

SW 8303
ADVANCED MENTAL HEALTH PRACTICE WITH ADULTS
3 Credits

COURSE DESCRIPTION

This course examines the theory and practice of cognitive-behavioral and psychodynamic social work treatment in community and clinical settings. Criteria for differential applications, including brief treatment and crisis-oriented approaches are covered. Emphasis is also placed on cultural and social aspects of mental health and issues important to populations at risk.

This course is an elective in the Direct Practice Concentration and builds on foundation courses in Human Behavior and Social Environment and Social Work Methods.

COURSE OUTCOMES

After successful completion of the course, students will be able to:

1. understand the historical development of social work practice in mental health settings as well
2. as current practice issues, such as managed care and the context of brief treatment
3. evaluate mental health interventions from evidence based, empirical perspectives
4. evaluate mental health interventions from diverse perspectives including ethnicity, race,
5. culture, gender and sexual orientation
6. be familiar with biologically based interventions for selected disorders and understand social work roles regarding pharmacological treatment
7. understand the theoretical foundations of cognitive-behavioral and psychodynamic approaches to treatment and specific interventions for different disorders grounded in these approaches
8. select cognitive-behavioral and psychodynamic interventions appropriate for individuals with
9. different disorders and populations at risk
10. select family interventions appropriate for different disorders, diverse families and populations at risk
11. select group interventions appropriate for different disorders and populations at risk
12. select case, class and community advocacy interventions appropriate for different disorders and populations at risk on time within the guidelines provided.

Assignments

1. Evidence-based Practice Skills

Purpose of this assignment is to develop specific skills used in evidence based practices with mental disorders. There will be weekly skill development activities over the course of the semester in the areas of education about illness, use of assessment and monitoring tools, treatment planning, cognitive restructuring, behavioral interventions and use of homework in treatment. A detailed outline will be passed out in class. 35 points

2. Book Report

The purpose of this assignment is to further the understanding of a specific disorder or treatment method commonly used in the field of mental health. This book will need approval from the instructor prior to the writing of the report. More information will follow closer to the assignment date. 15 points

3. Case Study

The purpose of this assignment is to develop depth of understanding and skills in evidence based practices for a specific mental health problem e.g. depression, PTSD. The assignment includes additional reading and summary of empirical literature in your area of interest. You will write a case study of your use of an evidence-based practice with a client that includes the presenting problem, goals, assessment and monitoring data. You will also research community resources available to your chosen area and provide a resource list for other class members. A detailed outline will be passed out in class. 50 points.

REQUIRED TEXTS:

Barlow, D. (2001). Clinical handbook of psychological disorders. NY: Guilford.

Briggs, W. & Corcoran, K. (2001). Social work practice for treating common client problems. Chicago: Lyceum.

Thyer, B. & Wodarski, J. (1998). Handbook of empirical socialwork practice. NY: Wiley.

Winerip, M. (1994). Highland Road. Sane living for the mentally ill. New York: Vintage Books.

Students will read one additional treatment manual for a specific disorder to develop greater expertise in treatment of a disorder of your choosing.