



COURSE TITLE/SECTION: SELF (Self Examination of Life Foundations) SOCW 7308-29530

TIME: As determined

FACULTY: Patricia Taylor, PhD, LCSW OFFICE HOURS: M,T, Th, F 8:30-5:00 by appt.

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I. Course

A. Catalog Description

Cr.3 per semester. (3-0). Approval from Instructor. Improve practice effectiveness when working in clinical settings by acquiring skills to examine developmental and related life issues.

B. Purpose

This course focuses on the relationship between the personal and professional self in social work practice with a specific focus on child welfare practice. Students will be expected to examine in depth how their life issues impact their work with clients and other professionals. Emphasis is given to identifying and subsequently demonstrating an understanding of one's strengths, attitudes, and biases in work with diverse families.

II. Course Objectives

Upon completion of this course, students will be able to:

1. Demonstrate and apply analytical skills to understanding how life issues can affect professional development and practice;
2. Identify and discuss how personal qualities (including life experience) can impact professional interactions with children and families with special needs and strengths, taking into account gender, people of color, sexual orientation, and the most economically disadvantaged;
3. Demonstrate skills in integrating culturally sensitive approaches in self-assessment and evaluation;
4. Evaluate practice and self-learning through the use of selected instruments.

III. **Course Content**

This course combines research findings, conceptual models, and personal self assessment tools as ways to achieve the learning objectives. Skill development in self-assessment and feedback on clinical skills will be emphasized, particularly the skills of relationship building. Various technology tools, including video recording, will be used.

IV. **Course Structure**

This course will consist of both group and individual class meetings.

V. **Textbooks Required**

Yalom, I. (2000). *Love's executioner*. New York: Harper & Collins. ISBN 0-06-097334-X

OTHER REQUIRED READING

One journal article or book chapter, of the student's choice, is to be read prior to each individual meeting, on the following SELF areas:

1. Self-awareness: focus on preferences in work settings and supervisors
2. Personal biases: can be related to ethnicity, sexual preference, religion, gender, age, class and culture.
3. Family-of-origin issues: focus on communication, interpersonal relationships, and influences on working style.
4. Self disclosure: identify techniques and needs.
5. Self care: focus on compassion fatigue and burnout.

Recommended

Pryce, J.G., Shackelford, K.K., Pryce, D.H. (2007). *Secondary traumatic stress and the child welfare professional*. Chicago, Illinois: Lyceum Books. ISBN 13:978-1-933478-05-0.

Goldfried, M.R. (ed.). (2001). *How therapists change: Personal and professional reflections*. Washington, D.C.: American Psychological Association. ISBN 1-55798-727-0.

VI **Course Requirements**

- A. **Attendance and Participation** (20 points)
Each individual meeting with Trish will be approximately 1 - 1.5 hours in duration.
- B. **Journal** (20 points)
Enter the feelings, thoughts, reflections of your learning about self-

examination for preparing for your work with children and families. Complete one entry after each individual meeting with the instructor and bring the typed journal for discussion during the next meeting.

C. **Mid-term Paper** (20 points)

Write a paper to identify and analyze current literature in any of the five major topic areas (self awareness, personal biases, family-of-origin issues, self disclosure, and self care). Page limit: 10-15 pages, double-spacing, APA 5th Edition, at least 10 references.

D. **Final Paper** (40 points)

Write a paper to identify your strengths and limitations, analyze the process of examining your life issues as it is related to your career development, and conclude your paper with a set of practical recommendations. At least 10 references (usually same as those from mid-term paper) are expected to support your discussions. Include the entire package of your journal in the appendix of this paper. Please submit on paper and by email.

Grading Criteria for papers:

- 40% Descriptions and analyses
- 20% Practice strategies
- 10% Cultural sensitivity
- 20% Research effort
- 10% References and organization

VII. Evaluation and Grading

95-100% = A
90- 94% = A-
87- 89% = B+

83- 86% = B
80- 82% = B-
77- 79% = C+

73- 76% = C
70-72% = C-
Below 70 = F

Note: Because of the practice nature of this course, "Incompletes" will not be given.

IX. Course Schedule and Reading Assignments

COURSE SCHEDULE (All dates are tentative; a revised syllabus will be distributed after all meeting schedules are arranged with individual students)

8/22-9/6 (Week of) First Group Meeting to be determined by group
Introduction, course expectations, assignments, logistics
Reading assignment after the first group meeting:

Yalom: *Fat Lady*

8/29 – 10/12

Individual meetings with Instructor (Sessions 1 and 2)

Reading assignments prior to each individual meeting:

Yalom: *The Wrong One Died* - For 1st Individual Meeting

One article on one of the five SELF areas

Assignment for each individual meeting: Journal entry

Part of the first and the third individual meetings) will be videotaped.

The videotapes will be used for self-examination purposes in the debriefing meeting with your instructor only they will not be shown in the group meetings.

10/17 (Week of) Midterm Group Meeting to be determined by group
Focus: Personality and Style

Midterm paper DUE

10/24-11/21 Individual meetings with Instructor (Sessions 3 and 4)

Reading assignments prior to each individual meeting:

Yalom: *as determined by student and articles as chosen by student in the area of study for discussion in individual session.*

Assignment for each individual meeting: Journal entry

Sessions 3 will be videotaped

Sessions 4 will include student selected sections of Session 3 video tape.

Reading assignments prior to each individual meeting:

One article on one of the five SELF areas

Assignment for each individual meeting: Journal entry

11/28(Week of) Final Group Meeting to be determined by group
Focus: Endings and Beginnings

Final paper DUE (including your journal in the appendix)

Please submit paper by email and paper

Final evaluation of the course

Addendum: Whenever possible, and in accordance with 504/ADA guidelines, the University of Houston will attempt to provide reasonable academic accommodations to students who request and require them. Please call 713-743-5400 for more assistance.