COURSE DESCRIPTION

Review and critical analyses of interventions with individuals, which are intended to produce individual change or the necessary conditions for such change, are the primary focus of this course. Practice principles, methods, and processes utilized in assessment and intervention will be critically analyzed for such factors as adequacy for practice, empirical bases, assumptions, outcomes including effectiveness and efficiency, and areas requiring further research and development. The course will present a range of specific topics related to intervention design and development including qualitative strategies related to intervention content, development of intervention manuals, design of intervention fidelity monitoring instruments, and experimental methods for evaluating intervention efficacy and effectiveness. Selected intervention models and methods will be discussed with one criterion being empirical support; among the approaches to be considered are cognitive behavioral, interpersonal and dialectical behavior therapy models. Additional coverage will include generalizability to diverse populations, such as those with minority, ethnic, and gender status; prevention of dysfunction and enhancement of individual competence; and ethical and value issues. Participants will prepare a National Institutes of Health-style intervention development grant proposal as a capstone assignment due at the end of the term.

FORMAT OF COURSE

The objectives of the course will be pursued through lectures, reading of intervention manuals, class discussions, demonstrations, and case examples. There will be two papers, one at due at mid-term and one at the end of the term. The course grade will be an average of the grade for each paper. Students are expected to attend all classes.
PAPER FORMAT

Paper 1: (2/21/12)

Given that SW 818 focuses on the review and critical analyses of interventions with individuals, the first paper will require the student to select a problem area relevant to social work that will not be covered in the class (e.g., domestic violence, eating disorder, smoking sensation). The paper will begin with a description of the problem area that includes what is known about its nature, prevalence, and impact on the individuals’ social and occupational functioning. Special attention will be given to describing what is known about the problem in diverse populations. The student will obtain a treatment manual or other detailed description of the intervention and the second portion of the paper will involve a synopsis of this intervention technique. The third portion of the paper will consist of a critical review of the evidence regarding the effectiveness of the intervention. The paper will conclude with a comprehensive review of future research opportunities/needs related to the selected intervention. The student will be expected to follow American Psychological Association (APA) style guidelines throughout the paper.

Paper 2: (due 4/17/12)

This paper focuses on developing a research plan aimed at designing and developing intervention for an individual problem area. This project will take the form of a short NIMH-style R-34 intervention development grant application. Students may choose to focus either on a modification/refinement to an existing intervention or a new intervention. Modifications/refinements can involve innovations designed to fit the needs of an understudied population (e.g., minority group members), a new practice setting (e.g., home-based, internet, telephone intervention), or a new aspect of the problem (e.g., improving employment rates among persons with major mental illness). Alternatively, students may decide to write a research plan that aims to design and develop an intervention that is largely a new one. The proposal will begin with a brief section describing the nature of the problem area followed by a review of the literature that informs the potential area for innovation. The final three sections of the paper will review plans for the design, development, and evaluation phases of the project. The final three sections will be informed through the use of the corresponding sections of “Designing Interventions for the Helping Professions” book by E.J. Thomas included in the reading list below. Dr. Himle will also provide an example of one of his current NIMH R-34 grant applications to guide the student in preparing this paper. The student will be expected to follow American Psychological Association (APA) style guidelines throughout the paper.
TOPICS AND REQUIRED READING ASSIGNMENTS

A. Individual Intervention: Depression

1. Treatment Manuals:


2. State of the Evidence:


3. Intervention Research Skill Development:


B. Individual Intervention: Anxiety and Panic Attacks
1. Treatment Manual:

2. State of the Evidence:


3. Intervention Research Skill Development:

C. Individual Intervention: Trauma

1. Treatment Manual:

2. State of the Evidence:


3. Intervention Research Skill Development:

D. Individual Intervention: Obsessive-Compulsive Behavior

1. Treatment Manual:

2. State of the Evidence:


3. Intervention Research Skill Development:  
Himle grant review exercise

E. Individual Intervention: Chronic Pain

1. Treatment Manual:  

2. State of the Evidence:  


F. Intervention: Schizophrenia

1. Treatment Manual:  

2. State of the Evidence:  

3. Intervention Research Skill Development: Intervention Adherence
   studies. Clinical Psychology Review, 11, 247-266

G. Individual Intervention: Personality Disorders

1. Treatment Manual:
   personality disorder. New York: Guilford

2. State of the Evidence:

   Kliem, S., & Kroger, C. (2010). Dialectical behavior therapy for
   borderline personality disorder: A meta-analysis using mixed-
   effects modeling. Journal of Consulting and Clinical Psychology,
   78, 936–951

3. Intervention Research Skill Development: Qualitative Methods
   Nastasi, B.K., & Schensul, S.L. (2005). Contributions of qualitative
   research to the validity of intervention research. Journal of School
   Psychology, 43, 177-195.

   qualitative methods to distill the active ingredients of a multifaceted
   intervention. Psychiatric Services, 54, 568-571

H. Individual Intervention: Alcohol and Drugs

1. Treatment Manual:

2. State of the Evidence:
   treatment for alcohol dependence: a review of evidence for its
   hypothesized mechanisms of action. Addiction, 95, 1475-1490.

   adult alcohol and illicit drug users: A meta-analysis of randomized
   controlled trials. Journal of Studies on Alcohol and Drugs, 70, 516-
   527.