Course title: Essentials of Interpersonal Practice
Course #/term: SW506-09, Fall 2022
Time/Location: Monday, 6pm-10pm, 2629 SSWB
Credit hours: 4
Prerequisites: None
Instructor: Dr. Mieko Yoshihama
Pronouns: She her
Contact info: Email: meikoy@umich.edu Phone: 734-647-6255
Office: TBA
Office hours: By appointment, send an email requesting an appointment

1. Course Statement
   a. Course Description
      This course presents knowledge and skills essential to interpersonal practice while considering the community, organizational, and policy contexts in which social workers practice. Students learn how to perform various social work roles (i.e. counselor, group facilitator, and advocate), recognizing that these roles must be based on the adherence to social work values and ethics. All phases of the interpersonal practice (e.g., engagement, assessment, planning, intervention, evaluation, and termination) will be presented with attention to how they are applied to work with individuals, families, and small groups. Using an evidence informed approach, students will learn to assess problems/challenges in clients' lives, paying attention to the impact of their social positionalities (e.g., age, race, ethnicity, class/socioeconomic status, gender, sexual orientation, immigration/citizenship/legal status, ability, and faith/spirituality) as well as situational, environmental, structural, and political factors. Students will understand the client’s difficulties and challenges in their sociocultural, historical and political context, assess strengths and limitations, and plan, implement, and monitor change strategies. Students also learn how self-awareness and the conscious use of self affect the helping relationship and how to apply practice skills such as active listening, empathic responding, contracting, problem-solving, critical and creative thinking in practice. Through these reflexive skill-building processes, students will develop critical consciousness. Students learn how to assess the nature of “evidence” and apply various evidence-informed strategies while critically analyzing their disparate impact and effectiveness of across contexts and populations.

   b. Course Objectives and Competencies
      1. Apply inclusive engagement, assessment, and intervention strategies with diverse clients with empathy and cultural humility, based on an intersectional analysis of systems of power, privilege, and oppression in interpersonal practice settings (Essential 11, 13, 14, 15; EPAS 2, 6, 7, 8).
      2. Articulate social work values and ethics in all interpersonal practice strategies to address client issues. (Essential 9, 40, 44; EPAS 1, 5, 6)
      3. Assess client needs using a biopsychosocial spiritual and ecological frameworks to effectively identify and address client and environmental change strategies including in high risk situations such as suicide, interpersonal violence, substance abuse and trauma. (Essential 2, 4, 7, 16; EPAS 4, 7, 8, 9)
4. Develop intervention plans that incorporate evidence informed practice with diverse clients based on an intersectional analysis of systems of power, privilege, and oppression in interpersonal practice settings that can target environmental as well as intra and interpersonal levels of change. (Essential 18, 20, 21, 27; EPAS 4, 7, 8)
5. Practice engaging, assessing, intervening and evaluating with client systems using evidence informed strategies in each phase of intervention. (Essential 22, 23, 27; EPAS 4, 6, 7, 8, 9)
6. Demonstrate effective communication to document services and intervention and facilitate interprofessional collaborative practice. (Essential 12, 17; EPAS 6, 8)
7. Apply anti-racist frameworks to social work practice and utilize skills to intervene, disrupt, and undo racism. (Essential 1, 11, 14, 22, 44, 45; EPAS 2, 3, 6, 7, 8, 9)

c. Course Design
This course will incorporate lectures, role plays, simulations, videos/films, and experiential exercises. Class sessions will emphasize skill development and applied learning activities related to all aspects of the change process when working with individuals, families, and small groups.

d. Rigorous Focus on Privilege, Oppression, Diversity and Social Justice (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 critical intersectionality frameworks, and strengthen critical consciousness to facilitate every aspect of interpersonal practice.

Relationship to Four Curricular Themes
1. Multiculturalism and Diversity are central to relationship building, communication, assessment, intervention, termination and evaluation. This course will explore how the differences and similarities between worker and client impact and shape these critical dimensions of social work practice. Power imbalances between clients, workers, agencies, and broader systems will also be analyzed through a critical intersectional lens.

2. Social Justice and Social Change will be central to social work practice and various roles assumed by social workers and in clienthood. The focus of the course is on small system change (individual, families, and groups); however, the larger social context and implications for change will be embedded in person-in-the-environment (PIE), ecosystems assessment. Strength-based, anti-oppression, and pro-justice frameworks are foundational principles guiding all phases and dimensions of practice.

3. Promotion, Prevention, Treatment, and Rehabilitation will be themes reflected in various purposes and models of contemporary social work practice. In addition, this course will emphasize skills that can be implemented with promotion, prevention, treatment, and rehabilitation as practice goals and outcomes.

4. Behavioral and Social Science Research will be presented in this course to support practice methods, skills and assessment procedures. Planning, decision-making and intervention procedures will be directly borrowed from the behavioral and social sciences.

Relationship to Ethics and Values
Social work ethics and values will be addressed within the course as they pertain to issues related to working with clients and colleagues. The NASW Code of Ethics, as well as Global Social Work Statement of Ethical Principles, serve as a guiding framework about these ethical issues.
2. Class Requirements

a. Text and Class Materials Required Texts:

All other readings and resources are available in CANVAS or through other electronic access. Students are expected to complete all required readings before the class period to which they are assigned. Most classes will depend on prior reading rather than repeating material that is in the reading during the class session.

b. Class Schedule
This course meets in-person [IP] or online [OL] with some asynchronous materials and activities, except for 10/24/22 which is all asynchronous [AS]. Please note that there may be changes in class format depending on the Covid-19 levels and other factors.

<table>
<thead>
<tr>
<th>Topic</th>
<th>Readings and Assignments</th>
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</table>
| OL    | 8/29 Introduction to the Course and Social Work Interpersonal Practice | Pre-Class Required Readings & Videos:  
- Hepworth et al. Chap. 4. Operationalizing social work values and ethics, pp. 51-56.  
- Video - Introduction to strengths-based practice (2019)  
Post-Class Required Readings & Videos:  
- Hepworth et al. Chap. 2. Orienting frameworks for social work practice, up to p. 29  
- Narrated PPT - Ecological Perspective - Prof. Tolman’s Lecture  
Resources (Referenced in Class & Recommended for Further Reading):  
| OL    | 9/5 Labor Day | No class |
| OL    | 9/12 Helping Processes Critical Consciousness, Critical Intersectionality, and Social Justice | Required Readings & Videos:  
- Video – TBA  
Resources (Referenced in Class & Recommended for Further Reading):  
- Drstrup, D. (2020). White therapists addressing racism in psychotherapy: An ethical and... |
### Engagement: Relationship-Building and Empathic Responding

**9/19**

- **3 IP**
- **Required Readings & Videos:**
  - Hepworth et al. Chap. 6. Verbal following, exploring, and focusing skills.
  - Video – TBA

- **Resources (Referenced in Class & Recommended for Further Reading):**
  - Hepworth et al. Chap. 7. Eliminating counterproductive communication patterns and substituting positive alternatives.

### Engagement: Relationship-Sustaining and Enhancing

**9/26**

- **4 IP**
- **Required Readings & Videos:**
  - Video – TBA

- **Resources (Referenced in Class & Recommended for Further Reading):**

### Multidimensional Biopsychosocial Spiritual Assessment (BPSS)

**10/3**

- **5 IP**
- **Required Readings & Videos:**
  - Hepworth et al., Chap. 8. Assessment: Exploring and understanding problems and strengths.
  - BPSS handout & others TBA
  - Video - TBA

- **Resources (Referenced in Class & Recommended for Further Reading):**

### Risk Assessment Intervention Goals, Plans & Contract

**10/10**

- **6 IP**
- **Required Readings & Videos:**
  - Hepworth et al., Chap. 9. Assessing individual and environmental factors and their interaction.
  - Video - TBA

- **Resources (Referenced in Class & Recommended for Further Reading):**
  - National Suicide Prevention Lifeline Suicide Risk Assessment Standards. [https://suicidepreventionlifeline.org/best-practices/](https://suicidepreventionlifeline.org/best-practices/)
  - Brown Stanley Safety Plan Template.pdf
  - VIGOR: A safety planning tool to help survivors of violence assess their risk and decide how to
## Fall Study Break

**7 AS**

Week of 10/24

No class

### Required Readings for Group Presentations:


### Resources (Referenced in Class & Recommended for Further Reading):


## 10/31

**Evidence-Informed Practice for Social Justice II**

<Simulated Interview: Video Annotation Due>

<SIMmersion 3 CBT-Introduction with Tanisha Mosley>

### Required Readings & Videos:

- Hepworth et al. Chap. 2. Orienting frameworks for social work practice, pp. 29-31
- Video - TBA

### Resources (Referenced in Class & Recommended for Further Reading):


## 11/7

**Working with Groups**

### Required Readings & Videos:

- Hepworth et al. Chap. 11. Understanding social work groups.
- Video - TBA

### Resources (Referenced in Class & Recommended for Further Reading):

### Required Readings & Videos:
- Hepworth et al. Chap. 17. Additive empathy, interpretation, and confrontation
- Video - TBA

### Resources (Referenced in Class & Recommended for Further Reading):

### Resources (Referenced in Class & Recommended for Further Reading):
- Hepworth et al. Chap. 15. Enhancing family functioning and relationships.

### Between 11/29 and 12/4
1) Watch a video in-class; work in a group to develop a BPSS assessment & intervention plan

### Group Project:
1) Present/discuss BPSS assessment & intervention plan

### Resources (Referenced in Class & Recommended for Further Reading):

### 12/9
- <Group Project: Assessment & Intervention Plan due>
## c. Assignments

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Due Date*</th>
<th>How to submit/where</th>
<th>%</th>
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</thead>
<tbody>
<tr>
<td><strong>1. Social Positionality Paper</strong></td>
<td>9/19</td>
<td>Turn in paper as a <a href="#">Word document</a> in the Canvas Assignment Tab.</td>
<td>15</td>
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<tr>
<td><strong>2. SIMmersion</strong></td>
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<tr>
<td>1) Gender Affirmative Therapy:</td>
<td>1) 9/26</td>
<td>Read the background materials and make at least 3 attempts for each module.</td>
<td>15</td>
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<tr>
<td>Intake with Jemma</td>
<td>2) 10/10</td>
<td><strong>First attempt is due by the date listed in the left column.</strong> Remaining attempts</td>
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<tr>
<td>2) Suicide Prevention: Assessing Risk with</td>
<td>3) 10/31</td>
<td>can be spread out throughout the semester. Instructor will see the attempt log,</td>
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<tr>
<td>Taye</td>
<td>4) 11/21</td>
<td>time spent, and scoring. No minimum score is required.</td>
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<td>3) CBT-Introduction with Tanisha Mosley</td>
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<td>4) Brief Motivational Intervention with Gabe</td>
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<td><strong>3. Group Presentation &amp; Feedback</strong></td>
<td>Week of</td>
<td>1) Work as a group to record and upload a 10-minute video summarizing the assigned</td>
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<td></td>
<td>10/24</td>
<td>reading.</td>
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<tr>
<td>**4. Simulated Interview: Video Recording and</td>
<td>10/31</td>
<td>2) Watch other groups’ presentations and provide feedback.</td>
<td>25</td>
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<tr>
<td>Annotation**</td>
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<tr>
<td>**5. Group Project: BPSS Assessment and</td>
<td>1) AS</td>
<td>1) Watch a video; work as a group to develop a BPSS assessment &amp; intervention plan</td>
<td>20</td>
</tr>
<tr>
<td>Intervention Plan**</td>
<td>2) 12/5</td>
<td>2) Present/discuss BPSS assessment &amp; intervention plan in class</td>
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<td></td>
<td>3) 12/9</td>
<td>3) Submit a completed BPSS assessment and intervention plan as a <a href="#">Word document</a></td>
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<td>in the Canvas Assignment tab.</td>
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<td><strong>6. Attendance &amp; Participation</strong></td>
<td>Ongoing</td>
<td>Various forms of participation (e.g., physical presence, verbal participation</td>
<td>10</td>
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<td>in-class, reflection papers) will be considered.</td>
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*Unless noted otherwise, assignments are due at 6pm US Eastern time.

**INSTRUCTIONS FOR ASSIGNMENTS**

The following are descriptions of each assignment. Please note that some changes and tweaks might be made in response to the flow of the class and learning processes and needs (e.g., SIMmersion due dates are linked to when specific topics are discussed in-class). When changes are necessary, I will alert you as soon as possible in-class and/or via Canvas announcement and, when necessary, we will have a discussion about the impact of the change.

**1. Social Positionality Paper - 4-5 typed pages**

First, based on the Social Identity Group/Positionality Grid (Exercise 4.1 on p. 79 in Reed et al., 2011, Session 2 reading) and in-class discussions, you explore what type(s) of client(s) might pose great challenges for you and imagine how you would work with them. They may be individuals who are very different from or similar to you.

Then, you write a paper about working with this imaginary client who would present particular challenges given your positionalities. In this paper, you will:
1) identify and reflect on how you would feel about working with this imaginary client prior to the first encounter, what feelings and thoughts you may experience while you are interacting with the client, and what difficulty, if any, you may experience;
2) discuss how you might deal with the above inside and outside the session;
3) examine what strengths you bring to working with this client;
4) explore what reactions your client may have toward you, and how you might address them; and
5) discuss what new insight, if any, have you developed about your positionalities as you worked on this assignment.

Some helpful tips:
• Focus on yourself. Provide only a VERY BRIEF description of your imaginary client. You do not need to develop the character or back-story of this client. Remember, this paper is about you, not about the “difficult” client.
• Applying the PIE (person-in-environment) perspective and locate yourself in the environment. Your positionalities interact with those of your imaginary client in the specific socio-cultural, -political, and –historical context.
• You are strongly encouraged to explore many dimensions of your positionalities, especially those that you have not been given much attention or thought before. Some of your positionalities are familiar to you, and others, not so. It is probably worthwhile for you to explore why this is the case. Some positionalities give you varying degrees of privilege, and others are associated with experiences of oppression and discrimination. Importantly, you do have feelings about many of these positionalities, which may get triggered in various social work practice contexts whether you are aware or not.
• Listen to yourself, and reflect on your thoughts and feelings, and be candid about what you feel (what you think would feel) in working with your imaginary client.
• Refrain from intellectualizing your feelings although it is tempting. You are encouraged and expected to write about your feelings and thoughts in the first person account.
• You are encouraged to refer to the readings and class discussions when/where you can.

2. SIMmersion
In accordance with the school-wide requirement that “all SW506 courses need to include 4 simulations,” you will complete the following four simulation modules in SIMmersion*:
1) Gender Affirmative Therapy: Intake with Jemma
2) Suicide Prevention: Assessing Risk with Taye
3) CBT-Introduction with Tanisha Mosley
4) Brief Motivational Intervention with Gabe

* SIMmersion modules are virtual practice sessions with a “character” (portrayed by an actor) with whom you can engage by asking them questions or making statements. Through these simulations, you will learn about a specific intervention approach while strengthening skills in engagement, collaboration, empathic communication, assessment, planning, and contracting.

Each round lasts for 15-20 minutes. You will try each module at least 3 times (of course you can attempt as many times as you like). Research has shown that the more students try, better and more they learn.

First attempt is due by specific dates listed above when that material is (likely) discussed. Remaining attempts can be spread out throughout the semester.

Please refer to SIMmersion_Instructions_w_screenshots_220828post.docx available in CANVAS>Files>0_SIMmersion.
Each simulation module contains a set of reading resources about the intervention modes/approach. It is important, and highly recommended, that you read them before you start interacting with the character.

SIMmersion will give you a performance score (e.g., 60%, 80%) each time you try a module, but do NOT focus on getting a higher score. Instead focus on learning about and practicing skills in specific intervention models/approaches. No minimum score is required.

For more detail, you can refer to SIMmersion 2 Pager at https://docs.google.com/document/d/1yu4FijSSoZBPR42eZns4Esp0do3loFDmL-VMlycLyCg/edit. If you need technical assistance with SIMmersion, please contact simmersion@umich.edu.

FYI, as the course instructor, I will see the number of attempts, time spent, and scoring, so that I know how everyone is progressing.

3. Group Presentation and Feedback: Details will be provided in class

4. Simulated Interview: Video Recording and Annotation: Details will be provided in class.

5. Group Project – BPSS Assessment & Intervention Plan
This project involves watching a video-taped interview and developing a biopsychosocial & spiritual (BPSS) assessment and an intervention plan as a group. Detailed guidelines and instructions will be provided in class.

6. Class Attendance & Participation
You need to come to class well-prepared, which means doing all the assigned readings and learning activities before the class. You are expected to actively participate in discussions and various in-class exercises (e.g., role-plays).

Occasionally, you will write and submit a short reflection of your learning at the end of the class. Some of the reflections will be shared anonymously in the class to aid mutual learning.

### Guidelines for Assignments

All written assignments will be evaluated for organization, clarity, and written quality, as well as for substantive content. In addition, they must:

- Be typed, single- or double-spaced, and saved as a Word document, unless otherwise indicated.
- Page number on each page.
- Be submitted via CANVAS unless otherwise indicated.
- Be submitted on/before the due date/time; late papers will result in the deduction of 1/2 a letter grade.
- Follow APA formatting, an established academic convention for organization, pagination, footnoting, and bibliographic references. Review the MLibary APA Citation Guide as needed. The Purdue Owl website is another helpful resource for assistance with APA formatting. Papers that do not comply with an established convention will be returned, and a penalty for late submission will apply.
- Make sure you are citing others’ work appropriately and not committing plagiarism. More information on academic integrity policies can be found in the MSW Student Guide.
- Contact SSW Writing Assistance, if/as needed: https://sites.google.com/umich.edu/sswwritinghelp/home

### Grading

We will be using a mastery-based, not a competitive, grading system. In other words, the grade you get will not depend on how well others in the class have done but on how well you have mastered the materials.

Letter grades ranging from “A” to “E” are earned, with “+” or “-” distinguishing the degree of performance.
Specific expectations for each assignment are provided in a later section of this syllabus.

**Incompletes:** Incompletes are given only when it can be demonstrated that it would be unfair to hold the student to the stated time limits of the course. The student must formally request an incomplete from the instructor prior to the final week of classes. Please review the MSW Student Guide for policies on grades and grievance procedures.

e. **Accommodations**
   
   If you are in need of any accommodations for a disability or condition that may interfere with your participation in this course, please let me know as soon as possible. Any information you provide about a disability and/or accommodation is private and confidential and will be treated as such. For more information and resources, please contact the Office of Services for Students with Disabilities (OSSD, http://ssd.umich.edu/) at (734) 763-3000 / ssdoffice@umich.edu.

f. **Attendance and Class Participation**
   
   This class involves a wide range of experiential learning exercises, and therefore, class attendance and participation are critical to achieving the full impact of the course. You are expected to actively participate in class discussions, small group discussions, and various in-class exercises, some of which will require submitting a written report at the end of the class.

   If you have difficulties participating in discussion for linguistic, cultural or other reasons, let’s discuss them individually and explore ways in which you may become a more active participant in class. Class attendance will be taken at random, and any unexcused absences will result in a grade reduction. You need to inform the instructor of your absence as soon as is practically possible. Please review Policy on Class Attendance found in the MSW Student Guide.

   **Use of electronic devices:** You are expected to be engaged and participating in class activities. Students are asked to turn off cell phones during class sessions. If you are utilizing an electronic device (e.g., a laptop computer), it is assumed that it is relevant to the class content and process. If not, the instructor reserves the right to request that the student not use a laptop during class.

   **A note on scholarly discourse:** What we will discuss in class involves controversial issues, such as race, ethnicity, gender, class, immigration, and sexual orientation. All of us come to this course with various experiences and values, as well as assumptions, prejudices, and stereotypes. Disagreements are expected and even welcomed as long as we respect diverse opinions and perspectives and refrain from attacking one another personally. Let us strive to remain open to diverse perspectives, which may conflict with our own.

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.

h. **COVID-19 Pandemic**
   
   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. Your participation in this course is conditional upon your adherence to all safety measures mandated by the state of Michigan and the University, including properly wearing a face covering in class and compliance with the University COVID-19 Vaccination Policy. Other applicable and additional safety measures may be described in the Campus Maize &
Blueprint. Your ability to participate in this course 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 and those seeking an exemption related to the vaccination requirement should submit an exemption request through WolverineAccess. 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. Please notify me by email about your absence as soon as practical to make arrangements for you to access course materials or arrange feasible alternative learning opportunities.

j. Academic Integrity
We adhere to high standards of academic integrity. The Library Research Guide on Academic Integrity in Social Work is available at http://guides.lib.umich.edu/swintegrity. Plagiarism is prohibited in any academic writing at the University of Michigan. Any student caught plagiarizing or cheating in any way will earn a failing grade in this course and may be expelled from the University of Michigan. More information on academic integrity policies can be found in the MSW Student Guide. Other forms of Academic and Professional Misconduct include a wide range of behaviors, such as abuse of confidentiality and obstruction of the academic activities and scholarly research of another (e.g., harassment, intimidation, or tampering with data, records and notes).

k. Self and Group Care
The course topics and materials have the potential to elicit distress, anxiety, a sense of helplessness, rage, and other strong and/or traumatic reactions. While these reactions are common and natural, they may be intense and may interfere with your personal and academic life. It is important to recognize your reactions - in other words, do not deny them, but explore and develop ways to process them. We as a group will acknowledge and address our reactions through class discussions, reflective activities, and other means. I hope we can create a mutually supportive learning environment for all of us in the class.

Additional School and University policies, information and resources are available at: 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