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# **SOCW4012**

Social Work Practice in Mental Health and Trauma

Term One // 2019

## Course Overview

### Staff Contact Details

#### Convenors

Name	Email	Availability	Location	Phone
Abner Poon	w.poon@unsw.edu.au	Thursday, 2-4pm	Room G37, Morven Brown Building	93850685

#### Tutors

Name	Email	Availability	Location	Phone
Aurelia Roper-Tyler	a.roper-tyler@unsw.edu.au			
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### School Contact Information

School of Social Sciences

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Morven Brown C20

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## **Course Details**

### **Credit Points 6**

### **Summary of the Course**

Subject Area: *Social Work*

In this course, you will explore trauma and mental health issues from biological, psychological and social perspectives. You will develop the skills to identify and respond to the mental health and trauma experiences of social work clients. We will discuss contemporary approaches to both mental health problems and trauma while encouraging a critical analysis of the approaches covered. You will develop abilities in responding to mental health and trauma issues across a range of intervention methods and contexts. As such, emphasis is given not only to those practice approaches that respond to individuals including biological and psychological therapies, group work and family therapy, but also approaches that engage communities and social networks in responding to trauma and mental health issues.

### **Course Learning Outcomes**

1. Identify contemporary approaches to understanding mental health problems, interventions and recovery.
2. Critically evaluate psychiatric diagnostic frameworks including the physiological, psychological and behavioural manifestations of common mental health problems.
3. Articulate how individuals, carers, families, networks and communities are affected by traumatic events and mental health problems.
4. Explain the range of contemporary policy responses and intervention modalities used with mental health problems and traumatic events, and which promote resilience and recovery.
5. Describe the manner in which social work intervention for mental health problems and trauma operates within multi-disciplinary service contexts within local, national and international policy frameworks.

### **Teaching Strategies**

In accordance with UNSW Learning and Teaching Guidelines, this course aims to engage you in an active learning environment. The lecture input is elaborated upon in seminars where you learn through small group exercises, discussion of case examples, role plays and videos. To facilitate your examination of mental health problems and traumatic events, you will work in small groups throughout the course enabling skills practice, debriefing, peer support and reflection on course material.

## Assessment

The specific requirements of each assessment task and their associated assessment criteria, expected performance standards and marking rubrics are uploaded on Moodle.

Assessments should be referenced in accordance with the *School of Social Sciences Referencing Guide*, available at <https://socialsciences.arts.unsw.edu.au/students/resources/policies-guidelines/>.

### Assessment Tasks

Assessment task	Weight	Due Date	Student Learning Outcomes Assessed
Essay	30%	15/03/2019 11:00 PM	1
Project	30%	05/04/2019 11:00 PM	2,3,4
Case study	40%	01/05/2019 11:00 PM	3,4,5

### Assessment Details

#### Assessment 1: Essay

**Start date:** 18/02/2019 12:00 AM

**Length:** 1500

**Details:** Students will submit a research essay (max. 1500 words) on a topic relevant to the course material. Students will receive written feedback and a numerical grade within two weeks of submission. The feedback sheet/rubric will be available to students at the start of the course so that they can work towards specified standards

**Turnitin setting:** This assignment is submitted through Turnitin and students can see Turnitin similarity reports.

#### Assessment 2: Project

**Start date:** 18/02/2019 12:00 AM

**Details:** Students will develop a brochure (max. 1000 words) focusing on a mental disorder covered in the course. Students will receive written feedback and a numerical grade within two weeks of submission. The feedback sheet/rubric will be available to students at the start of the course so that they can work towards specified standards.

**Turnitin setting:** This assignment is submitted through Turnitin and students do not see Turnitin similarity reports.

#### Assessment 3: Case study

**Start date:** 18/02/2019 12:00 AM

**Details:** Students will select a case study relevant to trauma and/or mental health problems. They will discuss the case, the context of possible responses, and the choice of interventions. Students will submit a written report (max. 2000 words). Students will receive written feedback and a numerical grade within two weeks of submission. The feedback sheet/rubric will be available to students at the start of the course so that they can work towards specified standards. This is the final assessment for this course.

**Turnitin setting:** This assignment is submitted through Turnitin and students can see Turnitin similarity reports.

## Attendance Requirements

The School of Social Sciences expects that students will attend and participate actively in 100% of learning and teaching activities (henceforth 'classes', to include lectures, tutorials, seminars, labs, online activities and so on).

Mandatory attendance of classes for this course is part of the accreditation requirements for the BSW (Hons) program.

In this course you are expected to attend at least 80% of classes. This means that you must attend 8/10 of tutorials and lectures. If you attend less than 80% of classes, you may be refused final assessment. This means that if you do not attend at least 80% of possible classes your final assignment may receive a mark of zero. You are responsible for keeping track of your attendance and contacting your course convenor immediately if you are concerned about your attendance record and its impact on your ability to complete your course successfully.

In addition, you must complete all online activities. Failure to complete online activities will be considered as not fulfilling the attendance requirement of the course. For example, if a student does not complete week 2 online activity, his/her week 2 tutorial will be considered as an absence. Each online activity will be made available for three weeks. For example, week 2 online activity will be made available until the end of week 4.

For the purpose of attendance monitoring, the final assessment for this course is Case Study worth 40% of your overall grade for this course. This is the assessment item that will be graded at zero if you do not meet the attendance requirement for this course.

## Course Schedule

[View class timetable](#)

### Timetable

Date	Type	Content
Week 1: 18 February - 24 February	Lecture	Lecture: Introduction to SOCW4012, Overview of mental health in Australia, Classification of mental disorders, Etiological of mental disorders, Overview of treatments and Self-care for workers
	Tutorial	Tutorial: Modern psychiatric care and self-care for workers
	Reading	INTRODUCTION TO MENTAL HEALTH  Chapter 1 of Mental Health in Australia#  Chapter 3 of <i>Social Work Practice in Mental Health</i>  SELF-CARE  Bercier, M. L., & Maynard, B. R. (2015). Interventions for Secondary Traumatic Stress With Mental Health Workers: A Systematic

		<p>Review. <i>Research on Social Work Practice</i>, 25(1), 81-89. doi: 10.1177/1049731513517142</p> <p>#Chapter 6 'The trauma therapist and their emotions' of Wastell, C. (2005). <i>Understanding Trauma and Emotion: Dealing with Trauma Using an Emotion-focused Approach</i>. Crows Nest, N.S.W: Allen &amp; Unwin.</p> <p>#e-book available in UNSW Library</p>
Week 2: 25 February - 3 March	Lecture	<p>Lecture: Social work practice in mental health</p> <p>Part A: Biopsychosocial assessment, risk assessment, mental state examination and formulation</p> <p>Part B: Multidisciplinary team, case management, community treatment orders and evidence-based practice</p>
	Tutorial	Tutorial: Social work practice in mental health: Biopsychosocial assessment, risk assessment, formulation, multidisciplinary team and case management
	Online Activity	Reflection on issues regarding impact of mental illness and psychiatric services in Australia.
	Reading	<p>ASSESSMENT</p> <p>Chapter 6 of Social Work Practice in Mental Health</p> <p>Chapter 12 of Mental Health in Australia</p> <p>CASE MANAGEMENT</p> <p>Page 290-293 and 428-442 of Mental Health in Australia</p> <p>Chapter 7 of <i>Social Work Practice in Mental Health</i></p>
Week 3: 4 March - 10 March	Lecture	Lecture: Anxiety and Mood disorders; Techniques to deal with anxiety disorders; Counselling approaches
	Tutorial	Tutorial: Psychosocial interventions for anxiety and mood disorders
	Online Activity	Suicide prevention
	Reading	<p>ANXIETY AND MOOD DISORDERS</p> <p>Chapter 23 of Mental Health in Australia</p> <p>Page 110-119 of <i>Social Work Practice in Mental</i></p>

		<i>Health</i>
Week 4: 11 March - 17 March	Lecture	Lecture: Psychotic disorders; Schizophrenia; Psychosocial rehabilitation interventions
	Tutorial	Tutorial: Psychotic disorders; Schizophrenia; Psychosocial rehabilitation interventions
	Reading	PSYCHOTIC DISORDERS  Chapter 28 of Mental Health in Australia  Page 120-135 of <i>Social Work Practice in Mental Health</i>
Week 5: 18 March - 24 March	Lecture	Lecture: NO lecture
	Tutorial	Tutorial: NO tutorial
Week 6: 25 March - 31 March	Lecture	Lecture: Transcultural mental health
	Tutorial	Tutorial: Working with people from another cultural group
	Online Activity	Reflection on transcultural mental health
	Reading	CULTURAL FACTORS IN MENTAL HEALTH AND TRAUMA  Rooney, R., B. Wright and K. O'Neil (2006) 'Issues faced by carers of people with a mental illness from culturally and linguistically diverse backgrounds: carers' and practitioners' perceptions', <i>Australian e-Journal for the Advancement of Mental Health</i> , 5 (2): 1-13.  Poon, W. C., L. Joubert and C. Harvey (2015) 'A Longitudinal study of the health and wellbeing of culturally and linguistically diverse carers of people with psychosis', <i>International Journal of Social Psychiatry</i> , 61(8), 743-753. doi: 10.1177/0020764015577843  Reifels, L., Bassilios, B., Nicholas, A., Fletcher, J., King, K., Ewen, S., & Pirkis, J. (2015). Improving access to primary mental healthcare for Indigenous Australians. <i>Australian and New Zealand Journal of Psychiatry</i> , 49(2), 118-128. doi: 10.1177/0004867414562046
Week 7: 1 April - 7 April	Lecture	Lecture: Lived experience of people with mental illness and their families, Impact of caregiving, Concept of recovery, Family psychoeducation program, Wellness recovery tool and Family Consultation model
	Tutorial	Tutorial: Family interventions, Wellness recovery tool
	Online Activity	Mental health issues faced by indigenous populations



	Reading	LIVED EXPERIENCE  Chapter 2 of Mental Health in Australia  Chapter 2 of <i>Social Work Practice in Mental Health</i>
Week 8: 8 April - 14 April	Lecture	Lecture A: Drugs and alcohol related disorders, Motivational interviewing  Lecture B: Dementia
	Tutorial	Tutorial: Drugs and alcohol related disorders, Motivational interviewing
	Online Activity	Dementia
	Reading	DRUGS AND ALCOHOL  Chapter 25 of Mental Health in Australia  DEMENTIA  Chapter 22 of Mental Health in Australia
Week 9: 15 April - 21 April	Lecture	Lecture: Introduction to trauma and resilience, PTSD, Diagnostic concept of trauma, Trauma informed care and practice, Overlap of trauma and mental disorders and Overview of interventions for individuals and groups
	Tutorial	Tutorial: Trauma informed care and practice (Thursday only)  Note: Due to Good Friday, all tutorials on Friday, 19 April will be scheduled to Friday 26 April.
	Reading	INTRODUCTION TO TRAUMA  James, K., & MacKinnon, L. (2012). Integrating a trauma lens into a family therapy framework: Ten principles for family therapists. <i>Australian and New Zealand Journal of Family Therapy</i> , 33(3), 189-209.  Knight, C. (2015). Trauma-Informed Social Work Practice: Practice Considerations and Challenges. <i>Clinical Social Work Journal</i> , 43(1), 25-37. doi:10.1007/s10615-014-0481-6  Herman, J. L. (1998). Recovery from psychological trauma. <i>Psychiatry and Clinical Neurosciences</i> 52, S98-S103.  Marsella, A. J. (2010). Ethnocultural aspects of PTSD: An overview of concepts, issues, and treatments. <i>Traumatology</i> , 16(4), 17-26. doi:10.1177/1534765610388062

		Cozolino, L. J. (2005). The impact of trauma on the brain. <i>Psychotherapy in Australia</i> , 11(3), 22-35.
Week 10: 22 April - 28 April	Lecture	Lecture: Understanding the psycho-physiology of trauma on communities and Community resilience to trauma
	Tutorial	Tutorial: Trauma informed care and practice (Friday only)  Note: Due to ANZAC, there is no tutorial on Thursday.
	Reading	PSYCHO-PHYSIOLOGY OF TRAUMA ON COMMUNITIES  Breckenridge, J., & James, K. (2012). Therapeutic Responses to Communities Affected by Disasters: The Contribution of Family Therapy. <i>Australian &amp; New Zealand Journal of Family Therapy</i> , 33(3), 242-256. doi:10.1017/aft.2012.29  Walsh, F. (2007). Traumatic Loss and Major Disasters: Strengthening Family and Community Resilience. <i>Family Process</i> , 46(2), 207-227.

## **Resources**

### **Prescribed Resources**

Meadows, G., Farhall, J., Fossey, E., Grigg, M., McDermott, F., & Singh, B. (2012). *Mental health in Australia : Collaborative community practice* (3rd ed.). South Melbourne, Victoria: Oxford University Press.

### **Recommended Resources**

Bland, R., Renouf, N., & Tullgren, A. (2015). *Social Work Practice in Mental Health: An Introduction* (2 ed.). NSW, Australia: Allen and Unwin.

### **Course Evaluation and Development**

Student feedback will be gathered in class and using UNSW evaluation surveys at the end of the semester on three areas: course overall, lectures and tutorials. This feedback will be used to shape each of these areas of the course to improve student learning experience in future.

## **Submission of Assessment Tasks**

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### **Turnitin Submission**

If you encounter a problem when attempting to submit your assignment through Turnitin, please telephone External Support on 9385 3331 or email them on [externalteltsupport@unsw.edu.au](mailto:externalteltsupport@unsw.edu.au) . Support hours are 8:00am – 10:00pm on weekdays and 9:00am – 5:00pm on weekends (365 days a year). If you are unable to submit your assignment due to a fault with Turnitin you may apply for an extension, but you must retain your ticket number from External Support (along with any other relevant documents) to include as evidence to support your extension application. If you email External Support you will automatically receive a ticket number, but if you telephone you will need to specifically ask for one. Turnitin also provides updates on their system status on Twitter.

Generally, assessment tasks must be submitted electronically via either Turnitin or a Moodle assignment. In instances where this is not possible, it will be stated on your course's Moodle site with alternative submission details.

For information on how to submit assignments online via Moodle: <https://student.unsw.edu.au/how-submit-assignment-moodle>

## Academic Honesty and Plagiarism

Plagiarism is using the words or ideas of others and presenting them as your own. It can take many forms, from deliberate cheating to accidentally copying from a source without acknowledgement.

UNSW groups plagiarism into the following categories:

**Copying:** using the same or very similar words to the original text or idea without acknowledging the source or using quotation marks. This also applies to images, art and design projects, as well as presentations where someone presents another's ideas or words without credit.

**Inappropriate paraphrasing:** Changing a few words and phrases while mostly retaining the original structure and/or progression of ideas of the original, and information without acknowledgement. This also applies in presentations where someone paraphrases another's ideas or words without credit and to piecing together quotes and paraphrases into a new whole, without appropriate referencing.

**Collusion:** working with others but passing off the work as a person's individual work. Collusion also includes providing your work to another student before the due date, or for the purpose of them plagiarising at any time, paying another person to perform an academic task, stealing or acquiring another person's academic work and copying it, offering to complete another person's work or seeking payment for completing academic work.

**Inappropriate citation:** Citing sources which have not been read, without acknowledging the "secondary" source from which knowledge of them has been obtained.

**Duplication ("self-plagiarism"):** submitting your own work, in whole or in part, where it has previously been prepared or submitted for another assessment or course at UNSW or another university.

Correct referencing practices:

- Paraphrasing, summarising, essay writing and time management
- Appropriate use of and attribution for a range of materials including text, images, formulae and concepts.

Individual assistance is available on request from The Learning Centre (<http://www.lc.unsw.edu.au/>). Students are also reminded that careful time management is an important part of study and one of the identified causes of plagiarism is poor time management. Students should allow sufficient time for research, drafting and proper referencing of sources in preparing all assessment items.

UNSW Library also has the ELISE tool available to assist you with your study at UNSW. ELISE is designed to introduce new students to studying at UNSW but it can also be a great refresher during your study.

Completing the ELISE tutorial and quiz will enable you to:

- analyse topics, plan responses and organise research for academic writing and other assessment tasks
- effectively and efficiently find appropriate information sources and evaluate relevance to your needs
- use and manage information effectively to accomplish a specific purpose
- better manage your time

- understand your rights and responsibilities as a student at UNSW
- be aware of plagiarism, copyright, UNSW Student Code of Conduct and Acceptable Use of UNSW ICT Resources Policy
- be aware of the standards of behaviour expected of everyone in the UNSW community
- locate services and information about UNSW and UNSW Library

Some of these areas will be familiar to you, others will be new. Gaining a solid understanding of all the related aspects of ELISE will help you make the most of your studies at UNSW.

<http://subjectguides.library.unsw.edu.au/elise/aboutelise>

## **Academic Information**

For essential student information relating to:

- requests for extension;
- late submissions guidelines;
- review of marks;
- UNSW Health and Safety policies;
- examination procedures;
- special consideration in the event of illness or misadventure;
- student equity and disability;
- and other essential academic information, see

<https://www.arts.unsw.edu.au/current-students/academic-information/protocols-guidelines/>

## **Image Credit**

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