I. Catalogue Description
This is an advanced practice course on social work treatment methods with children and adolescents from a cognitive behavioral perspective. Assessment, treatment and generalization of change strategies; problem solving; resource development; intervention planning and other practice issues are explored.

II. Course Overview
This advanced mental health and CYF course is designed to provide graduate students with more in-depth knowledge of theories and techniques for direct practice with children, adolescents and their families. We will begin with a basic orientation to working with children, adolescents, and their caregivers. Course content will address evidence based practice, developmental theory and psychopharmacologic treatment. We will also consider issues in the field of child mental health treatment relating to professional ethics, and address cultural complexities in practice. Finally, we will consider general principles for clinical interviewing, assessment and treatment planning with young children and adolescents.

The topics covered in this course are designed to promote students’ ability to recognize and apply clinical skills to help children and adolescents with mental health challenges regardless of service setting (school, child welfare, mental health clinic, health setting, etc.).

III. Course Competencies & Practice Behaviors & Assignments
Your successful completion of this course means that you will have progressed toward achieving social work competencies in advanced direct practice with children and adolescents by demonstrating the following behaviors:

<table>
<thead>
<tr>
<th>Competencies Addressed in Course</th>
<th>Practice Behaviors Addressed in Course</th>
<th>Assignment(S) Measuring Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.1.2: Apply social work ethical principles to guide professional practice</td>
<td>Evaluate and address ethical dilemmas related to treatment issues that arise in direct practice with youth</td>
<td>Reading response Cultural self-assessment Final assignment</td>
</tr>
<tr>
<td>2.1.3: Apply critical thinking to inform and communicate professional</td>
<td>Identify &amp; synthesize multiple sources of knowledge to understand policy/practice issues related to</td>
<td>Reading response Essay Final assignment</td>
</tr>
</tbody>
</table>
judgments | advanced practice;  
--- | ---  
Identify and evaluate models of assessment, prevention, intervention and evaluation that are appropriate to advanced practice

2.1.4: Engage diversity and difference in practice | Demonstrate an understanding of how culture and values affect diverse conceptualizations and solutions pertaining to mental health problems experienced by youth  
--- | ---  
Demonstrate knowledge and skills to practice in a way that is respectful and accommodating of youth and families of diverse backgrounds

2.1.6: Engage in research-informed practice & practice-informed research | Critically evaluate and utilize theoretical and empirical research relevant to the children’s mental health

2.1.7: Apply knowledge of human behavior and the social environment | Evaluate and apply knowledge of theories of development in relation to the social environment in order to choose methods of assessment, intervention and evaluation to address the needs of child and adolescent clients and their families

2.1.10: Engage with individuals, families and groups | Assess youth, families and groups to determine various potentially effective and appropriate interventions to address the psychosocial needs of youth and families

IV. Course Content

Week 1: 01/24/15

Introduction and overview
- Introductions
- Review of course content, course requirements and expectations
- Purpose of reflective practice in class
- Introductory remarks about clinical work with children and adolescents

Contemporary issues in children’s mental health treatment
- Systems of care in children’s mental health
- Ecological thinking
- Perceptions and beliefs about mental health
- Evidence based practice
- Cultural complexities in practice
Cultural Self-assessment directions given

Required Readings:


Recommended Readings:


Week 2: 01/31/15

*Infant and Early Childhood Mental Health*
- Attachment
- Psychological tasks of pregnancy
- Brain development
- Temperament

*Clinical Approaches with infants and very young children*
- Parent Child Psychotherapy
- Trauma Informed Parent Child Psychotherapy (TI-CPP)
- Video replay

Cultural Self-assessment due
Reading Response directions given

Required Readings:

Recommended Readings:


Week 3: 02/07/15
Risk and Resilience
- Risk and protective factors
- Intergenerational transmission of parenting practices
- Special issues of foster care and adoption

Stress and Trauma
- Impact on brain, learning and relationships
- Stress and recovery

Reading Response Activity

Reading Response due
Essay directions given

Required Readings:

**Recommended Readings:**

**Week 4: 02/14/15**

**Assessment, diagnosis & case conceptualization**
- Methods of assessment (quantitative, qualitative)
- Using DSM 5 for diagnosis
- Screening, Assessment and Evaluation guidelines
- Psychological testing
- Ethical and cultural considerations with testing, interviewing, and diagnosis

**Developmental and organic considerations**
- Adolescent development
- Role of executive functioning
- Emotion regulation

**Treatment Modalities**
- Cognitive Behavior Therapy; strategies and application
- Behavior Therapy; strategies and application

**Required Readings:**

**Recommended Readings:**


**Week 5: 2/21/15**

**Interventions for internalizing disorders to include**
- Anxiety
- Depression
- Bipolar disorder

**Interventions for externalizing disorders to include**
- ADHD
- Oppositional defiant disorder
- Conduct disorder

**Required Readings:**


*Optional but encouraged:

**Recommended Readings:**

**Week 6: 02/28/15**

**Interventions for Trauma**
- PTSD in children
- Assessment and evidence based treatments
- Trauma focused CBT
- EMDR

**Dialectical behavior therapy (DBT)**
- DBT group work with adolescents
- Self-injurious behaviors
- Suicide

**DBT Strategies: Guest Lecturer Heidi Frank, MSW, LCSW**

Essay due
Practice Reflection directions given

**Required readings:**


**Recommended readings:**


**Week 7: 03/07/15**

*Treatment modalities continued*

- Evidence based group interventions
- Family-based interventions: Involving parents and families in the process
- Collaborative problem solving
- Emotion coaching

*Additional Considerations*

- Gender differences
- Sexual orientation and expression
- Relational boundaries and social work ethics
- Compassion fatigue

*Legal issues related to work with children and adolescents: Guest Lecturer Joseph Copa MSSW, JD*
Practice Reflection due

Required Readings:


Recommended Readings:


Implications for Legal Advocates Adapted from the Child Welfare Trauma Referral Tool available at http://www.nctsnet.org/sites/default/files/assets/pdfs/cwt3_sho_referral.pdf.

Week 8: 03/14/15

In Class Case Conceptualization

V. Texts and Reading Materials for the Course
Required Text:

Additional recommended articles and resources will be posted on Learn@UW each week.

VI. Evaluation of Competencies and Practice Behaviors: Assignments, Grading and Methods

Grading: The following is a breakdown of grades for the class.

<table>
<thead>
<tr>
<th>Percent</th>
<th>Grade</th>
<th>Criteria</th>
</tr>
</thead>
<tbody>
<tr>
<td>94 – 100</td>
<td>A</td>
<td>Outstanding, surpasses expectations in all areas</td>
</tr>
<tr>
<td>88 – 93</td>
<td>AB</td>
<td>Surpasses expectations in many areas</td>
</tr>
<tr>
<td>82 – 87</td>
<td>B</td>
<td>Meets expectations in all areas</td>
</tr>
<tr>
<td>76 – 81</td>
<td>BC</td>
<td>Meets expectations in some areas, below in others</td>
</tr>
<tr>
<td>70 – 75</td>
<td>C</td>
<td>Below expectations in most areas, not acceptable graduate-level work</td>
</tr>
<tr>
<td>64 – 69</td>
<td>D</td>
<td>Below expectations in all areas, not acceptable graduate-level work</td>
</tr>
<tr>
<td>&lt;= 63</td>
<td>F</td>
<td>Fails to meet minimal expectations in all areas</td>
</tr>
</tbody>
</table>

Delivery of the course content will involve a variety of adult learning modalities to include lecture, guest speakers, video, large and small group activities and discussion, and individual reflection. It is a reading-intensive course and you are expected to come to class prepared for discussions and small group exercises, having read all of the assigned material BEFORE CLASS and noted questions or issues you would like to discuss. The quality of class discussions will be largely dependent on all participants’ ability and willingness to share input from readings and their own experiences outside of class. Please speak up when you have a point to make, a question, or a disagreement. While I recognize that students vary in their comfort level related to speaking up in class, it is important for your professional training to sometimes take a stand, question situations, and effectively communicate with colleagues and supervisors.

To strengthen the connection between course content and practice, students are invited to share case material and issues/concerns regarding in-class practice. All students are expected to respect their clients’ and classmates’ confidentiality related to information shared in class, which means avoiding the use of accurate names or mention of any unique identifying characteristics. You are expected to demonstrate tolerance and openness to various opinions/ideas presented in class, even if they diverge from your own.

Assignments:
The purposes of the following assignments are to: 1) enhance learning; 2) promote critical thinking; 3) stimulate the integration of classroom work with practice; and 4) evaluate the extent to which you have attained the competencies listed above.

List of Assignments:
Cultural Self-Assessment: Designed to facilitate your own cultural assessment. Worth 10 points.

Reading Response Paper: Reading response paper combined with small group discussion. You will be provided a specific reading and guidelines for response. Assigned on week 2; due week 3. Worth 10 points.

Essay Assignment: Essay assignment to be completed outside of class. Assigned on week 3; due week 6. Worth 35 points.

Practice Reflection: Practice assigned strategy outside of class and write a brief reflection on the experience. Assigned on week 6; due week 7. Worth 10 points.

Case Conceptualization: Final in-class assignment designed to synthesize entire course content through case conceptualization in response to video vignette. Completed during class on week 8. Worth 30 points.

VII. Course Policies
Assignment Guidelines
All assignments are to be referenced using APA format, typed in 12-point font and double spaced. The evaluation of all written work (again, aside from the journal assignment) will also include the style, spelling and grammar of papers. Assignments may be either turned in via paper at the beginning of class on the day due, or through UW drop box PRIOR to the beginning of class. Unapproved late assignments will be marked down 3 points for each day they are late. Please contact me if any unusual circumstances arise.

Attendance Policy
Due to the accelerated nature of courses in the University of Wisconsin-Madison Part-Time MSW Program, students are expected to attend all scheduled classes and to arrive on time.

Promptness
Prompt arrival to all courses is required.

- Instructors may take actions they deem appropriate if a student is consistently tardy
- Instructors may also consider a significantly late arrival or early departure as an absence
Absence
To ensure a quality educational experience, students must attend and participate in classes.

- Attendance will be taken at each class and students’ level of participation noted
- Excused & Unexcused Absences:
  - The first unexcused absence will result in a student’s grade being dropped one full grade
  - The second unexcused absence will place the student at risk for failing the course
  - On a case by case basis, it is left to the instructor’s discretion as to what is defined as an excused absence as well as to determine appropriate follow up plans
- Students are responsible for completing any class requirements for the day missed, and for obtaining from a fellow classmate any assignments, materials, and communications missed due to absence, late arrival, or early departure.
- Additional graded make-up work appropriate for the content missed will be assigned for excused and unexcused absences.
- Students who must be absent due to inclement weather or other emergencies should contact the instructor prior to the start of class to be considered for an excused absence.
- Inclement Weather Policy
  - If there is inclement weather across the Program area, students will be expected to check their email prior to leaving for class to confirm whether classes are cancelled.
  - If classes are not cancelled but an individual student concludes he/she cannot safely travel to reach his/her class site, the student must contact his/her instructor(s) regarding his/her plan to not travel. This absence will be considered excused and makeup work will be assigned.
  - If classes at one or both sites are cancelled by the Program Director and Co-Director, then no makeup assignment will be required for those respective students; however, the class time will be rescheduled. The Program Coordinator will notify students by email within 72 hours of the cancellation regarding the planned class day/time additions.

Learn@UW
All students in the class are required to access Learn@UW for additional communication and information regarding the course. Please check Learn@UW on Wednesday evenings for student Power Points when available and other resources pertinent to class the next day. I will respond to email communication every 24 hours (to be checked once per day, most likely in the evening). Please let me know if you have trouble accessing information in this way.

Plagiarism
Plagiarism involves the use of others’ words, ideas, or evidence without clearly acknowledging the source. Plagiarism in this class (and other classes) is unacceptable and will be treated as serious ethical breach with possible penalties including: a failing grade on the assignment, failing the class, and/or referral to the Dean of Students Office.

Maintaining ownership of your work is often challenging when writing papers using multiple sources. Nevertheless, intentional plagiarism is academic dishonesty. Plagiarism occurs when you do any of the following in an assignment:
- Use someone else’s words either verbatim or almost verbatim without citation (even if the work does not have a clear author—for instance in a website)
- Use someone else’s evidence, line of thinking or idea without citation
- Turn in someone else’s work as your own, as in copying a peer’s paper or purchasing a readymade paper
- Turn in previously submitted work as if new, without the instructor’s approval

**Student Behavior Policy**
In order to learn, we must be open to the views of people different than ourselves. Each and every voice in the classroom is important and brings with it a wealth of experiences, values and beliefs. In this time we share together over the semester, please honor the uniqueness of your fellow classmates, and appreciate the opportunity we have to learn from each other. Please respect your fellow students’ opinions and refrain from personal attacks or demeaning comments of any kind. Finally, remember to keep confidential all issues of a personal or professional nature discussed in class. We will spend time on the first day creating additional group rules to build feelings of psychological safety and respect.

**Note on Accommodation of Student Disability**
If you are a student with a disability (e.g. physical, learning, psychiatric, vision, hearing, etc.) and think you might need special assistance or a special accommodation in this class, please speak with me as soon as possible.

**Ongoing Feedback From You**
I greatly appreciate on-going student input regarding reactions to, suggestions, and/or concerns about the course. Always feel free to see me personally if you have concerns about any part of the course. In-person or written comments are always welcome.

**Final Note:** I look forward to the opportunity to serve as your instructor. I hope you have interesting and invaluable experiences in this class!