

City University of Hong Kong

**Information on a Course
offered by Department of Applied Social Sciences
with effect from Semester A in 2013/2014**

Part I

Course Title: Social Work Theories and Practice I: Working with Individuals and Families

Course Code: SS5209

Course Duration: One Semester

No. of Credit Units: 3

Level: P5

Medium of Instruction: English, supplemented by Cantonese/Putonghua in live demonstration, skills rehearsal, and role-play exercises as situation requires.

Medium of Assessment: English

Prerequisites: Nil

Precursors: Nil

Equivalent Courses: Nil

Exclusive Courses: Nil

Part II

Course Aims

This course aims to:

1. introduce to students the core components of social work as a profession, its professional value, ethics and principles, its main theoretical orientation of looking at people's needs and problems in a person-in-environment or ecological perspective.
2. equip students with theories and models in assessing and intervening problems of individual and families from social work perspectives, and integrating social work theories, skills, values and ethics in practice in the local context.

Course Intended Learning Outcomes (CILOs)

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

No.	CILOs	Weighting (if applicable)
1.	Examine the core social work values, ethics, principles and its application to social work practice.	15%
2.	Apply the ecological perspectives in analyzing and assessing the needs and problems of individuals and families.	15%
3.	Identify and apply relevant social work theories and models in assessing and intervening with target systems at individual and family levels.	40%
4.	Integrate relevant social work theories and models, skills, values and ethics in working with target systems at individual and family levels.	30%

Teaching and learning Activities (TLAs)

(Indicative of likely activities and tasks designed to facilitate students' achievement of the CILOs. Final details will be provided to students in their first week of attendance in this course)

CILO No.	TLA1	TLA2	TLA3	TLA4	Hours / course (if applicable)
CILO 1	√	√	√	√	
CILO 2	√	√	√	√	
CILO 3	√	√	√	√	
CILO 4	√	√	√	√	

TLA1: Lectures

Lectures cover the major topics of the course with explanation, clarification and discussion during the sessions.

TLA2: Tutorials

Tutorials are designed to facilitate students to discuss in smaller groups and in a personal participatory way about social work values, ethics, theories and models.

TLA3: Role play and live demonstration

Role play and live demonstration will be conducted in class for students to learn from the lecturer's live demonstration and practise their skills and assessment in social work intervention models. Debriefing and discussion will be made to bring forth the theoretical concepts.

TLA4: Student presentation

Student presentation is organized to consolidate students' learning and application of social work values, ethics, principles with different theories, models, and skills in practice with individual clients and families.

Assessment Tasks/Activities

(Indicative of likely activities and tasks designed to assess how well the students achieve the CILOs. Final details will be provided to students in their first week of attendance in this course)

CILO No.	Type of Assessment Tasks/Activities	Weighting (if applicable)	Remarks
CILO 1-4	AT1: Closed Book Examination	40%	
CILO 1-4	AT2: Tutorial/Student Presentation	20%	
CILO 2-4	AT3: Term paper	40%	

AT1: Examination

Students will be required to answer one long question on a case analysis and assessment and 3-4 short questions on the social work values, ethics and principles. This will be a 3-hour closed book examination.

AT2: Tutorial/Student Presentation

Students will be assigned to one kind of individual problem relating with family and make a presentation in groups. Students are expected to apply social work values, ethics and principles, make clear and accurate case analysis with relevant theoretical frameworks, formulate precise treatment goals and demonstrate appropriate skills in assessment and intervention. Students' peer feedback and division of work are included as part of the assessment components.

AT3: Term paper

Students will be required to write a term paper with about 3,500 words. Students can search and target for a specific case reported in newspaper in the current year. Basing on evidence-based literature review, applying social work values, ethics and principles, and adopting appropriate social work theories and models, students are expected to have in-depth case analysis, formulate an appropriate treatment plan and develop effective intervention methods.

Grading of Student Achievement:

Refer to Grading of Courses in the Academic Regulations for Taught Postgraduate Degrees.

Letter Grade	Grading criteria in relation to CILOs
A+ A A-	Demonstration of an excellent ability to integrate social work values and ethics, social work theories and models in assessment and intervention on cases related to individuals and families. Critical evaluation and comparison of different theories and models. An outstanding capability to present case analysis, treatment goals and intervention skills with strong theoretical framework. Demonstration of excellent grasp of social work values, ethics, theories and models; evidence of extensive knowledge base of the subject.
B+ B B-	Demonstration of good ability to integrate social work values and ethics, social work theories and models in assessment and intervention on cases related to individuals and families. Appropriate evaluation and comparison of different theories and models. Showing a good capability to present case analysis, treatment goals and intervention skills with good theoretical framework. Demonstration of appropriate understanding of social work values, ethics, theories and models; evidence of good knowledge base of the subject.
C+ C C-	Demonstration of adequate ability to integrate social work values and ethics, social work theories and models in assessment and intervention on cases related to individuals and families. Limited evaluation and comparison of different theories and models. Demonstration of satisfactory capability to present case analysis, treatment goals and intervention skills with relevant theoretical framework. Some understanding of social work values, ethics, theories and models; evidence of sufficient knowledge base of the subject.
D	Limited ability to integrate social work values and ethics, social work theories and models in assessment and intervention on cases related to individuals and families. Poor evaluation and comparison of different theories and models. Limited capability to present case analysis, treatment goals and intervention skills with theoretical framework. Limited understanding of social work values, ethics, theories and models; limited knowledge base of the subject.
F	Little evidence of familiarity to integrate social work theories and models in assessment and intervention on cases related to individuals and families. Lack of evaluation and comparison of different theories and models. Weak capability to present case analysis, treatment goals and intervention skills with theoretical framework. Lack of understanding of social work values, ethics, theories and models; poor knowledge base of the subject.

Part III

1. Keyword Syllabus

1.1 Social work values, ethics and principles

Definition of social work, nature, uniqueness and importance of social work values, social work core values, social work instrumental value principles, functions and purposes of the code of ethics, ethical issues, ethical responsibilities, ethical dilemmas and ethical guidelines in social work practice

1.2 Working with individuals

Social work process: intake and engagement, data collection and assessment (ecological perspective), planning and contracting, intervention and monitoring, evaluation and termination.

Person-centred therapy: self, process of therapy, congruence, unconditional positive regard, empathy, therapeutic techniques.

Cognitive-behavioral therapy: relation among emotion, cognition and behaviour, cognitive distortions, cognitive intervention strategies, creating new perspectives, behavioural intervention

1.3 Working with families

Structural family therapy: boundary and subsystems, coalition and alliance, family life cycle, intervention techniques

Systemic family therapy: differentiation of self, triangulation, emotional cutoff, nuclear emotional processes, family projection process, multi-generational transmission, socio-emotional process, intervention skills

Satir family therapy: inappropriate roles, dysfunctional rules, unrealistic expectations, communication stances, iceberg metaphor, self-esteem maintenance kit, mandala, temperature reading, parts party.

2. Recommended Reading

Essential texts

Corey, G. (2013). *Theory and practice of counseling and psychotherapy*. Belmont, Calif.: Cengage Learning.

Hepworth D.H. (2013). *Direct social work practice: Theory and skills*. Australia: Brooks/Cole, Cengage Learning.

International Federation of Social Workers (2012). *Statement of ethical principles*. Retrieved April 16, 2013 from <http://social-workers.info/>

Nichols, M.P. (2013). *Family therapy: Concepts and methods*. Boston: Pearson.

Reamer, F.G. (2009). *The social work ethics casebook: Cases and commentary*. Washington: NASW Press.

Social Workers Registration Board (2010). *Guidelines on code of practice for registered social workers*. Retrieved April 16, 2013 from http://www.swrb.org.hk/engasp/draft_cop_c.asp

Supplementary texts

Banks, S. & Nohr, K. (2012). *Practising social work ethics around the world: cases and commentaries*. Abingdon, Oxon: Routledge.

Banks, S. (2012). *Ethics and values in social work*. Basingstoke: Palgrave Macmillan.

Banmen, J. (2006). *Applications of the Satir growth model*. SeaTac, WA.: the Virginia Satir Network.

Caritas Family Service. (2001). *Unveiling Family Strengths: Multifarious Counselling Practices*. Hong Kong: Caritas- Family Services.

Chu, L.L.K.(2010). (Eds.) *Rethinking on professional conduct of social workers: Casebook of disciplinary inquiries*. H.K.: Social Workers Registration Board.

Cullari, S. (2001). *Counseling and psychotherapy: A practical guidebook for students, trainees, and new professionals*. Boston: Allyn and Bacon.

Freeman, A. (2004). *Clinical applications of cognitive therapy*. New York: Plenum Publishers.

Goldenberg, H. (2013). *Family therapy: An overview*. Belmont, CA.: Brooks/Cole, Cengage Learning.

Hugman, R. (2013). *Culture, Values and Ethics in social work: Embracing diversity*. Abingdon, Oxon: Routledge.

Johnson, L.C. & Yanca, S. (2004) *Social Work Practice: A Generalist Approach* (8th ed.). Boston: Allyn and Bacon.

Leahy, R. L. (2003). *Cognitive therapy techniques: A practitioner's guide*. New York: Guilford Press.

Loeschen, S. (2002). *The Satir process: Practical skills for therapists*. Fountain Valley, Calif.: Halcyon Pub. Design.

Murdock, N. L. (2013). *Theories of counseling and psychotherapy: A case approach*. Boston: Pearson.

Nelson-Jones, R. (2011). *Theory and practice of counseling and therapy*. London: SAGE.

Nelson-Jones, R. (2012). *Basic counseling skills: A helper's manual*. London: SAGE.

Pullen-Sansfacon A., & Cowden S. (2012). *The ethical foundations of social work*. Harlow, England: Pearson.

Purton, C. (2004). *Person-centred therapy: The focusing-oriented approach*. Basingstoke, Hampshire: Palgrave Macmillan.

Spray, C. (2012). *Social work practice with children and families*. London: SAGE.

Walsh, J. (2010). Theories for direct social work practice. CA: Wadsworth Cengage Learning.

霍玉蓮著(2004)。婚姻與家庭治療: 理論與實務藍圖。香港: 突破出版社

高劉宝慈等。(2007)。個案工作: 理論及案例。香港社會工作人員協會出版。

高劉宝慈、朱亮基編。(1997)。個人工作與家庭治療: 理論及案例。香港: 中文大學出版社。

甘炳光、陳偉道、文錦燕編。(2006)。堅守信念: 給社工學生的 30 封信。香港城市大學出版社。

甘炳光編 (2010)。《回歸信念—社工信念的實踐》。香港: 香港城市大學出版社。

曾家達, 梁玉麒主編 (2006)。微光處處。香港: 社会工作者總工会。

Online resources

Links of social work professional bodies:

<http://www.ifsw.org/en/f38000138.html>

<http://www.basw.co.uk/Default.aspx?tabid=64>

<http://www.socialworkers.org/pubs/code/default.asp>

http://www.swrb.org.hk/EngASP/draft_cop_e.asp

Code of ethics:

Hong Kong Social Work Registration Board <http://www.swrb.org.hk/>

NASW code of ethics <http://www.naswdc.org/pubs/code/code.asp>

International code of ethics <http://www.ifsw.org/en/p38000324.html>

BASW code of ethics <http://www.basw.co.uk/Default.aspx?tabid=64>