

# SOCIAL WORK (SOWK)

## Courses

### **SOWK 510. Diversity Theory in Practice and Research. 3 Units.**

Examines and applies contemporary theories of diversity from a critical perspective. Includes intersectionality and use of a cultural humility framework for engaging diverse populations at all levels of practice.

### **SOWK 513. Human Behavior in a Culturally Diverse Environment. 4 Units.**

Provides the basis for understanding human development and life transitions throughout the life span within an ecological perspective. Orients the student to the generalist social work approach to understanding human behavior in a cross-cultural context, with a focus on normal behavior from birth through senescence. Provides a theoretical foundation on which to build social work-practice skills. Five units required of students who matriculated prior to Summer 2022.

### **SOWK 514. Social Welfare History and Policy. 4 Units.**

Provides students with an understanding of the historical foundations of the social work profession, including its influence in the development of the U.S. system of social welfare. Examines the societal perspectives and contradictions that have affected the development and evolution of contemporary social policies and services in the U.S. Emphasizes understanding of the role of race, gender, and perception of human needs in shaping social policy.

### **SOWK 517. Practice I: Individuals. 3,4 Units.**

Requires conducting a biopsychosocial-spiritual assessment and developing a full range of beginning intervention strategies for working with individuals. Emphasizes special problems experienced in micro-systems and at-risk populations, such as women and minorities. Focuses on goal-setting, assessment, and successful interventions with attention to cultural values that influence development and resolution of psychosocial problems. Four units required beginning with 2021-2022 catalog. Prerequisite or concurrent: Social work practicum.

### **SOWK 518. Practice II: Groups. 3 Units.**

Provides students with an understanding of generalist social work practice with groups. Includes a survey of small-group constructs, research, and principles of ethical application. Emphasizes differentiation among the types of individuals, situations, and presenting problems best served through group processes and intervention methods.

### **SOWK 519. Practice III: Organizations and Communities. 3 Units.**

Utilizes an ecological systems framework and an empowerment practice model within the macro context. Includes: population outcomes, community organization, interagency relationships, leadership skills, and cultural sensitivity.

### **SOWK 520. Practice IV: Families. 3 Units.**

Introduces family interventions. Examines views and issues regarding contemporary family structure and function, and focuses on concepts and techniques used to promote change in family functioning. Course meets state requirement for content in family violence.

### **SOWK 548. Research Methods. 5 Units.**

Reviews quantitative and qualitative research methodologies in order to provide students with an understanding of the scientific and ethical approaches to building knowledge. Emphasis on critically evaluating research to facilitate use of evidence-based practices. Experiential learning supports development of knowledge and skills in computer assisted data analysis to conduct and interpret t-tests, ANOVAs, and regressions.

### **SOWK 550. Clinical Interventions with Service Members, Veterans, and Families. 2 Units.**

Provides multi-disciplinary understanding of military culture and skills and application of evidence-based clinical treatments that foster resilience and provide relief to service members, veterans, and their families. Gives attention to issues of diversity, ethics, and use of self throughout clinical case discussion. Discusses clinical issues specific to this population, along with individual, family, and community interventions. Prerequisite: PSYC 580 or SOWK 757C. Cross-listing: COUN 550, PSYC 550.

### **SOWK 574. Practice V: Administration, Management, and Supervision. 3 Units.**

Provides macropractice knowledge, skills, and perspectives of administrative and supervisory practices needed to develop, support, and maintain effective service delivery. Topics include role identification and development, professional development and ethics, strategic planning, decision making, management of organizational behavior, use of information systems, budgeting, documentation and reporting, resource development and utilization, and staff development.

### **SOWK 578. Field Orientation. 0 Units.**

Provides students with the policies and procedures for completing the program's practicum requirements. Begins the process of examining social work values and ethics as students are introduced to the NASW code of ethics and fundamental principles of professional behavior prior to beginning their field practicum.

### **SOWK 584. Special Topics in Social Work. 1-4 Units.**

Lecture and discussion, under the direction of a faculty member, on a current topic in social work. May be repeated for a maximum of 4 units applicable to degree program.

### **SOWK 585. Legal and Ethical Aspects in Health and Behavioral Health Services. 3 Units.**

Focuses on legal mandates or concerns that interact with and affect the practice of social work. Includes: sources of legal authority, the judicial system, and legal standards applicable to particular proceedings; legal implications of the social worker/client relationship; consent to treatment; and, confidentiality.

### **SOWK 595. Practice Development. 2 Units.**

Provides tutorial coursework aimed at ameliorating difficulties associated with meeting the generalist practice professional performance competencies of the M.S.W. degree program (see M.S.W. Student Handbook).

### **SOWK 599. Directed Study. 1-4 Units.**

Limited to matriculating master's degree students in social work who wish to pursue independent investigations in social work practice or policy under the direction of a department faculty member.

### **SOWK 613. DSM: Diagnosis, Diversity, and Differences. 4 Units.**

Provides hands-on experience using the DSM-5-TR, including the presentation of mental health conditions, conducting differential diagnosis, and administering the Mental Status Examination (MSE) from a person-in-the-environment perspective. Emphasizes an understanding of diversity and human differences. Prerequisite: SOWK 757C.

### **SOWK 617. Social Justice and Global Practice. 3 Units.**

Emphasizes global practice strategies to evoke positive change along with methods to address social, economic, environmental, and human rights injustices that compromise the ecological well-being of individuals, families, groups, organizations, and communities. Prerequisite: SOWK 757A, SOWK 757B, SOWK 757C.

**SOWK 620. Psychopharmacology in Clinical Practice. 2 Units.**

Examines common psychopharmacology medications used in the treatment of mental disorders in the DSM-5-TR. Addresses basic medication classifications, notable side-effects, and potential pharmacodynamic interactions. Gives specific attention to how social workers can integrate this knowledge into current evidence-based clinical interventions within various practice settings. Prerequisite: SOWK 613.

**SOWK 647. Integrated Behavioral Health Practice. 2,3 Units.**

Focuses on the wholistic (bio-psychosocial-spiritual) approach to integrating behavioral health within primary care settings. Emphasizes the fundamental interrelationship between health and behavioral health, including the physical and emotional impact of discrimination, economic and social oppression, and trauma and violence on health and disease across the life span. Three units required of students matriculating under the 2023-2024 catalog and beyond.

**SOWK 648. Co-occurring Processes and Interventions. 3 Units.**

Addresses assessment, diagnosis, and treatment of individuals experiencing mental, emotional, and behavioral disturbances with co-occurring chemical dependency. Presents behavioral health treatment strategies and substance abuse counseling techniques from within a biopsychosocial-spiritual paradigm. Prerequisite: SOWK 757A, SOWK 757B, SOWK 757C.

**SOWK 651. Medical Social Work. 2 Units.**

Orients students to medical social work in hospitals and other health care environments. Gives attention to the ecological practice perspective, biopsychosocial-spiritual assessment, brief interventions, and the roles and responsibilities of membership in an interdisciplinary health-care team, including the requirements of follow-up care and engagement in the development of community health-care systems as an aspect of accountable health-care environments.

**SOWK 653. Child Welfare Practice. 2 Units.**

Connects children and families in relationship to environmental stability. Focuses on associations among the physical and mental health of children, families, and environmental permanency. Emphasizes development of parental and social support capacities, and requisite knowledge and skills to help children deal with identity issues and concerns of joining a new family. Addresses impacts of race, ethnicity, gender, economic deprivation, physical illness, and disability.

**SOWK 658. Children's Psychotherapy. 2 Units.**

Considers treatment techniques appropriate for young children with a wide range of diagnoses and behavior problems. Emphasizes the integration of theory and practice of psychotherapy with the ecological perspective of social work practice. Discusses diagnosis, phases of treatment, and special communication issues. Research, ethical, and value issues addressed.

**SOWK 659. Recovery in Behavioral Health. 2 Units.**

Provides students with an understanding of philosophies, theories, models, and techniques used in psychosocial rehabilitation for individuals with severe mental illness. Emphasizes understanding the recovery paradigm and the process of reclaiming the individual's social interactions and life. Focuses on concepts/techniques for establishing and maintaining therapeutic alliances with the family and strengthening family's coping and participation in treatment.

**SOWK 661. Psychodynamic Therapies. 4 Units.**

Basis for understanding theoretical aspects of psychodynamic therapy, concepts and techniques of various types of psychodynamic interventions (e.g. interpersonal therapy and short-term dynamic therapy), and empirical data regarding efficacy of treatment orientation. Engagement in practice simulations, observing, and/or demonstration of psychodynamic therapy techniques required. Prerequisite: SOWK 757C.

**SOWK 662. Behavioral and Cognitive Therapies. 4,5 Units.**

Provides understanding and practice of cognitive-behavioral therapies (CBT). Reviews CBT theories and interventions, including a range of cognitive-behavioral strategies such as systematic desensitization, cognitive restructuring, and contingency management. Emphasizes progressive models, including ACT and DBT. Requires engagement in practice simulations, observation, and/or demonstration of CBT techniques. Five units required for students enrolled prior to 2021-2022 catalog. Prerequisite: SOWK 757C.

**SOWK 663. Crisis and Trauma Interventions. 3 Units.**

Examines the nature, characteristics, and neurobiology of crisis and trauma in addition to long-term effects on psychosocial functioning. Presents crisis theories and interventions for children and adults exposed to trauma with emphasis on suicidology, school violence, domestic violence, and child, dependent adult, and elder abuse. Includes ethical, legal, and cultural factors of crisis intervention along with strategies for responding to individuals, families, and communities. Prerequisite: SOWK 757B.

**SOWK 673. Program Planning and Implementation. 5 Units.**

Orients students to the range of issues, knowledge, and skills required in designing, planning, implementing, monitoring, and evaluating programs. Students build on knowledge obtained in other concentration courses. Integrates the course focus through the development of a comprehensive program proposal for the students' practicum agency or other identified community group. Prerequisite: Qualifying Review or permission of the Academic Standards Committee.

**SOWK 675. Supervision. 3 Units.**

Examines administrative, educational (clinical), and supportive supervisory functions combined with an ethical decision-making model. Emphasizes supervisory skills necessary for the development of staff capable of functioning creatively and independently. Discusses principles and techniques of staff development and explores a variety of approaches. Prerequisite: SOWK 757A, SOWK 757B, SOWK 757C.

**SOWK 678. Advanced Standing Practice and Consultation. 4 Units.**

Provides a bridge quarter to integrate the B.S.W. degree experience with the second year of the M.S.W. degree program. Reviews generalist social work practice and defines additional competencies required for advanced practice. Addresses individualized needs for further development, including application of professional ethics and judgment, use of self as a therapeutic tool, and self-awareness. Student completes 200 practicum hours concurrent with 20 hours of direct practice consultation. Prerequisite or concurrent: SOWK 578.

**SOWK 679. Advanced Professional Projects. 2 Units.**

Preparation for lifelong learning through continuing professional development and targeted collegial networking as essential aspects of transitioning into roles as professional social workers. Includes planning and commitment to recognizing, assessing, and formulating intentional plans for continuing professional knowledge and skill development, professional networking and mentoring, and licensure and certifications.

**SOWK 680. Children and Families Policies and Services. 2 Units.**

Provides students with an understanding of the major social-policy issues affecting the current organization and delivery of human services for children and families. Analyzes current debates about the tensions between social policy and the doctrine of family privacy, with attention to the legal basis of state interventions and judicial decisions affecting family relationships, including parent to parent and child to parent.

**SOWK 681. Behavioral Health Policies and Systems. 2 Units.**

Addresses federal, state, and county policies and systems that affect the delivery of public and contracted behavioral health services. Addresses how differences between political perspectives, treatment philosophies, and consumer preferences can result in conflicting views that influence service options and choices. Promotes the clinical benefits of advocating for, developing, and delivering culturally relevant, recovery-oriented therapeutic partnerships. Prerequisite: SOWK 757A, SOWK 757B, SOWK 757C.

**SOWK 684. Advanced Policy Projects. 2 Units.**

Enhances understanding of the interconnections between politics, policy making, and policy analysis through first-hand participation in a political action campaign. Choices for projects may focus on local initiatives or those coordinated annually through the California chapter of NASW.

**SOWK 695. Advanced Research. 6 Units.**

Supports students in advancing their research knowledge through examination and application of a broad spectrum of quantitative and qualitative research methods—including rapid assessment, single-subject design, quality assurance, and program evaluation. Didactic and laboratory experiences draw on students' advanced practice and develops their capacity to differentiate and apply the most appropriate and widely used research designs and methods used in practice settings.

**SOWK 695A. Advanced Research Methods. 2 Units.**

First in a three-course sequence addressing quantitative and qualitative research methods used in professional practice settings. Addresses research designs and methods of practice evaluation and renewal with attention to federal and state requirements for assessing intervention effectiveness. Emphasizes self-evaluation and evaluation of practice effectiveness with individuals and families.

**SOWK 695B. Advanced Research Methods. 2 Units.**

Second in a three-course sequence addressing quantitative and qualitative research methods used in professional practice settings. Addresses research designs and methods of practice evaluation and renewal with attention to federal and state requirements for assessing intervention effectiveness. Emphasizes practice evaluation groups as well as design and implementation of quality assurance studies for monitoring work with specific populations.

**SOWK 695C. Advanced Research Methods. 2 Units.**

Third in a three-course sequence addressing quantitative and qualitative research methods used in professional practice settings. Addresses research designs and methods of practice evaluation and renewal with attention to federal and state requirements for assessing intervention effectiveness. Emphasizes evaluation at program, organizational, and community levels.

**SOWK 697. Applied Research. 2 Units.**

Supports students choosing to complete the thesis option. Provides research matriculation in the collection and analysis of data for the thesis. Students required to register for two quarters, or a total of 4 units. Prerequisite: SOWK 548.

**SOWK 698. Thesis. 2 Units.**

The culminating work of the student's independent research, under the direction of the research advisor. Registration during the quarter in which student defends research and submits the final document to the department and School of Behavioral Health.

**SOWK 704. Older Adult Interventions and Services. 1 Unit.**

Provides subject content in the laws related to older adult interventions and services, as required by the state of California for licensure as a licensed clinical social worker (LCSW). Does not count toward the M.S.W. degree or the Case Management Program certificate.

**SOWK 757A. Generalist Practice Consultation. 3 Units.**

Provides experiential learning opportunities in generalist social work practice through a practicum arranged by the program's director of field education. Requires 160 practicum hours concurrent with 20 hours of direct practice consultation. Prerequisite or concurrent: SOWK 578.

**SOWK 757B. Generalist Practice Consultation. 3 Units.**

Provides experiential learning opportunities in generalist social work practice through a practicum arranged by the program's director of field education. Requires 160 practicum hours concurrent with 20 hours of direct practice consultation. Prerequisite: SOWK 578.

**SOWK 757C. Generalist Practice Consultation. 3 Units.**

Provides experiential learning opportunities in generalist social work practice through a practicum arranged by the program's director of field education. Requires 160 practicum hours concurrent with 20 hours of direct practice consultation. Prerequisite: SOWK 578.

**SOWK 787A. Clinical Practice Consultation. 4 Units.**

Provides experiential learning opportunities in clinical social work practice through practicums arranged by the program's director of field education. Requires 200 practicum hours concurrent with 20 hours of clinical practice consultation. Prerequisite or concurrent: SOWK 678 or SOWK 757C.

**SOWK 787B. Clinical Practice Consultation. 4 Units.**

Provides experiential learning opportunities in clinical social work practice through practicums arranged by the program's director of field education. Requires 200 practicum hours concurrent with 20 hours of clinical practice consultation. Prerequisite: SOWK 678 or SOWK 757C.

**SOWK 787C. Clinical Practice Consultation. 4 Units.**

Provides experiential learning opportunities in clinical social work practice through practicums arranged by the program's director of field education. Requires 200 practicum hours concurrent with 20 hours of clinical practice consultation. Prerequisite: SOWK 678 or SOWK 757C.