**1. Course Statement**

**a. Course description**

This course will build on intervention approaches introduced in the essential courses and promote more advanced engagement, assessment, intervention, and evaluation skills in children, youth, transitional age youth, and families. Special attention will be given to diversity issues as it relates to building therapeutic relationships and intervening with children, youth, transitional age youth, and their families. This course focuses on advanced skill-building regarding core practice interventions (e.g. engagement, contracting, problem-solving, emotional regulation, behavioral activation, cognitive restructuring, etc.) using specific brief, evidence-based and/or evidence-informed interventions including prevention, treatment, and recovery as well as longer-term treatment and support for these children and youth as appropriate.
Examples of practice interventions may include: behavioral/cognitive interventions, motivational interventions; resiliency-based interventions, brief treatments for mental health and substance use problems, crisis intervention, parent management interventions, and group interventions. Intervention strategies will be analyzed in the context of delivering trauma-informed, culturally responsive interventions.

b. Course objectives and competencies
1. Demonstrate engagement strategies that are relevant to the practice setting (EPAS 1,6)
2. Utilize evidence-informed assessment procedures to identify appropriate intervention strategies. (EPAS 7)
3. Develop person-centered treatment goals, objectives, and interventions. (EPAS 1, 7, 8)
4. Implement evidence-based prevention and intervention strategies (e.g. cognitive behavioral interventions, parent management training) that are compatible with child/adolescent and family or caretaker goals, needs, circumstances, culture, and values. (EPAS 1, 8, 2)
5. Develop trauma-informed intervention skills in working with children, adolescents and their families that are grounded in practice and research informed for effectiveness. (EPAS 1, 2, 3, 4, 8)
6. Evaluate interventions with regard to: effectiveness, sensitivity to diversity factors; impact of child/adolescent and families' social identities on their experience of power and privilege; and appropriateness of the intervention to specific child/adolescent needs resulting from conditions (EPAS 1, 2, 8, 9)

c. Course design
This could be online with live synchronous sessions each week.

d. Intensive focus on PODS
This course integrates PODS content and skills with a special emphasis on the identification of theories, practice and/or policies that promote social justice, illuminate injustices and are consistent with scientific and professional knowledge. Through the use of a variety of instructional methods, this course will support students developing a vision of social justice, learn to recognize and reduce mechanisms that support oppression and injustice, work toward social justice processes, apply intersectionality and intercultural frameworks and strengthen critical consciousness, self-knowledge and self-awareness to facilitate PODS learning.

Consideration will be given to the ways in which diversity factors such as age, race, ethnicity, gender, sexual orientation, sexual identity, socioeconomic status and class, immigration status, ability, family status, geographic location, ethnicity and culture interact with and impact health, mental health and behaviorally focused interventions.
2. Class Requirements

a. Text and class materials

All required and supplemental materials will be provided to you within the Canvas website. Students must complete all pre-work to engage in the course and complete discussions and activities fully.

Some materials may require electronic access to external links. Other materials are located within the University of Michigan Library materials. You will be required to log into your University account using your credentials (username and password) to access University of Michigan Library materials.

b. Class schedule

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Agenda</th>
<th>Required Readings &amp; Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>FIRST DAY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/6/22</td>
<td>Course Introduction</td>
<td><strong>Discuss:</strong></td>
</tr>
<tr>
<td></td>
<td>Live Zoom Session: See Canvas</td>
<td>Introduction</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Read:</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Syllabus</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Bring Questions</td>
</tr>
<tr>
<td>1/6/22-1/13/22</td>
<td>Lesson 1: Engagement</td>
<td><strong>Read:</strong></td>
</tr>
</tbody>
</table>
social work, 25(1), 45–52.

Watch

Supplemental Resources:

Complete:
Engagement and Development Stages Discussion
Initial response due Day 5
Peer responses due Day 7

Engagement Scripts & Recordings

Clinical Rationale

Lesson 2: Assessment: Intricacies Within Formal and Informal Assessments

Read:
Asarnow, J. R., Fogelson, D., Fitzpatrick, O., & Hughes, J.
Live Zoom Session: See Canvas


Watch:


Supplemental Resources:


<table>
<thead>
<tr>
<th>Competence: Toward a dialogic self in cross cultural social work. <em>Families in Society</em>, 86(2), 181–188</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/20-1/27</td>
</tr>
<tr>
<td>-----------------</td>
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<tr>
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</tr>
</tbody>
</table>


Watch:


Supplemental Resources:


1/27-2/3

Lesson 4: Goal Planning / Individualized Plan of Service
Live Zoom Session: See Canvas

Read:


Watch:
informed practice: Working with youth who have suffered adverse experiences [Video].


Supplemental Resources:


Mustanski, B., Newcomb, M., & Garofalo, R. (2011, January 1)
| --- |

**Complete:**

- Planning Discussion
- Treatment Plan Script
- Clinical Rationale
- Treatment Plan Script Revisions
<table>
<thead>
<tr>
<th>Date</th>
<th>Lesson Title</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3-2/10</td>
<td>Lesson 5: Interventions: Motivational Interviewing</td>
<td>Live Zoom Session: See Canvas</td>
</tr>
<tr>
<td></td>
<td>Watch:</td>
<td>SBIRT Oregon. (2021, March</td>
</tr>
</tbody>
</table>


**Supplemental Resources:**


Whitten Baughman, L. (2014). PCIT with a school-age boy


**Complete:**

Simulation: Engaging Adolescent Patients About Marijuana Use With David Martin (CME) due Day 6

Motivational Interviewing Discussion
Initial response, Peer responses

Client Session Rating Script
Clinical Rationale due

Client Session Rating Script Revision due

<table>
<thead>
<tr>
<th>2/10-2/17</th>
<th>Lesson 6: Interventions: Introduction to CBT</th>
<th>Read:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Live Zoom Session: See Canvas</td>
<td>Kilbourne, A. M., Smith, S. N., Choi, S. Y., Koschmann, E., Liebrecht, C., Rusch, A.,</td>
</tr>
</tbody>
</table>


**Watch:**


| 2/17-2/24 | Lesson: Interventions CBT: Identifying and Challenging Automatic Negative Thoughts | Read: |

In-Shape Habits. (2014, September 2). *What is CBT? Cognitive behavioral therapy explained* [Video]. YouTube. https://www.youtube.com/watch?v=0ViaCs0k2jM


**Supplemental Resources:**


**Complete:**

Cognitive Behavioral Therapy (CBT) Discussion
Initial response, Peer responses

Cognitive Behavioral Therapy (CBT) Script

CBT Quiz

Clinical Rationale

Client Session Rating Script Revision
and Beliefs

Live Zoom Session: See Canvas


**Watch:**


**Supplemental Resources:**

Trails to Wellness. (2020). *Session 5 Agenda: Depression and Anxiety.*
<table>
<thead>
<tr>
<th>Date</th>
<th>Task Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/24-3/10</td>
<td>Lesson: Interventions CBT: Behavioral Activation</td>
</tr>
<tr>
<td></td>
<td>Live Zoom Session: See Canvas</td>
</tr>
<tr>
<td></td>
<td><strong>Read:</strong></td>
</tr>
<tr>
<td></td>
<td><a href="https://medicine.umich.edu/sites/default/files/content/downloads/">https://medicine.umich.edu/sites/default/files/content/downloads/</a></td>
</tr>
</tbody>
</table>


- National Resource Center for Permanency and Family Connection: Silberman School of Social Work at Hunter College. (2013). *Trauma-focused cognitive behavioral therapy (TF-CBT).*
  https://medicine.musc.edu/-/sm/medicine/departments/psychiatry/divisions-and-programs/ncvc/pats/f/nrepp-tfcbt.ashx

**Complete:**
- Automatic Negative Thoughts Discussion
- Initial response, Peer responses
- Automatic Thoughts Script
- Clinical Rationale
- Automatic Thoughts Script Revision
Behavioral-Activation-for-Depression.pdf


**Watch:**


**Supplemental Resources:**


**Complete:**

Behavioral Activation
<table>
<thead>
<tr>
<th>Date</th>
<th>Lesson: Interventions: Relaxation and Mindfulness</th>
<th>Read:</th>
</tr>
</thead>
</table>


**Watch:**


Supplemental Resources:


Ancis, J. R. (2004). Culturally responsive interventions:

**Complete:**
Mindfulness as an Intervention Discussion
Initial response, Peer responses

Mindfulness Script
Clinical Rationale
Mindfulness Script Revision

3/17-3/24

Lesson: Interventions CBT: Practice
Live Zoom Session: See Canvas

**Watch:**

**Supplemental Resources:**
<table>
<thead>
<tr>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Complete: Simulation: Cognitive Behavioral Therapy: Introducing CBT With Tanisha Mosley</td>
</tr>
<tr>
<td>Simulation: Cognitive Behavioral Therapy Training With Roger Ellison</td>
</tr>
<tr>
<td>Simulation: Creating a Change Plan With Melody Denison</td>
</tr>
<tr>
<td>Reflection and Approach Modifications Discussion Initial response, Peer responses</td>
</tr>
<tr>
<td>Reflections on CBT Practice</td>
</tr>
<tr>
<td>Date</td>
</tr>
<tr>
<td>------------</td>
</tr>
</tbody>
</table>
Faculty Lecture:                                                                                                     |
<p>|            |                                                                         | <strong>Supplemental Resources:</strong> Myers, K., Nelson, E., Rabinowitz, T., Hilty, D., Baker, D., Smucker Barnwell, S., |</p>
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/31-4/7</td>
<td>Lesson: Interventions Termination and Maintenance</td>
</tr>
<tr>
<td></td>
<td>Live Zoom Session: See Canvas</td>
</tr>
</tbody>
</table>

**Read:**


**Complete:**

- Focusing on Solutions
- Discussion
- Initial response Peer responses
- Simulation Revision: Revisiting SIMmersion: Engaging Adolescent Patients About Marijuana use With David Martin (CME)

Mock Client Session Outline

Clinical Rationale

Script Revision


**Watch:**


**Supplemental Resource:**
  [https://trailstowellness.org/materials/cbt-and-mindfulness-groups/resources/mindfulness](https://trailstowellness.org/materials/cbt-and-mindfulness-groups/resources/mindfulness) |
  [https://trailstowellness.org/materials/cbt-and-mindfulness-groups/resources/review-and-wrap-up](https://trailstowellness.org/materials/cbt-and-mindfulness-groups/resources/review-and-wrap-up) |

**Complete:**

- Ending the Therapeutic Relationship
- Initial response, Peer responses
- Therapeutic Relationship Script
- Clinical Rationale
- Therapeutic Relationship Script Revision
| 4/7-4/14 | Lesson: Evaluation and Planning  
Live Zoom Session: See Canvas | **Read:**  
ProQOL. (n.d.). *Professional quality of life measure.* [https://proqol.org/ProQoL_Test.html](https://proqol.org/ProQol_Test.html)  

**Supplemental Resources:**


**Complete:**
- Evaluation of Professionals
- Initial response
- Peer responses
- Professional Quality of Life Scale
- Final Clinical Rationale
### c. Assignments

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Due Date</th>
<th>Points</th>
<th>% Overall Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Discussions (x 13)</td>
<td>Module 1, Module 2, Module 3,</td>
<td>50 Each</td>
<td>35%</td>
</tr>
<tr>
<td></td>
<td>Module 4, Module 5, Module 6,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Module 7, Module 8, Module 9,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Module 10, Module 11, Module 12</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Module 13</td>
<td>650 total</td>
<td></td>
</tr>
<tr>
<td>Assignments (x2)</td>
<td>Module 10, Module 11</td>
<td>15 each</td>
<td>20%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>30 total</td>
<td></td>
</tr>
<tr>
<td>Scripts &amp; Mock Session (x11)</td>
<td>Module 1, Module 2, Module 3,</td>
<td>30 each</td>
<td>35%</td>
</tr>
<tr>
<td></td>
<td>Module 4, Module 5, Module 6,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Module 7, Module 8, Module 9,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Module 11, Module 12</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Module 13</td>
<td>330 total</td>
<td></td>
</tr>
<tr>
<td>Quiz</td>
<td>Module 6</td>
<td>25 points</td>
<td>10%</td>
</tr>
<tr>
<td>Total Possible Points</td>
<td></td>
<td>1,035</td>
<td></td>
</tr>
</tbody>
</table>

### Types of Activities and Assignments

**Scripts & Revisions:** These assignments are designed to help you develop the language you will use during sessions before the specific interaction requires intentional
consideration of your role and goals of sessions. These assignments are designed to support consideration of language and implementation of theory in practice. For each module, students will write an initial script. Initial scripts will be based on your previous experiences and concepts that are introduced through pre-work. These initial scripts will also serve as a basis for mock interactions. Students will be asked to share their scripts with peers to gather feedback. Students will use this feedback and individual reflection to identify ways to evaluate their practice and make adjustments to increase effectiveness as a clinician.

**Quiz:** Students will complete one quiz that reviews frequently used CBT terms and definitions. This quiz supports core model concept recall.

**Clinical Rationale:** Clinical rationales are designed to encourage learners to actively describe their interactions and decision-making. This is a critical clinical skill for practitioners. In practice, case conceptualization, presentations, and documentation are used to share clinical rationale of practice to demonstrate an ability to describe interactions with clients concisely.

**Discussions:** Discussions are designed to help students practice sharing, listening for understanding, and collaborating. Practicing these skills will prepare you to network professionally, learn from a variety of perspectives, and share with others. Essentially, discussions are a method for advancing our profession.

**Other Assignments:** Students will engage in additional reflective assignments designed to support the incorporation of ongoing reflection needed for professional social workers throughout their career. These assignments will offer additional opportunities to consider learning and its integration. In these assignments, you may be asked to consider constructive critique and exploration of strengths and limitations of interventions.

**SIMmersion (Simulations):** New practitioners have historically practiced conversations with vulnerable populations prior to real engagement to increase their confidence with skill implementation. SIMmersions allow opportunities to practice skills through repetition without adversely impacting human beings. Simulated experiences support practitioners in becoming more confident in practice. To learn more about SIMmersions and their use, please visit [Using SIMmersion Simulations](#).

**Use of Simulations in Field Education**
In addition to the simulations required for specific course assignments, it is recommended that course instructors encourage students to use the simulations as
practice opportunities while in their foundation level (SW515) and advanced level (SW691) field placements courses. Students can use the simulations in the field to gain additional clinical practice and prepare for upcoming client sessions. It is also recommended that students share and review scripts with their field instructors for feedback.

A student’s willingness to continue to use the simulations as practice opportunities throughout their field education experience will better prepare them for the work they will be doing with actual clients. For example, practicing a suicide assessment simulation before an upcoming session with a client with a suicidal history will enhance the student’s ability to navigate the encounter and assess for suicidal risk and safety. Our field instructors, field agencies, and the clients they serve expect that the SSW adequately prepares students for clinical work. The simulations when used repeatedly have proven an effective practice tool in developing clinical skills.

d. Attendance Policy

Students are responsible for all content of this course, including the content provided in the live, synchronous sessions. Absences are counted from the first scheduled live class session. The program has an 80% attendance requirement for live, synchronous sessions. Students who miss more than 20% (3 live, live class sessions) are at risk of a grade reduction, including receiving a non-passing grade.

- Students are expected to notify their instructor in advance of an absence.
- Students must watch the recording for any live sessions they miss.
- Students must complete clinical reflections for all live sessions, regardless of attendance in the live session.

For more information, please see the Policy on Class Attendance. This policy can also be found in the MSW Student Guide.

e. Live class participation

All students are expected to be available and engaged during live sessions. Engagement will be evaluated based on the following:

- Utilize audio and video to communicate and engage with peers, whenever possible. We would like to create an active classroom that is similar to in-person instruction.
● Audio should remain on unless there are background noises or distractions that will interrupt learning.
● Students should feel free to speak or raise their virtual hand, if unable to find a place to speak to share their thoughts.
● Confidentiality as outlined in the NASW code of ethics will be expected. Students should not record, take pictures, or screenshot any part of the live class session. See the Class Recording and Course Materials section of the syllabus for additional information.

f. Grading
Letter grades will range from “A” to “F” and are based on points accumulated throughout the class. Specific requirements for each quiz, assignment, and discussion are provided within the course. Letter grades will not be provided for individual assignments. Each assignment will be assigned points and each assignment is weighted. See the table in the Assignments section for exact weights. Overall, points will be tabulated to the corresponding final letter grades as follows.

There are 1,035 points total available in this course. A breakdown of how points are associated with letter grades is listed below.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A+</td>
<td>100%</td>
</tr>
<tr>
<td>A</td>
<td>94 - 99%</td>
</tr>
<tr>
<td>A-</td>
<td>90 - 93%</td>
</tr>
<tr>
<td>B+</td>
<td>88 - 89%</td>
</tr>
<tr>
<td>B</td>
<td>83 - 87%</td>
</tr>
<tr>
<td>B-</td>
<td>80 - 82%</td>
</tr>
<tr>
<td>C+</td>
<td>78 - 79%</td>
</tr>
<tr>
<td>C</td>
<td>73 - 77%</td>
</tr>
<tr>
<td>C-</td>
<td>70 - 72%</td>
</tr>
<tr>
<td>D+</td>
<td>68 - 69%</td>
</tr>
<tr>
<td>D</td>
<td>63 - 67%</td>
</tr>
<tr>
<td>F</td>
<td>Less than 62%</td>
</tr>
</tbody>
</table>

Late assignments will be accepted up to one week late for up to 50% credit.

For additional information, please reference the following resources:
● Grades in Academic Courses and in Field Instruction
● Student Grievance Procedures
● Policy for Grading in Special Circumstances
g. Class Recording and Course Materials

Audio and video recording of in-class lectures and discussions is prohibited without the advance written permission of the instructor. Students with an approved accommodation from the Office of Services for Students with Disabilities permitting the recording of class meetings must present documentation to the instructor in advance of any recording being done. The instructor reserves the right to disallow recording for a portion of any class time where privacy is a special concern. If the instructor chooses to record a class, they will decide which classes, if any, are recorded, what portion of each class is recorded, and whether a recording is made available on the course management website. On days when classes are recorded, students will be notified a recording is occurring. Class recordings and course materials may not be reproduced, sold, published or distributed to others, in whole or in part, without the written consent of the instructor.

For more information view the Recording and Privacy Concerns FAQ.

h. COVID-19 Statement

For the safety of all students, faculty, and staff on campus, it is important for each of us to be mindful of safety measures that have been put in place for our protection. By returning to campus, you have acknowledged your responsibility for protecting the collective health of our community. Your participation in this course on an in-person/hybrid basis is conditional upon your adherence to all safety measures mandated by the state of Michigan and the University, including maintaining physical distancing of six feet from others, and properly wearing a face covering in class. Other applicable safety measures may be described in the Wolverine Culture of Care and the University’s Face Covering Policy for COVID-19. Your ability to participate in this course in-person/hybrid may be impacted by failure to comply with campus safety measures. Individuals seeking to request an accommodation related to the face covering requirement under the Americans with Disabilities Act should contact the Office for Institutional Equity. If you are unable or unwilling to adhere to these safety measures while in a face-to-face class setting, you will be required to participate on a remote basis. I also encourage you to review the Statement of Student Rights and Responsibilities and the COVID-related Addendum to the Statement of Student Rights and Responsibilities.

i. Health-Related Class Absences

Please evaluate your own health status regularly and refrain from attending class and coming to campus if you are ill. You are encouraged to seek appropriate medical
attention for treatment. School of Social Work students who miss class due to illness of any kind will be given opportunities to access course materials online or provided with alternative learning opportunities. Please notify me by email about your absence as soon as practical, so that I can make accommodations. Please note that documentation (a doctor’s note) for medical excuses is not required.

Additional School and University policies, information and resources are available here: https://ssw.umich.edu/standard-policies-information-resources. They include:

- Safety and emergency preparedness
- Mental health and well-being
- Teaching evaluations
- Proper use of names and pronouns
- Accommodations for students with disabilities
- Religious/spiritual observances
- Military deployment
- Writing skills and expectations
- Academic integrity and plagiarism