INTP 790: Family Psychoeducation Intervention in Work with Adults, Adolescents, Children and Their Families/Extended Support Networks

Course Number: SW 790: IP Special Topics
Credit Hours: 1
Prerequisites: INTP 521
Location: Advanced Interpersonal Practice Methods Course
Class Meets from 8:30-4:30 on July 31, 2006 and August 7, 2006 in Room 2752
Instructor: Mary C. Ruffolo, Ph.D., LMSW (mruffolo@umich.edu)
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1. Course Description:

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. Special emphasis will be given to issues of social diversity (i.e., race, gender identity, ethnicity, sexual orientation, SES) in the implementation of family psychoeducation approaches, collaboration and problem-solving methodology.

2. Course Content

This course will examine the evidence-based family psychoeducation interventions that promote recovery and inclusion of family and extended support networks in the treatment of mental illness. Emphasis will be placed on developing the advanced group work skills critical to carrying out effective multiple family group psychoeducation interventions for adults, adolescents, children and their families/extended support networks. We will examine the theoretical and empirical foundations for family psychoeducation and learn how to employ the problem-solving methodology in individual and group settings. We will focus on developing advanced skills in engaging consumers, family members and extended support network members in family psychoeducation interventions. We will explore ways to design psychoeducational workshops that promote understanding of mental illness, decrease stigmatization and increase coping skills. We will also address ways to monitor fidelity and outcomes using the family psychoeducation approach.
Throughout the course, students will examine intersectionality of social diversity factors in the design and delivery of family psychoeducation interventions.

3. Course Objectives

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

1. Demonstrate knowledge of family psychoeducation theoretical and empirical foundations in mental health in work with adults living with a severe mental illness and children living with a serious mental illness and their families.
2. To develop advanced skills in implementing the joining sessions and the problem-solving group sessions in the multiple family group psychoeducation intervention.
3. Employ fidelity and outcome monitoring measures in the delivery of family psychoeducation interventions.
4. Examine the intersectionality of social diversity factors in the design and delivery of family psychoeducation interventions and modify the psychoeducation intervention to address strengths of target population.
5. Operationalize the NASW Code of Ethics as it applies to value dilemmas in interpersonal practice with families and extended support networks.

4. Course Design

This course will employ a number of pedagogical strategies to promote knowledge and skill development, such as reading assignments, group skill sessions, role play simulations, video demonstrations, didactic presentations of family psychoeducation theory and guest speakers.

5. Relationship of Course to the Four Curricular Themes

- **Multiculturalism and Diversity** will be addressed through examination of social diversity factors in the design and implementation of family psychoeducation approaches, especially in the engagement, joining and problem solving phases of the intervention.
- **Social Justice and Social Change** will be addressed by recognizing how stigma associated with mental illness creates barriers to accessing mental health treatment for consumers, families and extended support networks and by exploring ways that the current mental health system and other care-giving systems often exclude family and support network members from receiving needed services.
- **Promotion, Prevention, Treatment and Rehabilitation** will be addressed through learning the skills needed to carry out family psychoeducation interventions since these interventions are designed to promote recovery and intervene to minimize negative outcomes for consumers, families and extended support network members.
• Behavioral and Social Science Research will be addressed through examination of the empirical evidence of efficacy of the family psychoeducation intervention, especially the multiple family group psychoeducation model.

6. Relationship of the Course to Social Work Ethics and Values

Professional social work ethics will be reviewed focusing on their application to group interventions and to working with families and extended support networks. Special emphasis will be placed on issues of confidentiality and informed consent.

7. Required Readings: The required readings can be found on the library web site at:

http://mirlyn.lib.umich.edu/F/?local_base=miu30_pub&func=find-c&ccl_term=CCNO%3DAA+61837+SS+2006

July 31, 2005

Evidence Based Practices: Shaping Mental Health Services toward Recovery - Family Psychoeducation Toolkit (Select Workbook for Clinicians and Supervisors -144 pages) (http://mentalhealth.samhsa.gov/cmhs/communitysupport/toolkits/family )


August 7, 2006


8. The assignments for this course:

1. To participate in in-class multiple family psychoeducation group skill sessions.
2. To complete a brief knowledge based test on the multiple family psychoeducation model.
3. Critically review 2 intervention research peer-reviewed journal articles that examine the family psychoeducation interventions. In your review of these studies address the following: target population for the study, the sample characteristics, the intervention, the methods used to capture change, the results, and implications for social work practice. Be sure to discuss how this study addresses the intersectionality of social diversity factors in the design and delivery of family psychoeducation interventions and ways to modify the psychoeducation intervention presented to address strengths of target population.
Selected journal articles/book addressing the empirical evidence for family psychoeducation in work with adults, adolescents, children and families/extended support networks.


You might want to view the following web page: [http://www.multiplefamilygrouptherapy.com](http://www.multiplefamilygrouptherapy.com). It is the website for the Association for Multiple Family Group Therapy and MFGT Resource Center.