



Social Work 120 601: Intervention Techniques

Instructor: Amy Buckingham

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Office Hours: T 9:30-10:30 and 1:30-2:30; Thursday 9-12

Course Title and Number: SWK 120 601: Intervention Techniques

Prerequisites: ENG 090 or equivalent

Credit Hours: 3

Days/Time Taught: Friday's 8/21, 8/28 and 9/11 5-10pm & Saturday's 8/22, 8/29 and 9/12 8:00am-5:00pm

Classroom #: 1153

Important Dates:

Beginning Date: 8/21/15

End Date: 9/12/15

Drop Date: 8/23/15

Withdraw Date: 9/7/15

TEXT AND MATERIALS NEEDED:

Grayson, Paul A. and Meilman, Philip W., College Mental Health Practice, Routledge Publishers, 2006

Additional recommended reading list provided at the end of the syllabus

COURSE DESCRIPTION:

Covers basic communication skills essential in working in the human services field. Listening techniques, empathic response skills and rapport building techniques are taught.

COURSE OUTCOMES:

After completing this course, the student should be able to:

- I. Identify and discuss skills necessary to provide initial service to students in need
- II. Demonstrate confidence in reaching out to others in distress
- III. Recognize signs and symptoms of depression and anxiety
- IV. Identify warning signs, symptoms and adverse consequences of tobacco, alcohol and drug abuse
- V. Recognize signs and symptoms of more serious mental health distress
- VI. Understand and identify warning signs of suicide
- VII. Understand and demonstrate culturally responsive counseling skills
- VIII. Understand when self-care is necessary and care to others must not be given
- X. Refer to appropriate supportive resources (particularly the Health Clinic and Behavioral Health Services)

RRCC POLICIES AND PROCEDURES:

Student Code of Conduct and Academic Integrity: Admission to the Red Rocks Community College implies that you agree to respect the rights of others and observe moral and civil laws. Interference with the normal processes of education in the classroom or elsewhere on the campus will be regarded as unacceptable conduct, warranting suspension or dismissal. Complete Student Code of Conduct is at this web site: <http://www.rrcc.edu/handbook/codeofconduct.pdf>.

ADAAA (Americans with Disabilities Act Amendments Act of 2008) and Section 504 of the Rehabilitation Act of 1973: Red Rocks Community College is committed to access for students with disabilities. If you are a student with a disability and need assistance or are interested in requesting accommodations, please contact Accessibility Services. Faculty are not obligated to provide accommodations without proper notification by Accessibility Services and accommodations are not retroactive. Students may contact the Access staff by telephone or email to make an intake appointment at 303-914-6733 or access@rrcc.edu. Accessibility Services is located in Suite 1182 at the Lakewood campus. More information is available at www.rrcc.edu/accessibility-services.

Grade of Incomplete: Incomplete: An "I" indicates that the course objectives are not yet fulfilled. It is the responsibility of the student to request, if needed, the assignment of an incomplete grade. The instructor's decision to authorize or not authorize an incomplete grade is final. The student must have completed 75% of the class with a C or better, and must complete the rest of the work with the same instructor. Arrangement for the completion of the course must be made with the

instructor prior to the assignment of the "I" grade. This agreement must be written on a Contract for Incomplete Grade Form. The instructor may allow up to one full semester for the student to complete missing requirements. "I" grades not changed by the end of the following semester will automatically become failing grades (F). You will NOT qualify for the Peer Counseling Program internship if you do not successfully complete this course during the allotted time frame. **This instructor rarely gives incompletes.**

Plagiarism: Plagiarism is grounds for failing an assignment or course and/or disciplinary action from RRCC. **DO NOT PLAGIARIZE.** Plagiarism means copying passages directly from the text of study guide or any other source, without quotation marks and citations. Even if it is only one sentence!! Summarize or paraphrase the information. If you paraphrase by rearranging the order of a sentence or words, then give credit for the source. **No credit will be given for plagiarized papers.**

METHODS OF CONDUCTING THE CLASS:

This course will generally be conducted through class lectures with the use of PowerPoint, independent research, group discussions, group activities and role playing, testing, and other formats that may prove to be appropriate.

Independent Research Paper: Research any **counseling** topic you find particularly interesting and relate it to what we have been discussing in class. The topic can be specific to counseling practice (body language, empathic listening, ethics, etc.) or a topic of concern you expect you may encounter if you were a counselor on a college campus (psychosocial development, anorexia, divorce, depression, etc). Papers will be 5+ pages in length and **MUST** include at **LEAST ONE** APA reference to a scholarly journal. You will submit a topic idea and brief outline and reference list by the end of the second weekend of class. Your paper will be due the last week of class. Please see course outline for time line details.

Desire2Learn: Much of this class is available on-line through the RRCC website (www.rrcc.edu) through the D2L program. You will be required to go to this site several times throughout the class. There are several computer labs on the Red Rocks campus if you do not have a computer or internet access from home. Also available on D2L are all of the PowerPoint presentations used throughout the class, handouts, and the independent research paper assignment. You will be able to get updates, reminders, and know if class has to cancelled or delayed for any reason. **All research papers will be turned in through D2L ONLY!!**

CLASS POLICIES:

Attendance: Attendance for this class is mandatory to facilitate class discussions, and complete in-class activities. You will earn **25 points** each day you arrive in class on time and stay for the duration. You will lose points for tardiness and for leaving early. **If you do not attend class on a regular basis you will not pass the class. If you do not receive an "A" in this class you MAY NOT apply for the Peer Counseling Program internship (see additional information posted on D2L).** General attendance requirements follow RRCC attendance requirements in the college catalog. Please do not be late to class. If you know you are going to be late please inform me, via email, in advance.

Class Meeting Requirements: Students are expected to attend all sessions of each course in which they enroll. When circumstances make regular attendance impossible, students should report such absences to the instructor as soon as possible and make up assignments as the instructor requires. The instructor has the option of setting guidelines for attendance in determining grades. However, each instructor shall inform students verbally and /or in writing of his/her specific attendance requirements and students have the responsibility for knowing the attendance policy. All class sessions will be held in order to meet credit and contact hour requirements. Class cancellations will be made up at the convenience of the instructor and students.

Cell Phones: Please have your cell phones turned off and put away when class starts. Texting during class is disrespectful to both your fellow classmates and me and will not be tolerated. If you must take a call during class please inform me ahead of time and excuse yourself to do so. You will be asked to leave class if texting is an ongoing problem.

Late work: NO LATE WORK WILL BE ACCEPTED!! You will know in advance of all assignments and when they are due. There will be **NO EXCEPTION TO THIS!**

Getting in touch with me: Email is the best form of communication to get in touch with me. **YOU MUST USE YOUR RRCC EMAIL ADDRESS.** I will not respond to any other email addresses. You can access your account by following this link:
<http://www.rrcc.edu/admis/studentemail.html>.

Please email me at amy.buckingham@rrcc.edu, NOT through the D2L email address. I cannot guarantee that I will check that email address in adequate time to address your question or concern. **When you do send an email, please include your first and last name and the SPECIFIC class and section you are in.**

METHODS OF DETERMINING GRADES:

Grading Scale:

100-90% = A

89-80% = B

79-70% = C

69-60% = D

59 > % = F

Assignments:

Attendance = 25 points per day (150 points total)

Class Participation = 25 points per day (150 points total)

Homework = 50 points each (100 points total)

Research Paper Topic Outline = 100 points

Research Paper = 200 points

Total = 700 points available

MEETING DATES/COURSE OUTLINE:

| Date | Topic | Homework Assigned |
|--------------|---|--|
| August 21 | Introductions and syllabi. Overview <i>Pre test: SIRI-II</i> Developing Core Skills <i>Film: Carl Rogers</i> | Read Chapter 2: Developmental Considerations |
| August 22 | Ethics <i>Guest speaker on Mental Health Stigma</i> Understanding Depression and Anxiety Suicidal Thoughts and Behaviors <i>Guest speaker on Suicide AND PCP</i> | Read Chapters 3, 7 and 16: Legal and Ethical Issues Depression and Anxiety Suicide and Suicidal Behaviors Homework ASSIGNED: Become an ex web page and questions |
| August 28 | Helping Others Get Help <i>Guest speaker on Connect to Success</i> | Read Chapters 6 and 10: Relationships Academic Difficulties Topic and Outline DUE in class tonight! Homework DUE: Become an ex web page and questions |
| August 29 | Alcohol, Tobacco, and Other Drug Use and Abuse <i>Film: Spin the Bottle: Sex, Lies, and Alcohol</i> Understanding and Working with Differences: Culturally Responsive Counseling <i>Guest Speakers on Gateway and veteran affairs</i> | Read Chapters 11 and 9: Alcohol, Drugs, and Other Addictions Diversity Issues Homework ASSIGNED: Dr. Mike Evans Stress video and questions |
| September 11 | Coping with Stress Mindfulness Techniques and Counseling | Read Chapter 8: Stress Homework DUE: Dr. Mike Evans Stress video and questions |
| September 12 | <i>Guest Speakers on PCP</i> | Read Chapters 12, 14, and 15: |

Motivational Interviewing
Guest Speakers on GLBT services and students with disabilities

Summary

Post Test: SIRI-II

Peer Counseling Program Internship applications due Wednesday September 16th by 5:00pm to the Dropbox. Applications can be found under Content in D2L and must be submitted on line in the appropriate Dropbox

Research Paper due Sunday September 6th by midnight on line in the appropriate Dropbox

**Sexual Concerns
Eating Disorders
Personality Disorders**

This schedule is subject to change at the discretion of the instructor. Students will be informed of any changes.

Recommended Texts:

Beattie, M. (1986). *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself.*

Harris, R. and Hayes, S.C. (2008) *The Happiness Trap: How to Stop Struggling and Start Living: A Guide to ACT.*

Harris, R. and Hayes, S.C. (2009). *ACT Made Simple: An Easy-To-Read Primer on Acceptance and Commitment Therapy*

Hayes, S. C., Strosahl, K. & Wilson, K. G. (1999). *Acceptance and Commitment Therapy: An Experiential Approach to Behavior Change.*