SW 625
Interpersonal Practice with Children and Youth
Winter 2010

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Office hours -
Mondays 12:15 - 1:15
Tuesdays 12:00 - 2:00
Wednesday 4:00 - 5:00
Others by appointment

Don’t just do something. Stand there and pay attention!
~Sally Provence

Required Texts (on reserve and at Ulrich’s)


NOTE: All four texts reference evidence-based practice

Also suggested for your library:


Course Description:

This course will examine practice theories and techniques for working directly with children, adolescents, and their caretakers. This course will emphasize evidence-based interventions that address diverse groups of children or adolescents within their social contexts (e.g., peer group, school, family, neighborhood). Special attention will be given to issues of diversity as it relates to building therapeutic relationships and intervening with children, adolescents and their families. The interaction between environmental risk factors, protective factors, promotive and developmental factors as they contribute to coping, resiliency, and disorder, as well as how these might vary by child or adolescent diversity factors, such as race, ethnicity, disadvantage, gender, sexual orientation, sexual identity and culture will also be covered.

Course Content:

This course will present prevention, treatment, and rehabilitation models appropriate to interpersonal practice with children, youth and their families in a variety of contexts. Content will focus on the early phases of intervention, including barriers to engagement that may result from client-worker differences, involuntary participation on the part of the child, youth, or family, and factors external to the client-worker relationship, such as policy or institutional decisions that may influence or shape the therapeutic relationship. Since the intervention strategies taught in this course rely significantly on the social worker as a critical component of the change process, attention will be paid to the understanding of self as an instrument in the change process. A variety of evidence-based interventions for engaging children, youth, and their families (or other caretaking adults such as foster parents) will be presented. Assessment content will emphasize client and caretaker strengths and resources as well as risks to child or youth well-being that may result from internal or external vulnerabilities caused by trauma, deprivation, discrimination, separation and loss, developmental disability, and physical and mental illness. Particular attention will be paid to cultural, social, and economic factors that influence client functioning or the worker’s ability to accurately assess the child, youth, or family. These assessments include attention to life-threatening problems such as addictions, suicidal ideation, and interpersonal violence.

Content on intervention planning will assist students in selecting interventions which are matched with client problems across diverse populations, cultural backgrounds, socio-political contexts, and available resources. These interventions will be based on a thorough assessment, appropriate to the child’s or adolescent’s situation, and sensitive to and compatible with the child/adolescent’s and family’s expressed needs, goals, circumstances, values, and beliefs. Summary descriptions of developmental stages (i.e. infancy, toddlerhood, preschool age, school age, and adolescence) will be presented in terms of developmental characteristics and milestones, salient developmental challenges, and themes such as self-esteem and the development of peer relationships. Helping parents or other caretaking adults to understand the child’s or youth’s issues or behavior in developmental terms will also be discussed.

A range of evidence-based intervention approaches will be presented such as cognitive behavioral therapy, behavioral therapy, and parent management training. Promising practices for children and adolescents across child serving settings will
also be reviewed. The use of play therapy in working with young children and children who have been traumatized will be explored. Since work with children and youth almost always requires multiple intervention modalities, attention will be given to creating effective intervention plans through the integration of different modalities. Those intervention methods that have been empirically demonstrated to be effective will be given particular emphasis. Methods for monitoring and evaluating interventions will also be discussed and demonstrated in this course.

Course Objective:

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

1. Understand and address the impact of diversity (including ability, age, class, color, culture, ethnicity, family structure, gender (including gender identity and gender expression), marital status, national origin, race, religion or spirituality, sex, and sexual orientation) of children, adolescents and their families and the social worker on practice process and outcomes.

2. Describe and apply a number of assessment procedures (e.g. direct observation of or interviews with the client, parent or caretaker, and collateral contacts with teachers, caseworkers, or other professionals) that identify internal and external risk protective and promotive factors that may affect children and adolescents.

3. Describe the primary developmental tasks and characteristics of childhood and adolescence as they relate to the selection and implementation of developmentally and culturally appropriate techniques for engaging and treating children and adolescents.

4. Identify the ways in which continuity or disruption in primary care relationships may impact children, adolescents, and the therapeutic relationship.

5. Engage in an assessment process that includes gathering information on the risk, protective and promotive factors at the intrapersonal, family, peer group, school and neighborhood levels in order to formulate and understanding of the child/adolescent’s presenting problems and circumstances.

6. 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.

7. Develop advanced intervention skills in working with children, adolescents and their families.

8. Monitor and 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 such as maltreatment, deprivation, disability, and substance abuse.

Course Design:

Class format will include lecture, discussion, case analysis, skills development sessions and viewing of videotapes. Written assignments will integrate theory,
evidence-based research, and case analysis, and when possible, the student’s practicum work.

Relationship of the Course to Four Curricular Themes:

- **Multiculturalism and Diversity** will be addressed through discussion of child/adolescent/family-worker differences and power/privilege differentials based on ability, age, class, color, culture, ethnicity, family structure, gender (including gender identity and gender expression), marital status, national origin, race, religion or spirituality, sex, and sexual orientation. Case examples of intervention and readings will reflect this theme.

- **Social Justice and Social Change** will be addressed through discussion of differences between problems responsive to interpersonal practice interventions and those which result from poverty, discrimination, and disenfranchisement, requiring systemic as well as individual interventions. Case advocacy for disadvantaged, deprived, victimized and underserved or inappropriately served children and adolescents and their families will also be emphasized.

- **Promotion, Prevention, Treatment, and Rehabilitation** will be addressed through discussion of risk, protective and promotive factors across the child/adolescent’s multiple contexts. Discussions will also emphasize intervention theories and techniques that support the child’s or adolescents’ developmental potentials.

- **Behavioral and Social Science Research** will be addressed in relationship to the selection, monitoring, and evaluation of assessment and intervention methods with specific emphasis on evidence-based interventions in the areas of developmental psychopathology, attachment, risk, resiliency and coping, trauma, and maltreatment. Students will develop advanced skills necessary to implement evidence-based interventions and critically evaluate intervention theories and approaches used with child and adolescent populations.

Relationship of the Course to Social Work Ethics and Values:

Social work ethics and values in regard to confidentiality, self-determination, and respect for cultural and religious differences are particularly important when working with children and youth. Social workers working with children and adolescents often need to make critical intervention decisions which may have to balance risks to the child’s or adolescent’s safety or emotional well-being with their need for ongoing connection to their families and communities. This course will cover the complexities of ethical dilemmas as they relate to work with child and adolescent populations and the ways that the professional Code of Ethics may be used to guide and resolve value and ethical issues.

Intensive 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 intersectionality and intercultural frameworks and strengthen critical consciousness, self knowledge and self awareness to facilitate PODS learning.

Accommodations:

If you need or desire an accommodation for a disability, please let me know soon. The earlier that you make me aware of your needs the more effectively we will be able to use the resources available to us, such as the services for Students with Disabilities, the Adaptive Technology Computing Site and the like. If you do decide to disclose your disability, I will treat that information as private and confidential. Also, please notify me if religious observances conflict with class attendance or due dates for assignments so we can make appropriate arrangements.

Course Requirements:

- Attend and participate in all sessions (10 points); absences will lower your grade since:
  - Some material considered essential to the objectives of the course will only be presented in class
  - The application of key concepts and student co-learning requires participation in class discussions and exercises
  - Predictability, reliability and consistency are core to any strong relationship…"being there" is incredibly important to clients, so it is important in this class
  - If you are unavoidably absent, please let me know either before the class, or in the case of an emergency, as soon as possible following the class.
  - Participation means – active attention to discussions, being thoughtful about your responses (not dominating discussion but also making sure you contribute at least once or twice during the semester). **Texting, writing papers, net surfing, messaging or emailing during class are a distraction to you, to me and to your classmates and is unacceptable.** I may or may not say something to you if I notice you are so engaged – but **it will affect your participation grade**. You are going into a field that needs you to be well equipped and you have a short amount of time in this program to obtain IP skills and knowledge.

- Response to Clinical Vignette (20 points) - DUE Friday 2/5/10 at 11:00 p.m.

You will watch an entire session from the link to Counseling Videos - [http://ctiv.alexanderstreet.com.proxy.lib.umich.edu/](http://ctiv.alexanderstreet.com.proxy.lib.umich.edu/) (you will need to sign into your Umich account). You may choose any one of the family therapy or individual child or adolescent therapy clips. **After watching the session, but before listening to or reading the discussion that is interspersed or follows,** write a two to three page response including:

1) Child’s presenting problem - i.e. “Child appears to be struggling with separation anxiety. Her mother describes her as…”
2) Therapeutic approach - in some detail - i.e. “therapist used client-centered therapy. Her behaviors included open ended questions, mirroring responses and…”

3) The themes that you saw throughout the session - what did the child/youth “tell” you through words or actions (or lack thereof) about their struggles? You may choose one or two themes and elaborate on them (with examples of what you saw), or be broader and discuss all the themes you saw or wondered about, with only one or two brief examples noted.

THEN:

4) After you have then watched the discussion, note what new information was revealed - i.e. what did the therapist see or hear that you did not? What was discussed that you had picked up on as well? The purpose of this section is for you to be able to pay attention to what you did already “know” and what you learned by hearing a seasoned clinician talk. (NOTE: You will defeat the purpose of the assignment and an opportunity for growth if you rush ahead to see the discussion before you write your paper - I am not interested as much in that you “see” everything on your own, but that you can show growth and reflection on what you are already strong in and where you need to develop - this is the section to address this). This section should be at the end of the paper and no more than one page. If you happen to choose a video with no discussion or educational component interspersed, please write a section on what you feel you were strong at catching and what you thought you might be missing.

Papers will be graded on:

- Quality of understanding of clinical issues (NOTE: because this is an introductory class, I do not expect you to be able to identify all clinical issues - I am interested in your ability to be curious, to wonder about what you see and hear and to be able to grasp that some forms of communication from clients is subtle and we must be willing to listen carefully to “hear” them.)
  - Ability to glean both the obvious presenting problem and any other factors that present themselves throughout the session
  - Ability to detect and discuss the therapeutic behaviors
  - Capacity to note themes the child is struggling with
- Clarity of thoughts and expression
- Following the terms of the assignments
- Grammar, clarity of writing, etc.

- Completion of One Reading Reflection (20 points) - DUE Friday 2/26/10 at 11:00 p.m.

A week before it is due, I will send out a “prompt” question that will require you to apply readings from that week and earlier assignment, i.e. a comprehensive integration, in order to answer the question. I will be looking for your understanding of and ability to apply principles we have learned through the readings, as well as class discussions. Your grade is based on your ability to apply clinical principles to presented material. Responses will be limited to 5 pages double-spaced. These reflections will be due by the Friday at 11:00 p.m. of the week they are assigned and are to be submitted through Ctools. This will
give time for class discussion of the articles/chapter and any questions before the paper is due.

- **Completion of a clinical paper (50 points) - DUE Sunday 3/28/10 at 11:00 p.m.**
  - Length: 10 pages double spaced (must be thorough yet concisely written)

The aim of this paper is to give you a chance to reflect on your clinical work in a concentrated and organized manner. Students beginning a new field placement this term will probably want to do Assignment A, which focuses on evaluation and treatment planning. Students who have been in placement longer may prefer to write Assignment B, which deals with ongoing treatment.

Although this assignment is quite detailed in expectation, not all cases will “fit” the assignment. **If you need to alter or reformulate the assignment to match the reality of your placement or the particular work you are doing, please discuss with me before writing the papers.**

****To preserve client confidentiality, please disguise your case material, by using pseudonyms for all family members, omitting or changing specific geographical information, and avoiding mention of details that identify clients.****

**Alternative A:** Choose a child or adolescent and parents with whom you have begun to work. This option is for work with a newer client! (Note that forming a working hypothesis regarding a child/youth is applicable in hospital and school settings, even when therapy is not provided, thus, this alternative can be used for by students who do not work with children therapeutically.) Write a detailed summary of an assessment (and, if relevant, the early treatment work) that includes:

- Precipitant for referral, presenting problem and psychosocial/family history. Include also a discussion of protective factors, risk factors and environmental issues.

- Describe one or a few critical incidents that enabled you to come to a clearer understanding of the case.
  - In the assessment and treatment process, "critical incidents" occur which crystallize the practitioner's understanding of a case. A critical incident may take various forms. Examples include: a repeated play sequence, the reporting of an important memory, fantasy or dream, an observed interaction between child and parent(s), impressions of the worker-client relationship such as a particular transference (or counter-transference) response, a style of resistance, information about traumatic or stressful events in the client’s or family's history, classroom observations, or results of psychological/educational testing in a client's school file. What makes such an incident "critical" is that it enables the social worker to reach a clearer understanding of the client's experience, circumstances and internal psychological processes. From this understanding, hypotheses can be generated and interventions can be planned.
• Be concrete, specific and detailed in your presentation of the clinical material and describe how you interpreted the meaning of the incidents. (Selecting material from process recordings of interviews is a very appropriate way to present critical incidents.)

• Formulation of a clinical hypothesis (or hypotheses) which takes into account developmental, psychodynamic and family/interactional issues.

• Treatment plan, in terms of treatment format and specific goals of treatment. *Indicate your rationale for choosing the approach you did. The relationship between the clinical hypotheses and treatment plan should be clearly stated. For example, if a client is suffering from PTSD episodes, your first goal should be connected to that (i.e., not to anger management, though that may be another goal).* If relevant, describe components of the treatment plan that involve case management, as an adjunct or alternative to clinical work, such as referral for other services, coordination with other professionals, etc. If multiple systems (such as foster care, juvenile court, medical personnel, school personnel, day care, etc.) are involved with the client, discuss your plans for interacting with these other parties and indicate any need you see to advocate on behalf of your client with these systems and individuals.

• Description of your beginning relationship with the clients—both child and adolescent and parents. Describe some critical incidents that illustrate the initial relationship, and discuss any transference and countertransference issues that appear to be emerging. Describe any racial/ethnic/class/cultural issues that may influence the relationship, if relevant. Assess the family's capacity for treatment by discussing strengths and vulnerabilities of the clients and their circumstances that may promote or impede successful intervention.

• Describe your thoughts/feelings regarding the prognosis for successful intervention and analyze the reasons for your point of view.

• Conclude with a discussion of what issues this child/family has evoked or could evoke in you...what issues might you need to take to supervision. If you don’t have a reflective supervisor, what issues might you have wished to talk about in supervision? This is not a place for you to discuss what you wish the parents or system would do (unless your reaction is tied to feelings about this). In other words, this is not a place to critique others, but to reflect on what your emotional/cognitive response is to what you are seeing.

**Alternative B:** Choose a child or adolescent and parents with whom you have worked during this year. This option is for work with longer-term client, since its emphasis is on the treatment process. Write a case review that includes:

• Precipitant for referral, presenting problem and brief psychosocial/family history. Include also a brief discussion of risk factors and environmental issues.

• Formulation of a clinical hypothesis (or hypotheses) which takes into account developmental, psychodynamic and family/interactional issues.

• Treatment plan. Indicate your rationale for choosing the approach you did.

• Describe the treatment relationship in terms of attachment and transference issues. Note countertransference and ethnic/cultural issues, if relevant.

• Descriptive account of the treatment process, including critical incidents in treatment, and an assessment of the client's progress in terms of the objectives.
of the treatment plan. Though the focus of this part should be on the treatment process with the child or adolescent, also include an account of work with parent(s). **This section should be the bulk of the paper.**

- Brief account of case management issues (if relevant) and contacts with others involved with the child/adolescent, e.g. school personnel, foster care worker, day care provider, probation officer, etc.
- Plans for continuing treatment, termination or transfer. If ongoing treatment is needed, note future treatment goals.
- Conclude with a discussion of what issues this child/family has evoked or could evoke in you...what issues might you need to take to supervision. If you don’t have a reflective supervisor, what issues might you have wished to talk about in supervision? This is not a place for you to discuss what you wish the parents or system would do (unless your reaction is tied to feelings about this). In other words, this is not a place to critique others, but to reflect on what your emotional/cognitive response is to what you are seeing.

**Alternative Paper Topics:** Students who do not have child or adolescent clients can discuss alternative topics with me. **This option is open only to those students not doing direct work with children, adolescents and/or their parents.** Possible topics include doing at least two observations of a child and/or interview with a parent (examples of this assignment are the exercises at the ends of the practice chapters in *Child Development: A Practitioner’s Guide*, see pp. 191-2, 257-8, 334, and 418) or a research paper on intervention approaches to a particular problem of childhood or adolescence. If you intend to write a research paper, please let me know and I will provide an assignment outline. **In any alternate assignment, the self-reflection section is still required (see requirement above).**

**Grading:**

My practice is to provide detailed feedback on your final paper. As such, it may take me up to three weeks to return them. Papers are graded on:

- Quality of understanding of clinical issues
  - Depth and accuracy of clinical hypothesis (*this is what distinguishes levels of mastery as a clinician and will differentiate grades*).
  - Ability to link hypothesis with goals
- Clarity of thoughts and expression
- Following the terms of the assignments
- Grammar, clarity of writing, etc.
- Quality of self-reflection – ability to show capacity to reflect on your own responses to clinical work, areas where you lack empathy and how you might address this, areas that are particularly scary or anxiety provoking for you, etc.

**Final Grades**

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Semester Outline  
(Basic outline – may change based on needs of class):

Class One – January 6  
Introduction to Course  
Context of Intervention:  
  Development, Attachment, Interaction, and Psychodynamics  
  Evidence-Based Practice  
Brief lecture/video:  
  Video Clip – The Mission

Reading Assignment  
Bromfield: pg. ix - Chapter 2 (pp ix - 28)  
Intro to EBP in Social work practice with children and youth.  
http://www.lib.umich.edu/socwork/orientation/mswchildrenyouth.html

Class Two – January 13  
Assessment and Evaluation  
Treatment Planning  
“Critical Incidents”  
  Video: Critical incident with a child

Reading Assignment  
Bromfield: Chapter 3 (pp. 29 - 45) - The Not-So-Magic of Therapy: How Therapy Works  
Davies: Chapter 3 and 4 (pp.61 – 130) – Risk and Protective Factors  
Oppenheim: Chapter 1 (pp. 3 – 30) – Constructing a Relationship Formulation for Mother and Child: Clinical Application of the Working Model of the Child Interview.  
(NOTE: Read this chapter with attention to what the clinician is attending to, how he frames follow up questions and his commentary – this will begin to help you learn about “critical incidents” even though this case is specific to an infant).  

Class Three – January 20  
Treatment Planning  
Context of Intervention  
  Office  
  Toys  
  Therapeutic Stance
Video: Brief clips of a playroom and toys
Video: Techniques of Play Therapy

Reading Assignment


**Bromfield**: Chapter 4 (47 - 62). *Do Fence Me In: The Bounds and Limits*.

**Oppenheim**: Chapter 2 (pp. 31-56) – *Keeping the Inner World of the Child in Mind*

**Taffel**, R. (2005). *Breaking through to Teens*. Intro through Chapter 2 – *First Meeting* (pp. 1 – 45) NOTE: Book is on reserve in library

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Class Four – January 27

**Adult and Child Attachment Patterns**

The Strange Situation Procedure

Videos: Looking at hallmarks of attachment templates

Reading Assignment

**Davies**: Intro to Part 1 and Chapter 1– *Attachment as a Context for Development* (pp. 3-38).

(Ctools) **Hesse**. The adult attachment interview: historical and current perspectives (pp.396-411, only)

(Ctools) **Zeanah and Benoit**: Clinical Applications of a Parent Perception Interview in Infant Mental Health (1994). (pp. 539-553).

(Ctools) Working Model of the Child Interview questions


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Class Five – February 3 Vignette Response Due February 5

**Brain Development**

Trauma

Reading Assignments

**Davies**: Chap. 2 – *Brain Development* (pp. 39 – 60)


### Class Six - February 10 – Working with Adolescents

**Reading Assignments**


NOTE: There is a lot of information here - it is for your perusal and use as needed, not to be read in its entirety for class.

**Watch entire video - CBT for Anxiety in Adolescents** (86 minutes) [http://ctiv.alexanderstreet.com.proxy.lib.umich.edu/View/534738](http://ctiv.alexanderstreet.com.proxy.lib.umich.edu/View/534738)


(Ctools) **Taffel** – Chapter 3 (pp. 46 -72).

Chapter 5 (pp. 107 – 126)

### Class Seven – February 17

**Working with Infants and Parents**

Video: Looking at cues of an infant

Video: When the Bough Breaks

**Reading Assignments**


**Lieberman and Van Horn** (pp. 43-69)

**Davies:** Intro to Part II – Chapter 6 (pp. 139-192)

(Ctools) **Blum:** Chapter 2 – *Untouched by Human Hands* (pp. 31-60)
Class Eight – February 24 - Reflection Papers due 2/26/10 by 11:00 p.m.
Working with Toddlers
Video and Case presentation – 22 month old and parent

Reading Assignments

Davies Chap. 7 & 8 (pp. 193 – 258)

Oppenheim, Chap. 7 (pp. 172- 202)


Class Nine – March 10
Working with Preschoolers
Video: Family Transitions: Young Children Speak their Minds about Divorce.
Video and Case Presentation: Working with an aggressive, explosive 4 year old and his mother

Reading Assignments

Bromfield: Chap. 6 & 7, (pp. 77 - 104)

Davies: Chap. 9 and 10, (pp. 259-334)


Lieberman and Van Horn (pp. 69 – 110)

Oppenheim, Chapter 8, (pp. 203 – 225)

Class Ten – March 17
Working with School-Aged children
Video and Case Presentation: Working with a school aged child with FASD and learning disabilities
Video: Understanding the Defiant Child

Reading Assignments


Bromfield: Chap. 8 - Drawing out the Child: Artwork in Therapy (pp. 105 -123).

Davies: Chap. 11-12 (pp. 335-418)

Class Eleven– March 24 - Final Papers Due Sunday March 28 @ 11:00 p.m.
Separation and Loss
Foster Care and Adoption Issues
Video: Robertson tapes: Lucy

Reading Assignments


Oppenheim Chap. 3 Maltreated Children and their Adoptive Families (pp. 58 – 89).


Class Twelve – March 31 – (CLASS INPUT - SED/Autism together?)
Supporting parent of children and youth with Severe Emotional Disturbances (SED)
Working with Parents

Reading Assignments

Bromfield: Chap. 11 - 13 (pp 161- 198)

Oppenheim: Chap. 5 (pp. 109-136)

Class Thirteen – April 7

Supervision
Evidence Based Practice

Reading Assignments

Bromfield: Chap. 18 (pp. 249-260) I Can Name That Tune in Six Sessions: Managed Care and Evidence-Based Treatment.

(Btools) Bennett, C.S. (2008). The Interface of Attachment, Transference, and Countertransference: Implications for the Clinical Supervisory Relationship


Class Fourteen – April 14

Termination

Reading Assignments

Bromfield: Chap. 19 (pp.261 - 276) All’s Well that Ends Well: Closing Therapy