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# SSW Mini-Courses Fall 2009

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## **SW 790 001: Cognitive Behavioral Therapy for Children and Adolescents with Anxiety Problems**

Instructor: **Daniel Fischer**   CEUs: **14**   Location: **3752 SSWB**

Wednesdays, September 30, October 7, 21, 28, and November 4 - 4:00 - 7:00

The focus of this skill-based mini course is on the concepts, theory, principles and procedures appropriate to the assessment and effective cognitive-behavioral therapy of children and adolescents with anxiety problems. The course content reflects advanced material of current relevance for effective clinical practice. Specifically, this course will provide updated training in the cognitive-behavioral treatment of anxiety disorders in children and youth.

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## SW 790 002: Current Treatments for Trauma Survivors

Instructor: **Sallie Foley** CEUs: **14** Location: **3816 SSWB**

September 9, 10, 14, 16, 17 - 6:00 - 9:00

The purpose of this mini-course is to understand the impact of psychological trauma on adult functioning, to learn how to assess impact of trauma on functioning, and to gain skill in treatment of trauma.

Effects of trauma can be profound whether the trauma was a single episode/event, or was experienced over a period of time. Trauma can affect cognition, concentration, memory, self-esteem and ability to self-regulate and self soothe. Survivors of trauma can experience difficulty in trust or intimacy with others and often experience self-blame, shame, and guilt.

This course will provide an overview to trauma treatment for the individual including ways to help survivors of trauma establish safety, self-regulation that leads to feelings of competency, and healthy ways of self-soothing.

Assessment will include evaluation of individual strengths, how the individual has coped through different developmental stages, the individual's present coping skills, ways of creating relationships with others and gaining support from others. Self-regulation and self-soothing techniques are evaluated including presentation of post-traumatic stress disorder in individuals, individual methods of emotion regulation and settling down emotions, ability to stay present in activities, meaning of spirituality or religion, connection to physical body, and impact of shame on individual.

Treatment planning for individuals affected by both acute trauma (single event) or complex trauma (chronic, childhood, or long-term) will be discussed, deciding priorities for treatment, including long term and short term goals.

The following outline, based on the work of Judith Herman and Besel Van der Kolk, will be the basis for defining treatment:

1. Establishment of safety and self-regulation
2. Addressing traumatic memories, including recognition of necessity for integrated treatment techniques
3. Connection in the present-the use of self-regulation and self-soothing to learn to establish and engage in relationships that are reciprocal and mutual.

Objectives:

1. Participants will learn DSM IV-TR understanding of post- traumatic stress disorder.
  2. Participants will gain skill in evaluating two common presenting problems for the survivor of trauma.
  3. Participants will gain skill in developing a treatment plan for the survivor of trauma.
  4. Participants will learn two interventions useful in short-term treatment of trauma survivors.
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## **SW 790 003: Treatment of Mood Disorders**

Instructor: **Kristine Konz**   CEUs: **14**   Location: **B684 SSWB**

Mondays, November 2, 9, 16, 23, 30 - 6:00 - 9:00

The focus of this mini-course is on the concepts, theory and practice appropriate to the effective intervention of Interpersonal Therapy for the treatment of mood disorders. This course will focus on the brief, focused, evidence based treatment using IPT (Interpersonal therapy) as developed by Myrna Weissman. The course will include in depth skills building for use in providing the IPT model of treatment.

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## **SW 790 004: Working with Couples in Therapy**

Instructor: **Laura Nitzberg**   CEUs: **14**   Location: **2752 SSWB**

Thursdays, October 22, 29, November 5, 12, & 19 - 5:30 - 8:30

This mini-course is designed to familiarize students with the current theories of couple therapy. Selected empirically supported models utilized in couple therapy will be examined. The course also looks at some of the key issues and challenges faced by therapists who provide couple therapy. This mini-course will be skill based and focus on helping students to learn effective approaches to working with couples in therapy.

Learning Objectives:

1. Examine current theories of couple therapy.
2. Explore empirically supported models utilized in couple therapy in terms of their concepts of health assumptions, goals, assessment features, diversity factors and interventions.
3. Address key issues and challenges faced by therapists who provide couple therapy.
4. Provide opportunities for students to engage in skill-based activities to promote application of couple therapy interventions.

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## **SW 790 005: Theory and Practice of Infant Mental Health**

Instructor: **Julie Ribaud** CEUs: **14** Location: **2816 SSWB**

Wednesdays, November 11, 18, 25 and December 2 & 9 - 2:00 - 5:00

This course will examine the principles of early intervention with families of infants and young children. Using attachment theory as a foundation, we will examine best practices in supporting early developing relationships between infants and young children and their caregivers. Special attention will be given to understanding the processes through which practitioners can promote infant well-being and expand parenting capacity to nurture and protect their children.

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## **SW 790 006: Working with Individuals with Dementia and Their Families**

Instructor: **Elizabeth Spencer** CEUs: **14** Location: **3816 SSWB**

Wednesdays, October 21, 28, November 4, 11, and 18 - 4:00 - 7:00

This course introduces students to the world of dementia care for older adults and family caregivers. Demographic data regarding increased incidence of dementia in all ethnic/racial and socioeconomic groups will frame examination of intervention research with individuals with dementia and family caregivers.

This course will include an overview of the most common causes of dementia in older adults, with a particular focus on the progression of Alzheimer's disease. Research-based interventions will be examined for early, middle, and late stage dementia, both for the individual and family caregivers. The instructor will introduce observational and assessment tools for both populations and discuss their use in practice.

Course Objectives:

Upon completion of this course, students will be able to:

1. Discuss the major causes of dementia in older adults and the progression of Alzheimer's disease.
2. Demonstrate effective ways of assessing and working with individuals with dementia.
3. Offer examples of caregiving issues at each stage of dementia.
4. Discuss knowledgeably ethical dilemmas that occur in dementia practice.

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## **SW 790 007: Family Psychoeducation Intervention in Work with Adults, Adolescents, Children and Their Families/Extended Support Networks**

Instructor: **James Svensson**    CEUs: **14**    Location: **3816 SSWB**

Mondays, November 2, 9, 16, 23, 30 - 5:30 - 8:30

This course will focus on developing the group work skills necessary to implement evidence-based family psychoeducation interventions in work with adults, adolescents, children and their families. Special emphasis will be given to the family psychoeducation approach using multiple family groups in the treatment of severe psychiatric disorders. This course will examine the theoretical and empirical foundations for family psychoeducation, as well as, the practice of multifamily group treatment in schizophrenia, bi-polar illness, major depressive disorder, borderline personality disorder and with children and adolescents with serious mental illnesses.

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## **SW 790 008: Motivational Interviewing for Social Workers**

Instructor: **Stephen Wiland**    CEUs: **14**    Location: **2752 SSWB**

Wednesdays, October 14, 21, 28 and November 4 & 11 - 1:00 - 4:00

Utilizing the Professional Training Videotape Series developed by William R. Miller and Stephen Rollnick, this is a series of 5 skill-sharing sessions intended to provide a basic introduction to Motivational Interviewing. Using the video material and supplemental handout material, the Sessions will lay a foundation for learners to begin to develop their Motivational Interviewing / Enhancement clinical skills in the service of better facilitating change with their consumers.

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## **SW 790 009: Psychopharmacology for Social Workers**

Instructor: **Paul Pfeiffer**    CEUs: **14**    Location: **ECC 1840**

Saturdays, September 19 & 26 - 8:30 - 4:30

This course has a clinical focus and practical orientation; therefore, we will examine basic neuropsychopharmacology, neurotransmitter systems, drug metabolism (i.e, absorption, distribution, metabolism, excretion), and the pharmacokinetics and pharmacodynamics of psychotropic medications to only a limited degree. Our emphasis will be primarily on understanding the physiological actions, therapeutic effects, and potential toxicities associated with prescribed pharmacotherapies for major classes of mental disorders affecting youth, adults, and the elderly.

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## **SW 790 010: Ethics in the Medical Setting: Exploring Ethical Dilemmas and Applying Basic Ethical Principles in Decision Making**

Instructor: **Janet Allen**    CEUs: **14**    Location: **3816 SSWB**

Tuesdays, November 10, 17, 24, December 1 & 8 - 6:00 - 9:00

This mini course will begin with a review of the basic ethical principles. Medical ethical dilemmas will be presented for participants to practice applying ethical thinking to medical decision making. Participants will have the opportunity to "be a hospital ethics committee" through guidance of members of University of Michigan's hospital ethics committees.

Objectives:

1. Participants will gain knowledge of basic ethical principles.
2. Participants will learn differences in applying these principles based on patient's age: adult versus child.
3. Participants will practice applying ethical principles to medical case dilemmas.
4. Members of the University of Michigan Hospital ethics committees will demonstrate how ethical principles are applied in making recommendations on referred cases.
5. Participants will "be the ethics committee" to practice material presented.

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## **SW 790 011: Building Social Work Skills with Families on Sexual Identity, Behavior and Education**

Instructor: **Kristin Scherrer**    CEUs: **14**    Location: **ECC 1840**

Mondays, September 21, 28, October 5, 12, & 26 - 5:00 - 8:00

This course will provide students an overview of the multiple ways that sexuality impacts contemporary family relationships. While sexuality is often thought of as intensely personal and private, in this course we explore how the social context of the family shapes sexual experiences, health and inequality. In addition to gaining a general familiarity with how sexuality impacts families, this course will provide a more in-depth analysis of three specific instances of sexuality in families: conversations about sexuality and sex education, "coming out" as Transgender, Bisexual, Lesbian and Gay (TBLG), and sexual health. This course identifies best practice strategies for addressing issues of sexuality that arise in a family context, with a focus on how social workers may use these skills in their work with families and family members.

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## SW 799 001: Geographic Information Systems (GIS) for Social Workers

Instructor: **Larry Gant** CEUs: **14** Location: **B696 SSWB**

Mondays, September 14, 21, 28, and October 5 & 12 - 5:30 - 8:30

Geographic Information Systems (GIS) for Social Workers

The goal of the GIS course is to provide a general introduction to the use of GIS software for social work practice. Students will learn the basics of practical mapping of data and information using a range of GIS software. Student will learn the basic strategies of securing data, securing map images, and integration of maps and data to create single and multi-layered data maps. Students will be presented with real time applications of this mapped information in clinical and community practice.

Objectives: Students will be able to:

1. Describe the theory and practice behind the use of GIS.
2. Identify, create and import databases and information spreadsheets into a GIS.
3. Identify, create and import maps, pictures and images into a GIS
4. Produce a variety of data maps using several basic GIS packages.
5. Describe the strengths and limitations of GIS mapping applications.

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## SW 799 002: HIV/AIDS: Evidence Based Programs, Policies and Services

Instructor: **Larry Gant** CEUs: **14** Location: **3816 SSWB**

Saturdays, October 3 & 10 - 8:30 - 4:30

This mini-course will acquaint students with the basic and advanced facts about AIDS (acquired immunodeficiency syndrome), sensitize students to the multitude of public health, social policy and social service delivery issues that AIDS presents, and provide US and global perspectives to HIV/AIDS treatment and prevention. Students will be sensitized to the special challenges AIDS presents for social work practice. Students will be presented with an approach to evidence based practice, and will review the state of HIV related evidence based prevention practice from national and global perspectives.

Objectives: Students will be able to:

1. Describe and diagram the pathogenesis of HIV/AIDS
  2. Explain current and predict future country-specific and global incidence and prevalence of HIV/AIDS using social epidemiology models
  3. Apply a model of empirically based evidence search strategies and procedures
  4. Locate, assess and use sources for empirically based best practice prevention-focused interventions for HIV/AIDS at individual, social and structural factor levels.
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## **SW 799 003: Understanding Diversity and Social Justice through Dialogue**

Instructor: **Michael Spencer**   CEUs:   Location: **ECC 1840**

November 16, 17, 18, 23, & 24 - 6:00 - 9:00

This course is designed to increase students' awareness, knowledge, and understanding of issues related to diversity and social justice, including race, ethnicity, class, gender, religion, sexual orientation, age, ability status, and the intersections between these social identity groups. Additionally, students will gain an understanding of dialogue as a method for peacefully resolving conflict that may emerge due to cultural misunderstandings or oppressive dynamics, as well as skills for effectively engaging in dialogue. The topics of this course include social identity development; difference and dominance and the nature of social oppression; our personal and interpersonal connections to power, privilege, and oppression; understanding and resolving conflicts or resistance; the process of dialogue and coalition building across differences; and its applications in multicultural social work settings.

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## **SW 799 004: Social Entrepreneurship**

Instructor: **Ashley Zwick**   CEUs: **14**   Location: **ECC 1840**

Tuesday/Thursday October 27, 29, November 3, 5, & 10 - 6:00 - 9:00

Social Enterprise is a rapidly growing field/discipline which employs entrepreneurial skills to craft innovative responses to social needs. This course explores current trends which are creating space for innovation and opportunities for individuals with management skills and a commitment to social justice to drive positive and large scale social change. We will explore the major opportunities and challenges presented by social enterprise through examining a variety of models ranging from social purpose business to nonprofits launching and running revenue generating enterprises. We will look at both domestic and international examples.

This course will be beneficial for students who aim to be involved in the social sector (both in the international and domestic context) as nonprofit managers, service providers, business leaders, consultants, board members, philanthropists, foundation leaders, or social entrepreneurs.

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## **SW 799 005: Neighborhood Development**

Instructor: **Barry Checkoway**   CEUs: **14**   Location: **3752 SSWB**

Saturdays, October 3 and 10 - 8:30 - 4:30

This course examines concepts and techniques of neighborhood development for diverse democracy. It analyzes the core concepts of neighborhood as a unit of solution, major models and methods of practice, and practical techniques for involving people in organizations and communities at the neighborhood level. It emphasizes the empowering benefits of neighborhood participation for personal development, organizational capacity-building, and creating community change. It assesses formal efforts by agencies to involve neighborhood residents, indigenous initiatives by neighborhood groups to influence agencies, and the potential of both approaches for community empowerment in areas which are becoming both more segregated and more diverse. Barry Checkoway will be the primary instructor and Tonya Allen, Vice President of the Skillman Foundation will co-facilitate the mini-course.

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## **SW 799 006: Community Empowerment - Arts**

Instructor: **Richard Tolman**   CEUs:   Location: **28TY EQ**

Wednesdays - 3:00 - 5:00

This course is a Social Work listing for the course offered through the Residential College - RCHUMS 334-001.

Community-based art, or art "of, by, and for the people" has emerged in the past twenty years as a genre that has rocked the fields of both art and activism by calling into question traditional notions of "community," "participation," "spectatorship," and "leadership." Students enrolled in this class will have the unique opportunity to experience community-based art in action through hands-on work with one exemplary project in the Detroit metro area. As a supplement to these internships, students will meet once a week to explore how this genre brings about personal, community, and societal transformation through readings, discussion, self-reflection and creative response.

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## SW 799 007: Health Policy and Vulnerable Populations in the United States

Instructor: **H. Luke Shaefer**    CEUs: **14**    Location: **ECC 1840**

Wednesdays, September 16, 23, 30 and October 14 and 21 - 5:00 - 8:00

This mini-course will examine fundamental issues and cutting edge research on health policy in the United States, with a focus on vulnerable populations. The United States' health care system is a complex mixed public and private system accounting for 16 percent of Gross Domestic Product split among numerous powerful interest groups. Devising effective interventions on behalf of vulnerable populations—not to mention systemic reform—requires a background in the forces that drive this system, as well as knowledge of the most current research. This will be a particularly exciting time to study these issues, as the U.S. seems poised to undertake some significant form of health care reform.

Each session will be divided into three parts. Part one will consist of a roundtable discussion of the week's readings and underlying issues, led by participants. Concepts to be covered include different normative organizing principles (efficiency/ effectiveness/ equality/ minimal distributive justice), the role of incentives in health care (including supply and demand/ price elasticity of demand and supply), adverse selection, moral hazard, discrimination, and the importance of social insurance pools. These concepts will be brought to bear on topics related to Medicaid (a program for the poor or middle class?), medical malpractice (helping or hurting patients?), social sources of health disparities, social networks in service delivery, and other critical issues.

Part two each week will include a guest speaker who is engaged in cutting edge research that relates to health policy and vulnerable populations. These speakers will discuss their research and the policy implications of this work for the health policy reform debate in which the U.S. is currently engaged. Each session will end with a broader discussion of the current health policy debate, with updates on the progress of reform (be it legislative or implementation of a new system), with a focus on vulnerable populations.

This will be an intensive mini-course. Participants must commit to reading assigned articles and taking the lead in presenting a few of them. Further, some students will be assigned to track the health reform debate progress each week, so discussions are based on the most up-to-date information. Written assignments will include 2 short reflection pieces (2-3 pages, double spaced) based on the readings or guest lectures in which students outlines their thoughts on an issue covered in the mini-course.

### Mini-Course Objectives

- Understand key concepts and issues that relate to health policy
- Apply this knowledge to issues that affect vulnerable populations
- Apply this knowledge to the current national health care policy reform effort

### Mini-Course Readings

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# SSW Mini-Courses Fall 2009

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## **SW 799 008: Comparative Social Policy Seminar: Examining Social Welfare Policy in the US and Singapore**

Instructor: **Mary Ruffolo / Rosemary Sarri**    CEUs:    Location: **4700 SSWB**

Thursdays, September 10, 17, 24, October 1, 8, 15, 22, 29, and November 5 - 8:00 - 9:30

The overall aim of this seminar is to provide social work students at UM with an opportunity to collaborate with social work students at the University of Singapore on a comparative analysis of key social welfare policy issues. Using distance technologies, students at the University of Singapore will join with students at Michigan to collaborate on a project that explores a key social welfare policy issue (e.g., housing, poverty/workfare, health).

The UM based instructors will be Professors Rosemary Sarri and Mary Ruffolo. The University of Singapore based instructor will be Professor Irene Ng. Prof. Brian Perron from UM will provide distance learning instructional supports.

The course will meet on Thursdays starting on Sept. 10th from 8:00 to 9:30 a.m. and end on Nov. 5th. The last class session on Nov. 5th will meet from 7:00 a.m. until 9:00 a.m. due to the daylight savings time change.

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## **SW 799 009: Global Child Human Rights: Policies and Practices**

Instructor: **Jini Roby**    CEUs: **14**    Location: **3816 SSWB**

Wednesdays, October 14, 21, 28, November 11 and 18 - 1:00 - 4:00

The mini course will focus on children's human rights (including the right of protection from abuse and exploitation; right to grow up in a family environment; right to survival, education and health; and the right to participate), the various forms of violations against those rights and the implications for policy and practice. Sub-topics examined will include family preservation and reunification, adoption abuses, child trafficking, the most hazardous forms of child labor including as child soldiers and participants in the sex and drug trades, harmful cultural practices against children, and many others.