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PREREQUISITE: Social Work Practice with Individuals and Families I (SW741)

COURSE DESCRIPTION:

This is the second course of a two course sequence focused on the acquisition of competencies for direct work with individuals and families. Emphasis is placed on enhancing the client's own problem-solving skills and the promotion of optimal functioning. A wide variety of change oriented strategies are explored, including techniques to modify environments, and enhance couple and family relationships. The need for empirically based intervention strategies is emphasized. All phases of the helping process are studied, concluding with termination and planning for the generalization and maintenance of changes. The course considers the variability and diversity among people with particular emphasis on ethnic minorities of color and women, and focuses on identification of risk factors and prevention where appropriate. The course emphasizes the need for students to continually assess, develop, and evaluate their own competencies in relation to both knowledge and performance.

COURSE OBJECTIVES:

At the end of the course, students should be able to:

1. develop interventions that are practical and effective, that are based on specific assessments, and that use empirical knowledge.

2. formulate clear and specific contracts based on goals.

3. specify techniques for monitoring and assessing change.
4. have a working knowledge of techniques to enhance clients' problems solving skills and social skills, and stress management.

5. understand the processes of environmental change and developing resources.

6. have knowledge of some basic strategies to modify dysfunctional family interactions.

7. develop specific plans for termination and the maintenance and generalization of client changes.

8. analyze their own interpersonal and intervention skills and determine specific areas for improvement.

9. consider ethnic, cultural, gender, and other individual differences, as well as the experiences of populations at risk such as elderly and migrating clients, in intervention planning.

10. apply social work values to practice with individuals and families.

REQUIRED TEXTS:


Course Reader for SW 742 (available at DuBois Bookstore).

COURSE REQUIREMENTS:

There will be six short assignments, one of which will be written in class. Due dates for all assignments are listed on the course outline. The first four assignments are each worth 20% of the final grade; the final two assignments are each worth 10% of the final grade. Late assignments will not be accepted. All assignments should be typed.

Final grades will be assigned as follows:

- 90 to 100 = A
- 80 to 89 = B
- 70 to 79 = C
- below 70 = F
COURSE OUTLINE:

Week 1  Family assessment

Transcript for assessment.

Week 2  Behavioral and cognitive theories


Assignment #1 (systems/family systems) due.

Week 3  Psychodynamic theories


Assignment #2 (behavioral) due.

Week 4  Using theory in practice

Assignment #3 (psychodynamic) due.

Week 5  Goals and contracting

* Recommended reading.

Week 6  
5/2/01  
Methods for interventions  
**Assignment #4 (goals) due.**

Week 7  
5/9/01  
Methods for interventions, cont.  
Readings: Harper & Lantz, Chapters 6, Migrating clients; 7, Appalachian clients; & 10, Gay and lesbian clients.

Week 8  
5/16/01  
Methods for interventions, cont.  
**Assignment #5: Group demonstrations**

Week 9  
5/23/01  
Support systems  
Readings: Compton & Galaway, Chapters 13, Case management and formal social support, & 14, Mobilizing informal social support.  
Harper & Lantz, Chapter 12, Elderly clients.  

Week 10  
5/30/01  
Evaluation and termination  
Reading: Compton & Galaway, Chapters 17, Evaluating practice, & 18, Endings in social work.

6/4/01  
**Assignment #6 (goal attainment scaling) due.**