Renison University College Land Acknowledgement

With gratitude, we acknowledge that Renison University College is located on the traditional territory of the Attawandaron (also known as Neutral), Anishinaabe, and Haudenosaunee peoples, which is situated on the Haldimand Tract, the land promised to the Six Nations that includes ten kilometres on each side of the Grand River.

Fall 2018

Course Code: SOCWK/SWREN 220R
Course Title: Social Work with Individuals, Theory and Practice 1

Class Times/Location: Tuesdays 6:30 -9:20 PM/REN 1918

Instructor: Dr. Debbie Wang
Office: Part-Time Office 1623
Office Phone: (519) 622-0224
Office Hours: Tuesdays 6:00 p.m.-6:30 p.m. or by appointment

Course Description
A presentation of some of the theoretical frameworks necessary for the understanding of the individual in the counseling relationship, as well as an introduction to some useful interventions.

Also, a specific model – “Intentional interviewing and counseling” by Allen Ivey, Mary Bradford Ivey, & Carlos Zalaquett (9th ed., 2018) will be taught. Students will practice the interviewing skills during class.

Course Objectives and Learning Outcomes

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

- Describe and demonstrate social work values and principles and their application to ethical practice.
- Identify, summarize, and differentiate the various theoretical frameworks that guide the practice of social workers.
- Develop counseling skills according to the Ivey model.
- Become a collaborative, problem-solving conversationalist.
**Required Text**
- Book of Readings, SOCWK 220R (2018) available at University of Waterloo Bookstore

**Readings Available on LEARN**
Check on LEARN regularly for weekly communication and additional learning materials.

**Course Requirements and Assessment**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Due</th>
<th>Weight</th>
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<tbody>
<tr>
<td>Interviewing Skills Assignment</td>
<td>November 13 &amp; 20</td>
<td>50%</td>
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<tr>
<td>Reflection/Participation Paper</td>
<td>December 4</td>
<td>15%</td>
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<tr>
<td>Final Exam</td>
<td>To be determined</td>
<td>35%</td>
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**Total** 100%

1. **Interviewing Skills Assignment (45%)** – For this two-part assignment, each student is required to videotape a role-play counselling situation of 15-20 minutes based on an unscripted and recorded practice interview with a classmate, colleague, or other willing interviewee **(value: 20%, Due: November 13)** You will then provide a written critique of your work **(value: 25%, Due: November 20)** according to the interviewing skills studied in the course, including observations and formulation of the client as well as of yourself. (approx. 1500 words in length).

2. **Class Reflection/Participation Paper (15%)** - Each student is required to write a 2 to 3 page paper (approx. 500 to 750 words) evaluating one's participation in this course: attending class, participating in role-plays and class discussion, reading and reflecting on readings. (Introvert participation such as reading, listening, and reflecting on course material and experience is equally valued to class discussion). Strengths and limitation of the course will also be assessed in this paper. **Due: December 4**

3. **Final Exam (40%)** – to be written during the regular exam period. Essay questions will be given at the last class. Students choose 4 questions to answer; mandatory questions include: a) generalist-eclectic direct social work practice; b) diversity and counselling (6 questions). – 2 ½ hours in length.

**Course Outline**

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Readings Due</th>
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<tbody>
<tr>
<td>1</td>
<td>Sept. 11</td>
<td>Welcome, introductions and course overview</td>
<td>Introduce yourself to the class</td>
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<tr>
<td></td>
<td>Date</td>
<td>Topic</td>
<td>Reading Material</td>
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| 2 | Sept. 18 | What is social work and what are our values and ethics? Learning Activity | Code of Ethics (pp.1-6)  
Social work as a developing profession - Johnson, L. (pp.8-26)  
Approach to direct social work practice - Coady, N. & Lehman, P. (pp. 29-32)  
Guiding principles for social workers – Sheafor, B. & Horejsi, C. (pp. 34-43)  
Understanding fundamental values and ethics in social work – Cournoyer, B. (49-51) |
| 3 | Sept. 25 | Introduction to social work skills Learning Activity | Common factors – Cournoyer, B. (pp.67-68)  
Relationship factors – Cournoyer, B. (pp.69-72)  
Towards intentional interviewing and counseling - Chapter 1 (text)  
Biopsychosocial dimensions (ecological systems theory) – Cournoyer, B. (pp.59-61)  
Mapping client conditions – Sheafor, B. & Horejsi, C. (pp.44-47) |
| 4 | Oct. 2 | Beginning View In Treatment video Discussion and Role Play | Attending behaviour: Basic to communication - Chapter 3 (text)  
Motivation matters: Why you do the things you do - Falikowksi, A. (pp.74-117)  
Developing and maintaining communication with people - Brill, D. & Levine, J. (pp.119-143) |
<p>| 5 | Oct. 9 | Fall Reading Week – No Class | Review |</p>
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<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic</th>
<th>Resource</th>
<th>Questions/Topics</th>
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<tbody>
<tr>
<td>6</td>
<td>Oct. 16</td>
<td>Exploring View Ivey video</td>
<td>Chapter 5 (text)</td>
<td>Questions: Opening communication  - Chapter 5 (text)</td>
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<td>View Ivey video Practice skill Role-play</td>
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<td>Observation skills - Chapter 4 (text)</td>
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<td>7</td>
<td>Oct. 23</td>
<td>Assessing and Contracting Stages of changes contracting, goal setting,</td>
<td>Encouraging, paraphrasing and summarizing: Key skills of active</td>
<td>Social work as a problem solving process - Johnson, L. - In Book of Readings (pp.146-163)</td>
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<td></td>
<td></td>
<td>motivational interviewing</td>
<td>listening - Chapter 6 (text)</td>
<td>The techniques of intervention - Fusco, L. - In Book of Readings (pp.180-184)</td>
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<tr>
<td>8</td>
<td>Oct. 30</td>
<td>Working View Ivey video</td>
<td>Observing and reflecting feelings: A foundation of client experience - Chapter 7 (text)</td>
<td>A reflective/inductive model of practice - Coady, N. (pp.165-177)</td>
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<td>View Ivey video Practice skill Role-play</td>
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<td>9</td>
<td>Nov. 6</td>
<td>Working and Evaluating Planning for Change 'Treatment' or where do we</td>
<td>How to conduct a 5 stage counselling session using only</td>
<td>Strengths approach - Saleeby, D. - (pp.64-65)</td>
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<td>go from here</td>
<td>listening skills Chapter 8 (text)</td>
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<td>Practice Skill Role-play</td>
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<td>10</td>
<td>Nov. 13</td>
<td>A Trauma Informed Lens: working with “resistance” and challenging</td>
<td>Trauma informed toolkit: <a href="http://trauma-informed.ca">http://trauma-informed.ca</a></td>
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<td>situations</td>
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<td>Role-play video Assignment Due</td>
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<td>11</td>
<td>Nov. 20</td>
<td>Evaluating and Preparing it for Ending Counseling in a multicultural</td>
<td>Multicultural Competence, Neuroscience, and Positive</td>
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<td></td>
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<td>society</td>
<td>Psychology/Resilience: Chapter 2</td>
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Cross-listed course:
Please note that this is a cross-listed course with SWREN 220R which will count in all respective averages no matter under which rubric it has been taken.

Late Work
Due dates are non-negotiable unless an extension is provided to the entire class. All written assignments are due during the first 15 minutes of class on the day they are due. Assignments submitted past the original or extended due date may be subject to a 2% deduction for each day.

Electronic Device Policy
Electronic devices are allowed in class, provided they do not disturb teaching or learning.

Attendance Policy
This course requires class discussions, experiential exercises, and group presentations; therefore, class contribution is imperative. The instructor expects your participation by attending class regularly.

Final Examination Policy
For Fall 2018, the established examination period is December 6-21, 2018. The schedule will be available in October. Students should be aware that student travel plans are not acceptable grounds for granting an alternative final examination time (see: https://uwaterloo.ca/registrar/final-examinations

Accommodation for Illness or Unforeseen Circumstances:

<table>
<thead>
<tr>
<th>12</th>
<th>Nov. 27</th>
<th>Endings</th>
<th>Action Skills to building Resilience and Managing Stress: Chapter 12 (text)</th>
</tr>
</thead>
<tbody>
<tr>
<td>13</td>
<td>Dec. 4</td>
<td>Review and Consolidation Wrap up and Evaluation Reflection/Participation Paper Due</td>
<td>Review</td>
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The instructor follows the practices of the University of Waterloo in accommodating students who have documented reasons for missing quizzes or exams. See http://www.registrar.uwaterloo.ca/students/accom_illness.html

**Academic Integrity:**

In order to maintain a culture of academic integrity, members of the University of Waterloo community are expected to promote honesty, trust, fairness, respect and responsibility. See the UWaterloo Academic Integrity webpage (https://uwaterloo.ca/academic-integrity/) and the Arts Academic Integrity webpage (https://uwaterloo.ca/arts/current-undergraduates/student-support/ethical-behaviour) for more information.

**Discipline:** Every student is expected to know what constitutes academic integrity, to avoid committing academic offences, and to take responsibility for their own actions. A student who is unsure whether an action constitutes an offence, or who needs help in learning how to avoid offences (e.g., plagiarism, cheating) or about “rules” for group work/collaboration, should seek guidance from the course professor, academic advisor, or Academic Dean. When misconduct has been found to have occurred, disciplinary penalties are imposed under the University of Waterloo Policy 71 – Student Discipline. For information on categories of offences and types of penalties, students should refer to Policy 71 - Student Discipline. For typical penalties check Guidelines for the Assessment of Penalties (https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/guidelines/guidelines-assessment-penalties).

Students should also be aware that copyright laws in Canada prohibit reproducing more than 10% of any work without permission from its author, publisher, or other copyright holder. Waterloo’s policy on Fair Dealing is available here: https://uwaterloo.ca/copyright-guidelines/fair-dealing-advisory  Violation of Canada’s Copyright Act is a punishable academic offence under Policy 71 – Student Discipline.

**Grievance:** A student who believes that a decision affecting some aspect of university life has been unfair or unreasonable may have grounds for initiating a grievance. Read Policy 70 - Student Petitions and Grievances, Section 4 (https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/policy-70). When in doubt, please be certain to contact the department’s administrative assistant, who will provide further assistance.
**Appeals:** A decision made or penalty imposed under Policy 70, Student Petitions and Grievances (other than a petition) or Policy 71, Student Discipline may be appealed if there are grounds. Students who believe they have grounds for an appeal should refer to Policy 72, Student Appeals (https://uwaterloo.ca/secretariat-general-counsel/policies-procedures-guidelines/policy-72).

**Academic Integrity website (Arts):**
http://arts.uwaterloo.ca/arts/ugrad/academic_responsibility.html

**Academic Integrity Office (uWaterloo):**
http://uwaterloo.ca/academic-integrity/

**Accommodation for Students with Disabilities:**

**Note for Students with Disabilities:** The AccessAbility Services office, located on the first floor of the Needles Hall extension (NH 1401), collaborates with all academic departments to arrange appropriate accommodations for students with disabilities, without compromising the academic integrity of the curriculum. If you require academic accommodations to lessen the impact of your disability, please register with the AAS office at the beginning of each academic term.

**Intellectual Property.** Students should be aware that this course contains the intellectual property of the instructor, which can include:

- lecture handouts and presentations (e.g., PowerPoint slides)
- lecture content, both spoken and written (and any audio or video recording thereof)
- questions from various types of assessments (e.g., assignments, quizzes, tests, final exams)
- work protected by copyright (i.e., any work authored by the instructor)

Making available the intellectual property of instructors without their express written consent (e.g., uploading lecture notes or assignments to an online repository) is considered theft of intellectual property and subject to disciplinary sanctions as described in Policy 71 – Student Discipline. Students who become aware of the availability of what may be their instructor’s intellectual property in online repositories are encouraged to alert the instructor.

**Mental Health Support**
All of us need a support system. The faculty and staff in Arts encourage students to seek out mental health supports if they are needed.
On Campus
- Counselling Services: counselling.services@uwaterloo.ca / 519-888-4567 xt 32655
- MATES: one-to-one peer support program offered by Federation of Students (FEDS) and Counselling Services
- Health Services Emergency service: located across the creek form Student Life Centre

Off campus, 24/7
- Good2Talk: Free confidential help line for post-secondary students. Phone: 1-866-925-5454
- Grand River Hospital: Emergency care for mental health crisis. Phone: 519-749-433 ext. 6880
- Here 24/7: Mental Health and Crisis Service Team. Phone: 1-844-437-3247
- OK2BME: set of support services for lesbian, gay, bisexual, transgender or questioning teens in Waterloo. Phone: 519-884-0000 extension 213

Full details can be found online at the Faculty of ARTS website
Download UWaterloo and regional mental health resources (PDF)
Download the WatSafe app to your phone to quickly access mental health support information

A respectful living and learning environment for all

1. It is expected that everyone living, learning or working on the premises of Renison University College will contribute to an environment of tolerance and respect by treating others with sensitivity and civility.

2. Harassment is unwanted attention in the form of jokes, insults, gestures, gossip, or other behaviours that are meant to intimidate. Some instances of harassment are against the law in addition to Renison University College policy.

3. Discrimination is treating people differently because of their race, disability, sex, sexual orientation, ancestry, colour, age, creed, marital status, or other personal characteristics. The Ontario Human Rights Code considers actions and behaviours rather than intentions.