

# SOW: Social Work Courses

---

## Courses

### **SOW 2192 Understanding Relationships in the 21st Century**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

This course examines human relationships with a focus on the interrelatedness and effects of underlying theoretical principles as they relate to individual, family, and group interactions.

### **SOW 3103 Human Behavior in Social Environment**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: BSC 1005 OR BSC 1085 OR BSC 1086

Social personality and cognitive development, normal and abnormal, normative and non-normative crisis and gender issues with an emphasis on cultural diversity. Importance of social work intervention and treatment with individual, family, and community.

### **SOW 3113 Human Behavior in Organizations and Communities**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Introduces the future practitioner to the concept of change agent within organizations, institutions, and communities. Prepares the student with academic concepts on community organization as a prelude to the practice course. Emphasis is placed on the student's ethical responsibilities to the client, organizational structure of human service agencies and the elements common to them. Students will understand structural and organizational differences between profit and nonprofit agencies. Students will experience organizational obstacles to planned change. The dynamics of gender, class, race, ethnicity, and sexual orientation are examined in relationship to how they are played out within the organizational context.

### **SOW 3203 Introduction to the Field of Social Work**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Survey of the social work profession from its roots to contemporary practice with a descriptive focus on its values, knowledge bases, skills, and fields of practice. Emphasis is on generalist social work and social policy structures which sustain society. Introduces the relationship of social problems to social policy and to social service delivery systems.

### **SOW 3313 Work With Individuals**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

One of four practice courses designed to prepare the student for generalist social work. Emphasis is on the values, knowledge, and skills necessary for effective assessment and intervention on the micro level, and is reflected in several areas, including the worker / client relationship, assessment, strategies and implementation techniques, the social worker's use of self, the phases of the helping process, and evaluation. Using the systems approach, emphasis is placed on social, cultural familial, and environmental influences on the functioning of individuals. Permission is required.

### **SOW 3314 Case Management**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Designed to help students develop a general overview of case management and how it is defined and practiced in a variety of settings, such as juvenile justice programs, mental health programs, and nonprofit community agencies.

### **SOW 3322 Work With Groups**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

One of a series of four courses designed to prepare a student for generalist social work practice. The student will acquire the knowledge base, values and skills necessary for working with groups at the beginning professional level. The focus will be on developing the knowledge base, values and practice skills needed to use the problem solving approach to work with diverse populations within various types of groups. Stages of groups and activities that can enhance the group process will be explored. Permission is required.

### **SOW 3350 Interviewing and Recording**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Practice in interviewing techniques and in precise, descriptive, and accurate writing techniques for practitioners in social work, psychology, and other helping professions. Students will learn interview techniques, how to record sessions accurately and in formats required for opening, transferring, updating and closing a social work client record. Students will learn American Psychological Association writing guidelines. Meets College-Level Communication Skills Requirement.

### **SOW 3650 Introduction to Child Welfare**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prepares social workers and others to enter the field of child welfare with a better understanding of the history of this movement and the types of services and programs designed to assist children and families. Also introduces and provides information to any interested person regarding the social problems of children and the availability of services to children in need.

### **SOW 3783 Human Trafficking**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

The purpose of this course is to educate social work students on human trafficking and develop a framework for professional intervention. This course is designed to examine the human trafficking phenomenon of modern day slavery of men, women, and children. Course content will include the examination of domestic and international policy, the differences in labor and sexual trafficking, and the scope and prevalence of human trafficking as an international concern. The socio-political, cultural, and economic issues that contribute to the increased phenomenon of trafficking with women and children will be explored as well as the traumatic effects on victims, families, and the community. The social workers role in providing intervention and advocacy services will be explored.

### **SOW 3905 Directed Study**

College of Health, Department of Social Work

1-12 sh (may be repeated indefinitely for credit)

**SOW 4111 Adolescents At Risk**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Explores environmental and societal factors that contribute to risky behaviors of adolescents such as substance use, delinquency, sexual activity, and violent behavior, and others. Characteristics of high risk and low risk youth are discussed including the relationship of these characteristics to adolescent development. Prevention, intervention, and treatment approaches are discussed.

**SOW 4141 Social Aspects of Family Violence**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

This course introduces basic concepts, principles, and methods for understanding and identifying family violence.

**SOW 4232 Introductory Analysis of Social Service Policy**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 4403

Examines social welfare policy as a central concern to social work. Addresses policy practice. Includes improvement of human services delivery systems through the application of problem solving, critical thinking and other necessary skills.

**SOW 4233 Human Diversity and Social Justice**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 4232 AND SOW 4403

Examines the impact of social, economic, and political environments on diverse populations specifically race, gender, age, ethnicity, culture, class, sexual orientation, religion, and physical and mental ability. Integrates the key elements of the profession of social work through the filter/lens of social, political, and economic justice.

**SOW 4242 Families and Family Treatment**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

This course is designed with a definition and understanding of contemporary family forms and family function, both normative and in crisis, and to introduce modalities for assisting troubled families. This course also addresses such issues as: the impact of the family life cycle, strategies and goals of family treatment, single-parent families, gay and lesbian couples and families, and practical applications of family social work.

**SOW 4403 Social Work Research Foundations**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 3350

Introduction to scientific strategies used to evaluate social work practice and theory. The different strategies covered range from participant and observational techniques, to controlled experimentation. Ethical/value dilemmas involved in social science research are also covered.

**SOW 4510 Social Work Field Instruction**

College of Health, Department of Social Work

1-9 sh (may not be repeated for credit)

Prerequisite: SOW 3103 AND SOW 3113 AND SOW 3203 AND SOW 3313 AND SOW 3322 AND SOW 3350 AND SOW 4232 AND SOW 4403

Co-requisite: SOW 4522

Field education experience in social service agency with a qualified professional supervisor. A minimum of 400 hours is required. Restricted to social work majors. Graded on a satisfactory/unsatisfactory basis only. Eighteen semester hours of required social work courses, 2.5 GPA in major, and permission is required.

**SOW 4522 Senior Seminar**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 3103 AND SOW 3113 AND SOW 3203 AND SOW 3313 AND SOW 3322 AND SOW 3350 AND SOW 4232 AND SOW 4403

Co-requisite: SOW 4510

Designed to integrate previously learned beginning generalist practice concepts, values, knowledge, attitudes and skills with practice. Eighteen semester hours of required social work courses, 2.5 GPA in major, and permission is required.

**SOW 4613 The Social Work Perspective in Behavioral Health**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Generalist social work course focused on mental health. Students will acquire basic knowledge and skills for effective and culturally appropriate work with clients involved in behavioral health services or with a mental health disorder. The course focuses on an examination of foundational topics related to behavioral health to inform a social work perspective on mental health/illness, human rights, social justice, stigma, ethical/legal issues, and continuum of care. Mental health/illness will be taught from a distinct social work perspective using systems theory and a person-in-environment approach.

**SOW 4700 Substance Use, Prevention, and Treatment**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

This course is designed to provide students with background on the multiple issues associated with substance use and mental health disorders. This course will address substance use related terminology, classification of substances, substance abuse/mental health policy, and ethical dilemmas. Students will gain knowledge on evaluating, assessing, and developing treatment plans using evidence-based approaches for working with substance-using people and their families.

**SOW 4740 Dimensions of Death and Dying: Special Issues**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Assists the student, both personally and as a professional helping others, to approach death and dying with enhanced knowledge, sensitivity, and less dread and denial. Examines historical, social, legal, cultural, and interpersonal aspects of death and bereavement within the context of professional practice. Credit cannot be received for both SOW 4682 and SOW 4740.

**SOW 4905 Directed Study**

College of Health, Department of Social Work

1-12 sh (may be repeated indefinitely for credit)

**SOW 5105 Human Behavior in the Social Environment**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 5757\*

This foundation year class presents a bio-psycho-socio-spiritual and ecosystems framework that introduces students to a macro, mezzo, and micro systems perspective. A major focus of the course is on the analysis of diversity within these systems as well as an examination of power and privilege. The person-in-environment framework provides students with an understanding of human adaptation and the various forces that support or impede well-being. Models for understanding human development are introduced. An overview of social functioning throughout the lifecycle within the context of the social environment is covered.

**SOW 5106 Human Behavior in Communities and Organizations**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 5757\*

This foundation year course focuses on Human Behavior in Organizations and Communities. The course familiarizes students with the intervention strategies of community organization. Emphasis is placed on the social worker's role as change agent and models and strategies for community organizing. Content related to values and ethics of community organization in relation to the client, the organization, and the community is covered. Intervention plans are highlighted which focus on planned change efforts and containing strong evaluation plans are utilized in working with human service agencies serving vulnerable populations.

**SOW 5128 Cognitive Behavioral Therapy**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 5305

This course focuses on cognitive behavioral therapy, clinical decision making, and advanced clinical interventions, while building on a generalist approach to social work practice. The course applies an understanding of normal development and psychopathology as a foundation for advanced practice. The course examines ways in which cognitive behavioral theory and model of intervention with individuals, families and groups can be tailored to client needs. The course addresses work with clients across the life cycle who are experiencing a variety of problems and difficulties. Methods of enhancing adaptive functioning and resiliency through cognitive behavioral therapy are emphasized. Permission is required.

**SOW 5149 Social Work Practice In The Military**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

A comprehensive and in depth examination of the practice of military social work. The course provides a historical context and a thorough review of the specific practice of social work in the U.S. military.

**SOW 5218 Analysis of Social Service Policy**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 5757\*

This course will examine social work as a policy-based profession and how social welfare policy is a central concern to the social work profession. This course also addresses policy practice roles such as planner, administrator, policy analyst, and program evaluator. This course will review ways to improve human services delivery systems through the application of problem-solving, critical thinking, and other necessary skills.

**SOW 5305 Generalist Practice I**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

This is the first course in a two-course sequence which covers generalist social work practice. This course covers basic generalist practice skills in the beginning phase of the helping process with individuals and families. Basic communication and interviewing skills essential to the helping relationship are introduced and practiced. Students learn the tasks and skills required in the beginning phase of practice: preparation, engagement, first interviewing skills and case documentation. Students learn the process of collecting relevant social, psychological, cultural, economic, and biological data from both individuals and families, as well as the process of organizing and analyzing these data for purposes of problem formulation. Case management as a form of social work is examined, along with historical and contemporary perspectives on the case management process, with a focus on advocacy roles. Throughout the course, emphasis is placed on practice skills through the use of interactive exercises and role plays utilizing case examples representative of the client populations with which the students work.

**SOW 5324 Generalist Practice II**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 5305

This is the second course in the Generalist Practice sequence. This course continues to build the generalist skills, of practice with individuals, families, and groups, with the addition of community practice concepts. In this course the skills and intervention roles relevant to the middle and end phases of interventions with individuals, families, groups, and communities will be covered in more detail. Throughout the course emphasis will be placed on the practice and application of skills by using interactive exercises and role plays using case examples from client populations with whom students work.

**SOW 5356 Play Therapy: Theory and Techniques**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Students will learn the theoretical underpinnings of play therapy and the techniques by which the theory is practiced. Permission is required.

**SOW 5404 MSW Research Foundations**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 5757\*

An introduction to research methodology in the evaluation of social work practice and program evaluation.

**SOW 5532 Foundation Year Field Instruction and Integrative Seminar**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 5305

This course is designed to integrate the foundation curriculum course content and field education experience utilizing a generalist approach. Agency-based casework experiences and seminar discussions will provide an opportunity to gain professional and peer feedback regarding acquisition of generalist practice skills. Focus will include applying critical thinking skills regarding the application of social work knowledge to the solution of client problems. Issues related to social work values and ethics, diversity, social and economic justice, populations at-risk, HBSE, social welfare policy and services, practice, and research are examined within the context of the student's field education experience.

**SOW 5605 Social Work Practice in Integrated Healthcare**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

The objective of this course is to introduce social work students to the direct practice of integrated behavioral health in primary care. Students will become knowledgeable of the roles of behavioral health providers working in primary care settings, theories and models of care, and cross-cultural issues. They will develop skills in engagement, assessment, intervention planning and implementation, and practice evaluation. Because the populations served in primary care settings span the spectrum of severity in both the physical and behavioral health dimensions, students will develop competencies in engaging and supporting patients across a range of health conditions.

**SOW 5629 MSW Human Diversity and Social Justice**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 5757\*

This course examines the impact of social, economic, and political environments on diverse populations specifically race, gender, age, ethnicity, social class, sexual orientation, gender identity, religion, and physical and mental ability. This course integrates the key elements of the social work profession through the lens of social, political, and economic justice. It includes the history, and philosophical foundations of social welfare, community organization, and social action strategies and tactics. Included are effects of cultural and group differences, the results of oppression, economic systems, and social policies on social work professional practice.

**SOW 5710 Substance Use Treatment: Theories, Practices, and Policies**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

This course is designed to provide students with background on the multiple issues associated with substance use and mental health disorders. This course will address substance abuse terminology, classification of substances, substance abuse/mental health policy and ethical dilemmas. Students will gain knowledge on evaluating, assessing, and developing treatment plans using evidence-based approaches for working with substance users and their families.

**SOW 5757 The History, Philosophy, and Theory of Social Work Practice**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

This course examines the current structure of social welfare programs in the United States, their historical evolution, and the role ideological, political, economic, and social forces have played in the development of the social welfare system and its present character focusing on social and economic injustice in the United States. Also discusses the impact of social welfare policies on clients, agencies, service delivery, and social work practice. Students are provided an overview of the historical development, philosophical orientation, basic values, principles and knowledge base, and practice of the profession. The course will examine critical social problems that impact societies with an emphasis on the quest for social justice at local, national and global levels. Various perspectives on social welfare, social work as a profession, and many of the core concepts of the profession will be introduced. Content will cover major concepts and perspectives to include issues in poverty, child welfare, criminal justice, health and mental health, values, ethics, and working with a diverse and vulnerable population of individuals and families, ethnicity, minorities, women, gays and lesbians, aging, and disabled people.

**SOW 5905 Directed Study**

College of Health, Department of Social Work

1-12 sh (may be repeated indefinitely for credit)

**SOW 6125 Psychopathology for Social Work**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 5105 AND SOW 5106 AND SOW 5218 AND SOW 5305 AND SOW 5404 AND SOW 5532 AND SOW 5629\* AND SOW 5757

This course addresses patterns of human behavior and psychosocial functioning commonly conceptualized as psychopathology. The course addresses such concepts as function, mental health, mental illness, normality and abnormality. Prevalent categories of psychiatric disorders are considered as to their labeling process, differentiating characteristics, explanatory theories and relevance for social work practice. This course is open to students admitted to the MSW program only.

**SOW 6345 Social Work Leadership, Management and Supervision**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Introduction to the values, principles and functions that provide the foundation for effective leadership and management practice in the field of social work. Students will receive an overview of styles and skills used in social work leadership, management and supervision which are appropriate to both clinical and community social work practice settings. This course will provide students with values, principles and strategies for leading teams, problem-solving, and supporting multicultural and diverse staffing in social work agencies. Department Permission is required.



**SOW 6432 Evaluation of Social Work Practice**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 6125\*

The second of two required courses in the social work practice in research sequence. This advanced curriculum course builds on the knowledge and skills acquired in the foundation research course. The focus of this course is on the advanced skills necessary to effectively evaluate practice. The course utilizes single subject design and program evaluation techniques that are grounded in the social sciences and social work literature. Particular attention will be paid to the ethical issues of conducting research with oppressed and vulnerable populations. This course is open to students admitted to the MSW program only.

**SOW 6535 Advanced Year Field Instruction and Integrative Seminar I**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 6125

Integrates theoretical models and concepts with practical experience gained in concurrent field education. Integrates skills and knowledge acquired through the entire social work curriculum.

**SOW 6536 Advanced Year Field Instruction and Integrative Seminar II**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 6535

Co-requisite: SOW 6548

This is the second of two advanced master's level field internship and integrative seminars. Assists social work graduate students in integrating theoretical models and concepts with practical experience gained in concurrent field education. Integrates skills and knowledge acquired through the entire social work curriculum.

**SOW 6548 Capstone in Advanced Clinical Practice**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Co-requisite: SOW 6536

Capstone course in clinical-community social work practice. Student analysis of practice with individuals, families, and group through a written and oral presentation of case material. Focus is on refinement of intervention skills relying on field practicum experience for integration of learning. Integration of knowledge from the Clinical Practice courses and Field Instruction. Students will prepare and present a case from their internship for oral presentation and demonstrate ability to organize and select appropriate treatment strategies for a specific client, family, or group. A broad range of field placements will provide diverse clients and a range of clinical issues. Students are expected to show evidence of critical thinking and self-awareness in written and oral presentations.

**SOW 6618 Clinical Practice with Individuals**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 6125\*

This course builds on the knowledge base of generalist social work practice and expands and deepens that base. The course emphasizes advanced assessment of clients across the life span, trauma assessment, and beginning evaluation of practice skills. Treatment planning with individuals is stressed. Building on the generalist practice base for analyzing and interpreting bio-psycho-socio-spiritual content, interpreting and implementing professional values and ethics and utilizing the professional helping relationship, this course expands and deepens that base by introducing an advanced clinical practice base of clinical-community social work. Major contemporary theories of psychotherapy will be introduced, including cognitive-behavioral, experiential, interpersonal, and integrative therapies. We will investigate clinical processes as they are informed by psychopathology and developmental issues across the life cycle, as well as institutionalized oppression, poverty, racism, sexism, heterosexism and other inequities. This course is open to students admitted to the MSW program only.

**SOW 6619 Clinical Practice with Families**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 6125\*

Clinical decision-making and advanced clinical interventions by building on a generalist approach to social work practice. Utilizes the clinical community concentration prerequisites to examine normal development and psychopathology as a foundation for advanced practice. Examines specific theories and models of intervention with individuals, families, and groups that can be tailored to client needs. Addresses work with clients across the life cycle with diverse issues. The impact of poverty, racism, sexism, and manifestations of institutionalized oppression upon clients and workers are addressed at an advanced level. Methods of enhancing adaptive functioning and resiliency are emphasized. Students will be expected to demonstrate clinical expertise, an understanding of social work ethics and values, incorporate client preferences, utilize critical thinking skills, and apply empirical evidence to practice decisions. This course is open to students admitted to the MSW program only.

**SOW 6678 Grief, Loss, and Life**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Introduction to the current and historical perspectives of death, dying and bereavement. This course will address experiences and responses to a variety of deaths including perinatal death, death of a child, death following a terminal illness, suicide, homicide, and military related death. The Hospice movement's history and goals will be part of the curriculum, as well as the experience of dying well. Special attention will be given to how other cultures and religions view death and ethical dilemmas related to death. Loss is a central and inescapable dimension of the human experience. How an individual learns to deal with loss from an early age shapes the adjustment that s/he is able to make to adverse life events throughout the life cycle and indeed determines to a large extent how satisfying and creative a life that person is able to live. This course will help the social work clinician explore and understand major theories of grief and loss, as well as treat clients of all ages who are dealing with a variety of losses. It will also assist the generalist practitioner in determining those situations in which an unresolved past experience of loss is contributing to poor adjustment in the present, as well as providing guidelines for helping the client grieve in a way that allows him or her to re-establish a sense of meaning, adapt to what is gone, and move on to live with increased vitality and joy.

**SOW 6846 Clinical Practice with Groups**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

Prerequisite: SOW 6125\*

The advanced social work practitioner is required to demonstrate group skills in a wide variety of practice situations. The focus of this course is on the design and implementation of group treatment services for at risk populations of varying ages, social situations and composition. Students will be afforded the opportunity to develop a clear sense of the scope, uses and skills of group work in the social work profession. This course is open to students admitted to the MSW program only.

**SOW 6905 Directed Study**

College of Health, Department of Social Work

1-12 sh (may be repeated indefinitely for credit)

**SOW 6916 Mind/Body Practice and Positive Psychology**

College of Health, Department of Social Work

3 sh (may not be repeated for credit)

This course focuses on research from the last 25 years that has revolutionized our knowledge of brain function, its relation to overall coping, and specific practices that promote resilience and well-being. The course is an important contribution to the social work curriculum at the master's level because it revolves around a strengths perspective that social work has always embraced, as well as teaching the advanced practitioner specific skills that s/he can use to help clients in the process of improving their lives. The course will be richly multicultural and will also include ancient wisdom from the humanities that supports this new evidence-based field of mind-body interaction. Department Permission is required.

\* This course may be taken prior to or during the same term.