

**The University of Texas at Austin  
School of Social Work**

<b>Course Number:</b>	SWN393R24	<b>Instructor:</b>	Lauren M. Gaspar, LCSW
<b>Unique Number:</b>	94675	<b>E-mail:</b>	<a href="mailto:imgaspar@hotmail.com">imgaspar@hotmail.com</a>
<b>Semester:</b>	Spring 2013	<b>Phone:</b>	(512) 296-7258
<b>Meeting Time:</b>	Monday and Wednesday 5:30pm-8:00pm	<b>Office hours:</b>	Wednesdays 8:00pm-9:00pm (appt. pref.)
<b>Meeting Place:</b>	SSW 2.116	<b>Office Room:</b>	3.104A

**TREATMENT OF CHILDREN AND ADOLESCENTS**

**I. Course Description**

The course is designed as an advanced clinical selective for graduate students in the School of Social Work who wish to increase knowledge and skills for practice with children, adolescents, and their caretakers. Students will develop a working understanding of children and adolescents from diverse backgrounds, affirming and respecting their strengths and differences. This course is grounded in the identification, analysis, and implementation of empirically-based intervention strategies for working with children, adolescents, and their families. This course will focus on using multiple perspectives in the advanced application of theories, models and skills utilized in varying treatment modalities, with emphasis placed at the micro and mezzo levels of practice. The framework of the course is based on social work values and the ethical decision-making process, as illuminated by the NASW Code of Ethics. A bio-psycho-social and cultural emphasis will be applied to the various problem areas and disorders covered.

**II. Standardized Course Objectives**

Upon completion of the course, students should be able to demonstrate:

1. Demonstrate the ability to integrate theories and empirical research knowledge under girding fields of practice areas with child, adolescent, and family populations
2. Demonstrate skill in the application of different treatment modalities, including formal and informal systems of care.
3. Demonstrate an advanced clinical knowledge of the relationship between assessment and intervention as it relates to the strengths, the processes involved in human change, and the capacities and resources of children, adolescents and families.
4. Demonstrate the ability to adapt intervention models and strategies to reflect an understanding of persons from diverse backgrounds, including (but not limited to) race, ethnicity, culture, class, gender, sexual orientation, religion/spirituality, physical or mental ability, developmental level, age, and national origin.

5. Critically evaluate and analyze different theoretical and intervention models as to their effectiveness in given situations. This includes:

- (a) the adequacy of the research and knowledge base;
- (b) the range of applicability;
- (c) the value and ethical issues, including the student's own value system; and
- (d) the policy implications involved in delivery of services to children, adolescents, and families.

6. Demonstrate the ability to implement and evaluate the effectiveness of clinical interventions for children, adolescents, and families.

7. Demonstrate the ability to tailor and integrate clinical interventions for children, adolescents, and families based on the context in which they are delivered.

8. Demonstrate advanced knowledge of social work values and ethical decision-making processes as they relate to ethical dilemmas in clinical intervention with children, adolescents, and families.

### **III. Teaching Methods**

This class will be taught using a variety of methods with an emphasis on experiential learning, i.e., lecture, class discussion, experiential activities, guest speakers, videos, community based activity, course assignments, and readings. The assignments will provide the opportunity for "learning by doing". For success in this class you must be willing to participate, risk yourself, stretch your creativity, and attend class. It is imperative for effective practitioners working with play as an intervention strategy to participate in an ongoing process of self awareness. You are encouraged to ask questions, give the instructor feedback, and meet with the instructor as needed.

### **IV. Required Texts and Materials**

#### **Required Texts:**

Weisz, J.R., & Kazdin, A.E. (2010). *Evidenced-Based Psychotherapies for Children and Adolescents: 2nd edition*. New York: Guilford Press.

Greene, R. (2010). *The Explosive Child: Understanding and helping easily frustrated, "chronically inflexible" children (3rd ed.)*. New York, NY: Harper Collins Publishers.

#### **Required Readings:**

Additional readings are posted on blackboard and assigned dates are located in **Section X**.

### **V. Required University Policies**

#### **The University of Texas Honor Code**

The core values of The University of Texas at Austin are learning, discovery, freedom, leadership, individual opportunity, and responsibility. Each member of the university is expected to uphold these values through integrity, honesty, trust, fairness, and respect toward peers and community.

#### **Professional Conduct in Class**

The professor expects students to act like professionals in class. This means students should arrive on time for class, be prepared to participate in the class discussion, and show respect for one another's opinions. We will not, nor should we, always agree with one another. In this environment we should be exposed to diverse ideas and opinions, and sometime we will not agree with the ideas expressed by others. However, the professor does require that students engage one another with respect and professionalism.

### **Policy on Scholastic Dishonesty**

Students who violate University rules on scholastic dishonesty are subject to disciplinary penalties, including the possibility of failure in the course and/or dismissal from the University. Since such dishonesty harms the individual, all students, and the integrity of the University, policies on scholastic dishonesty will be strictly enforced. For further information, the student may refer to the Web Site of the Student Judicial Services, Office of the Dean of Students (<http://www.utexas.edu/depts/dos/sjs/>).

### **Documented Disability Statement**

Any student who requires special accommodations must obtain a letter that documents the disability from the Services for Students with Disabilities area of the Division of Diversity and Community Engagement (471-6259 voice or 471-4641 TTY for users who are deaf or hard of hearing). Present the letter to the professor at the beginning of the semester so that needed accommodations can be discussed. The student should remind the professor of any testing accommodations no later than five business days before an exam. For more information, visit <http://www.utexas.edu/diversity/ddce/ssd/>.

### **Religious Holidays**

By UT Austin policy, students must notify the professor of a pending absence at least fourteen days prior to the date of observance of a religious holy day. If the student must miss a class, an examination, a work assignment, or a project in order to observe a religious holy day, the professor will give the student an opportunity to complete the missed work within a reasonable time after the absence.

### **Use of E-Mail for Official Correspondence to Students**

Email is recognized as an official mode of university correspondence; therefore, students are responsible for reading their email for university and course-related information and announcements. Students are responsible to keep the university informed about changes to their e-mail address. Students should check their e-mail regularly and frequently—daily, but at minimum twice a week—to stay current with university-related communications, some of which may be time-sensitive. Students can find UT Austin’s policies and instructions for updating their e-mail address at <http://www.utexas.edu/its/policies/emailnotify.php>.

### **Safety**

As part of professional social work education, students may have assignments that involve working in agency settings and/or the community. As such, these assignments may present some risks. Sound choices and caution may lower risks inherent to the profession. It is the student's responsibility to be aware of and adhere to policies and practices related to agency and/or community safety. Students should notify the professor regarding any safety concerns.

### **Behavior Concerns Advice Line (BCAL)**

If students are worried about someone who is acting differently, they may use the Behavior Concerns Advice Line to discuss by phone their concerns about another individual’s behavior. This service is provided through a partnership among the Office of the Dean of Students, the Counseling and Mental Health Center (CMHC), the Employee Assistance Program (EAP), and The University of Texas Police Department (UTPD). Call 512-232-5050 or visit <http://www.utexas.edu/safety/bcal>.

### **Emergency Evacuation Policy**

Occupants of buildings on the UT Austin campus are required to evacuate and assemble outside when a fire alarm is activated or an announcement is made. Please be aware of the following policies regarding evacuation:

- Familiarize yourself with all exit doors of the classroom and the building. Remember that the nearest exit door may not be the one you used when you entered the building.

- If you require assistance to evacuate, inform the professor in writing during the first week of class.
- In the event of an evacuation, follow the professor's instructions.
- Do not re-enter a building unless you're given instructions by the Austin Fire Department, the UT Austin Police Department, or the Fire Prevention Services office.

### **Use of Blackboard in Class**

In this class the professor uses Blackboard—a Web-based course management system with password-protected access at <http://courses.utexas.edu>—to distribute course materials, to communicate and collaborate online, to post grades, to submit assignments, and to give students online quizzes and surveys. Students can find support in using Blackboard at the ITS Help Desk by calling 475-9400, Monday through Friday, 8 a.m. to 6 p.m. Please plan accordingly.

## **VI. Prof. Gaspar's Class Policies**

1. As this is a graduate level class, regular attendance is expected. The professor will not be keeping track of how many classes you have attended or missed as part of your semester grade. However a sign-in sheet will be passed around at the beginning of each class for students to document their attendance. These sheets will only be used in reflection should a student not agree with their final class participation grade. Students are expected to complete the readings prior to class, and should be well prepared to participate in discussions. Failure to demonstrate through discussions that one has comprehended the readings will be considered in assigning the class participation portion of the final grade. Regular attendance is expected, and in extenuating circumstances please notify the instructor.
2. Except under extremely unusual circumstances, assignments must be completed on the due date and turned in at the beginning of class on the due date. Late assignments will result in a deduction of five points for each day that the assignment is late (beginning on the assignment due date).
3. Social work students who use social media (i.e. Facebook, Twitter, etc.) and other forms of electronic communication (i.e. blogs, etc.) must be mindful of how their communication may be perceived by clients, colleagues, faculty, and others. Social work students are expected to make every effort to minimize material which could be considered inappropriate for a professional social worker in training. Because of this, social work students are advised to manage security settings at their most private levels and avoid posting information/photos or using any language that could jeopardize their professional image. Students are asked to consider the amount of personal information posted on these sites and are obliged to block any client access to involvement in the students' social networks. Client material should not be referred to in any form of electronic media, including any information that might lead to the identification of a client or compromise client confidentiality in any way. Additionally, students must critically evaluate any material that is posted regarding community agencies and professional relationships, as certain material could violate the standards set by the School of Social Work, the Texas Code of Conduct for Social Workers, and/or the NASW Code of Ethics.
4. Social work students should consider that they will be representing professional social work practice as well as the University of Texas at Austin School of Social Work program while in the classroom, the university community, and the broader area communities. Therefore, it is expected that students will conduct themselves professionally in the classroom, and maintain the same boundaries and standards that they would in a place of employment. This includes proper attire (even during a 5:30pm class), use of laptops/iPads/tablets, and cell phone use while in the classroom or when communicating with fellow students and Professor Gaspar. All cell phones should be turned off or placed on silence at the beginning of class. You are welcome to make phone calls or text only during breaks.
5. Student feedback is welcome. Students are also encouraged to provide feedback during my hours, by phone, by e-mail, and by appointment if they desire.

6. If students are concerned about their class performance, I am more than willing to work with students to help them improve their course grades prior to the end of the semester. Office hours are to be utilized for this purpose. Students must notify professor that they will be attending office hours so that the professor may arrange for use of time.

7. Small groups are expected to resolve challenges within their group context. I am willing to serve as a consultant if groups have worked diligently to resolve their difference but have been unsuccessful.

8. Grading on all written assignments must take into account the quality of writing as well as the content. The American Psychological Association (APA)- 6<sup>th</sup> edition format must be used. Written material should be carefully proof read and errors (punctuation, typographical, spelling) corrected. Good writing requires a reiterative process that must be followed if quality is to improve. I strongly encourage you to read your papers several times and, if possible, have someone else proofread it (before turning it in!).

9. Information shared in the class about community settings and/or client is considered to be confidential according to the NASW Code of Ethics regarding the sharing of information for supervisory and educational purposes. Part of professional accountability includes treating others with respect and courtesy. Within the class this entails listening to the opinions and concerns of others with openness, offering suggestions and ideas in a positive and respectful manner, and willingness to promote group cohesiveness in the learning environment.

## VII. Course Requirements

1. Class Participation (Objectives 1,2,3,4,5 )- As stated above, regular and punctual attendance are expected, or in extenuating circumstances, to notify the instructor. Students are expected to complete the readings prior to class, and should be well prepared to participate in discussions. This class relies on participation and involvement of all class members. It is important for students come to class prepared to take part in informed discussion each week. If students are in a field placement concurrent with this class, informed participation would also include beginning integration of their field group work experiences with class discussion and learning (for students not in a field placement concurrent with this class, this would not apply). There will be ample opportunities for students to take part in experiential in-class and role-play exercises, both as group members and as group facilitators. Students are encouraged to get “out of their comfort zone” a bit, as they take part in some of the exercises.

All above aspects of class contribution: Discussion, informed participation, and experiential learning will be considered in the total class participation grade.

**(15% of total grade)**

2. Treatment Study, Part 1 Paper (Objectives 1,3,6,8): Each student will draw a diagnosis at random that often applies to children or adolescents (i.e., Generalized Anxiety Disorder, PTSD, ODD, Adjustment Disorder, etc.). Students are asked to research "their" diagnosis and how it is applicable to children and adolescents. The paper will include research on DSM information documenting the diagnosis as suitable applicable to children/adolescents, as well as documentation of various treatment modalities that have shown to be successful in treating that diagnosis. All findings will need to be compiled into a 5-6 page paper. Further expectations for the paper will be provided in class. It is in every student's best interest to turn in this paper on time as the paper will be used for further assignments in the class and Professor Gaspar's feedback will be most likely be helpful.

**(25% of total grade)**

3. Ethical Dilemma Paper (Objectives 5(C),8): As child and adolescent treatment often involves facing various ethical dilemmas, students in groups of 3 will research an ethical dilemma that can occur during child and adolescent treatment and present various research on the legal and ethical responses to the dilemma. The dilemma must be approved as an appropriate topic. Research should include statutes in federal and state law (i.e., Texas Family Code, etc.) as well as NASW, HIPAA, and Texas State Social Work Board responses to the issue. Groups will then write their responses and feelings towards the issue and how they feel clinical social workers can best respond to the issue given the research. Findings will be summarized in a 5-6 pg paper, with a hard copy turned into the professor during class and an electronic copy e-mailed as well. All papers will be posted on Blackboard for students' future reference in the field.

**(15% of total grade)**

4. Treatment Study, Part 2 Paper (Objectives 1,2,3,4,5,6,7,8)- As an extension of the first paper, students will take their diagnosis and treatment modalities and must interview a professional to gather their knowledge base and opinion of the various treatments. Students will need to first interview a psychiatrist, pediatrician, or psychiatric nurse to review what category of medication is an option for such diagnosis (stimulant, anti-depressant, etc.), the effectiveness of the medication, and the various risks/side effects. In a second interview, students will interview a professional social worker familiar with child/adolescent treatment and gain the professional's opinion on the treatment modalities that were researched for Paper 1. Students will then need to discuss the professional social worker's preferred form of treatment for that population/diagnosis and why. Finally students will discuss their own thoughts and conclusions on the information they gained. All findings will need to be compiled into a 7-8 page paper. Further expectations for the paper will be provided in class.

**(25% of total grade)**

5. Treatment Study, Part 3(Objectives 1,2,3,4,5,6,7,8) – Students will present a summary of their findings from Papers 1&2 in a 15-20 minute in-class presentation. The presentation should include

**(20% of total grade)**

## **VIII. Course Grading Criteria**

Grades will be posted on Blackboard. Students should be able to track their progress throughout the course. Should you have questions about any assignment for this class, please consult with the Professor in advance of the due date.

Grades will be assigned as follows:

94-100 points	A (excellent)
90–93 points	A- (very good)

To receive an “A” in this course you must have excellent attendance and participation, and you must produce work that is of superior quality.

87-89 points	B+ (well above average)
84 -86 points	B (above average)
80–83 points	B- (slightly above average)

Work earning grades of B+ and B generally exceeds assignment/performance expectations; demonstrates varying degrees of in-depth critical thinking and analysis that resulted in work additional to that laid out in the assignment directions (i.e., coherence and integration of ideas).

77-79 points	C+ (average)
74-76 points	C
70-73 points	C-

Work earning grades of C+, C and C- may substantially to minimally meet requirements, have minor to more significant gaps, and lack evidence of in depth thinking and analysis. Social Work majors must make a grade of C- or above to avoid having to repeat the course.

67-69 points	D+ (below average)
64-66 points	D
60-63 points	D-

Grades in the D range reflect work that has important gaps in the assignment both in terms of not meeting the requirements and lacking critical thinking and analysis.

59 points or below	F (failing)
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## IX. Grading Breakdown for Course Assignments

Class Participation.....	(15%)
Paper 1.....	(25%)
Paper 2.....	(25%)
Group Paper.....	(15%)
<u>Presentation.....</u>	<u>(20%)</u>
TOTAL.....	100%

## X. Course Schedule

Date	Description	Readings	Assignments
<b>Week 1</b>			
6/10	Introductions Class overview	Syllabus	Choose paper diagnosis
6/12	Current State of Mental Health and Treatment of Children and Adolescents	Morely (2009) <b>BB</b> Merikangas et al. (2009) & (2010) <b>BB</b> Springer (2002) <b>BB</b>	
<b>Week 2</b>			
6/17	Ethical, Legal, Developmental, & Diversity Issues Guest Speaker: Lauren Sinkar, LMSW Play therapy with sexual abuse victims	Weisz & Kazdin: Chps 2-3; 29 NASW Standards for the Practice of SW with Adolescents <b>BB</b> Alegria et al. (2010) <b>BB</b>	Choose ethical dilemma groups

6/19	Ethical, Legal, Developmental, & Diversity Issues, con't		
<b>Week 3</b>			
6/24	Working with Young Children (0-8) years old	Weisz & Kazdin: Chps 13-14; 21 Bratton et al. (2005) <b>BB</b> Coard et al. (2004) <b>BB</b> Barker et al. (2010) <b>BB</b>	
6/26	Working with Young Children, con't Guest Speaker: Craig Russell, LPC Working with autism spectrum male teens		TS, Part 1 paper due
<b>Week 4</b>			
7/1	Collaborative Problem Solving Engaging Parents of Children as Part of the Treatment Process	Greene: Chps 2-3, 5-7, 10 Greene et al. (2004) <b>BB</b>	
<i>(NO CLASS 7/3)</i>			
<b>Week 5</b>			
7/8	Cognitive Behavioral Therapy Guest Speaker: Sydney Dickerson, LMSW TFEBT with sexual abuse victims	Weisz & Kazdin: Chps 5, 9, 19	ED paper due
7/10	Expressive Therapies Art Therapy Sand Play Therapy	Zhou (2009) <b>BB</b> Riley (2001) <b>BB</b>	
<b>Week 6</b>			
7/15	Expressive, Art, Sand Therapy, con't Guest Speaker: Adrienne Devine, LCSW R.O.C.K.: Equestrian therapy for children		
7/17	Alternative Therapies: Animal-Assisted Therapy Dialectical Behavioral Therapy EMDR	Weisz & Kazdin: Chp 15 Adler-Tapia & Settle (2009) <b>BB</b> Perepletchikova et al. (2011) <b>BB</b> Lange et al. (2007) <b>BB</b>	TS, Part 2 paper due
<b>Week 7</b>			
7/22	Alternative Therapies, con't Guest Speaker: Betsy Fredrickson, LCSW		
7/24	Class Presentations (1-6)		TS, Part 3 due
<b>Week 8</b>			
7/29	Class Presentations (7-11) Wrap-Up and Evaluations		TS, Part 3 due