNIT VI: ENDINGS AND BEGINNINGS

Week 14: Connecting Micro and Macro Practice

Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed.* Boston, MA: Cengage Learning.

- Chapter 14: Developing Resources, Organizing, Planning and Advocacy as Intervention Strategies (pp. 439-369).

Bosk, E. A. (2013). Between badness and sickness: Reconsidering medicalization for high risk children and youth. *Children and Youth Services Review, 35*(8), 1212-1218.

Heron, B. (2005). Self-reflection in critical social work practice: subjectivity and the possibilities of resistance. *Journal of Social Work Education, 6*(3), 3441-3451.

Wood, G.G., & Tully, C.T. (2006). *The structural approach to direct practice in social work: A social constructionist perspective* (3rd ed.). New York: Columbia University Press.

Week 15 Termination

Hepworth, D., Rooney, R. H., Rooney, G. D., & Strom-Gottfried, K. (2017). *Direct social work practice: Theory and skills, 10th ed.* Boston, MA: Cengage Learning.
Chapter 19 The Final Phase: Evaluation and Termination (pp. 568-572).

Gelman, C. R., Fernandez, P., Hausman, N., Miller, S., & Weiner, M. (2007). Challenging endings: First year MSW interns' experiences with forced termination and discussion points for supervisory guidance. *Clinical Social Work Journal*, 35 (2), 79-90.

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