

UNIVERSITY OF NEVADA, LAS VEGAS
School of Social Work
Direct Practice Study Guide
Comprehensive Exam, 2005

3-13-05

DIRECT PRACTICE I

The principles of a psychosocial interview

- Demonstrate your understanding of the interview process
 - engagement
 - data gathering
 - understanding of the client
 - assessment
 - problem formulation
 - goals
 - triage and treatment planning
 - resistance
 - transference
 - countertransference
- The role of empathy and the distinction between empathy and sympathy

Social work model

- Strengths perspective
- Levels of need
- Values and ethics
- Cultural competence
- Self awareness

Ego assessment

- Defenses
- Functions.

Practice Models

- Systems and ecological perspectives
- Ego psychology, object relations
- Cognitive-behavioral Approach
- Solution focused approach

Working with Specific Problem Areas

- Grief, loss, & bereavement
- Depression & Suicidal Ideation
- Trauma
- Chronic mental illness
- Characterological issues

Books

Shea, S. C.(1998). *Psychiatric Interviewing: The Art of Understanding: A Practical Guide for Psychiatrist, Psychologist, Counselors, Social Workers, Nurses, and other Mental Health Professionals. 2nd Edition.* Phila. W. B. Saunders Co.

Other readings

. Beck, J.S. (1995). *Cognitive Therapy: Basics and Beyond.* New York: Guilford Press . Chapt. 1, 2, 3.

Corey, Gerald. (2005). *Theory and Practice of Counseling and Psychotherapy.* Pacific Grove. Brooks/Cole. Chapt. 6

Cohen, J.A., Mannarino, A.P., Berliner, L., & Deblinger, E. (2000). Trauma-focused cognitive behavioral therapy for children and adolescents: An empirical update. *Journal of Interpersonal Violence* 15(11), pp.1202-1223.

Corwin, Maria. (2002). *Brief Treatment in Clinical Social Work Practice.* Pacific Grove. Brooks/Cole. Chapt. 2-5.

Direct Practice with Families

1. Understand and be able to recognize differing need levels of need of families according to Kilpatrick and know what therapies work best with which level of need families.
2. Understand and be able to analyze cases in the family therapy models below.
3. Be able to understand the similarities and differences between models below.

- Bowen's Family System's Model
 - Structural Family Therapy
 - Cognitive-Behavioral Family Therapy/Behavioral Family Therapy
2. Know and be able to implement what type of therapy might be better with what kind of family based on their levels of need.
 3. Be able to combine different models to best meet the needs of a client.

Be able to use different models with a variety of cultural and class groups, and have an understanding of using methods for differing populations including culture and class and differing problem areas

Bibliography

Nichols, M.P. & Schwartz, R.C. (1998). *Family Therapy: Concepts and Methods* (4th ed.). Boston, MA: Allyn and Bacon.

Kilpatrick, A. C., & Holland, T.P. (199) *Working with Families: An Integrative Model by Level of Need* (2nd ed.) Boston, MA: Allyn and Bacon. Chapt. 1, 2, 5.

DSM-IV TR

Multi-axial diagnosis
Steps in differential diagnosis

Be able to recognize, diagnose, and indicate basic treatment for the following:

- Mental disorders in children & adolescents
- Delirium, dementia, Amnesic, & other cognitive disorders
- Substance related disorders
- Schizophrenia and other psychotic disorders
- Mood disorders
- Anxiety disorders
- somatiform, factitious, and dissociative disorders
- sexual, gender identity disorders
- eating and sleeping disorders
- personality disorders

Therapeutic Groups

Rules/norms

Open/closed groups

Stages of group

Therapeutic factors in group

Cohesion

Group composition / Membership

- Heterogeneity vs. Homogeneity
- subgroups
- roles
- Subgrouping

Group therapist/leader's tasks

Guiding the process

Illumination of Process

Development of Here and Now

Transference issues

Transparency of leader/therapist

Dealing with Problem clients and subgroups

Particular issues with short term groups

Managing conflict and hostility

termination