

SOCW4012

Social Work Practice in Mental Health and Trauma

Term 1, 2023



SOCW4012
***Social Work
Practice in
Mental Health
and Trauma***

Course Overview

Staff Contact Details

Convenors

Name	Email	Availability	Location	Phone
Kerrie James	Kerrie.james@unsw.edu.au	By appointment	Morven Brown Level 1	0406996399

Tutors

Name	Email	Availability	Location	Phone
Jessie Chung	jessie.chung@unsw.edu.au	By Appointment		
Alyssa Cassidy	a.cassidy@unsw.edu.au	By appointment		

School Contact Information

School of Social Sciences

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Acknowledgement of Country

UNSW Arts, Design and Architecture Kensington and Paddington campuses are built on Aboriginal Lands. We pay our respects to the Bidjigal and Gadigal peoples who are the Custodians of these lands. We acknowledge the Aboriginal and Torres Strait Islander peoples, the First Australians, whose lands, winds and waters we all now share, and pay respect to their unique values, and their continuing and enduring cultures which deepen and enrich the life of our nation and communities.



Image courtesy of the Office of the Pro Vice-Chancellor Indigenous [UNSW's Indigenous strategy](#)

Course Details

Units of Credit 6

Summary of the Course

Drawing on critical social paradigms, this course will enable you to explore the intersection of mental health and trauma. You will learn essential knowledge and skills for working with individuals and families impacted by mental ill-health and trauma. Guided by social justice principles, you will examine the effects of social deprivation, marginalisation and discrimination on mental health and wellbeing. This critical approach informs a strength based approach to social work with people experiencing trauma and mental ill-health.

Course Learning Outcomes

1. Identify and critically evaluate dominant paradigms for understanding mental health and trauma
2. Articulate how individuals, families and communities are affected by trauma and mental health problems
3. Identify the range and nature of social work interventions for trauma and mental health problems
4. Demonstrate interventions for trauma and mental health that are strengths-based, relationship-focused and that promote resilience

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

Information available in Moodle

Assessment task	Weight	Due Date	Course Learning Outcomes Assessed
1. Essay	40%	13/03/2023 11:59 PM	1, 4
2. Practice Application	60%	26/04/2023 11:59 PM	2, 3, 4

Assessment 1: Essay

Assessment length: 1500 words

Due date: 13/03/2023 11:59 PM

You will submit a research essay (1500 words) on a topic relevant to current debates in trauma and mental health.

Students will receive written feedback and a numerical grade within 10 working days of submission. The feedback sheet/rubric will be available to students at the start of the course so that students can work towards specified standards.

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

Additional details

Critical discussion of paradigms relevant to social work practice in the fields of Mental Health and Trauma

Assessment 2: Practice Application

Assessment length: 2000 words

Due date: 26/04/2023 11:59 PM

You will prepare a written report that applies learnings from the course to a selected practice situation relating to trauma and mental illness (2200 words).

Students will receive written feedback and a numerical grade within 10 working days of submission. The feedback sheet/rubric will be available to students at the start of the course so that students can work towards specified standards.

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

Additional details

Students will select a case study relevant to trauma and/or mental health problems. They will discuss the case focusing on a mental illness or traumatic experience, the context of possible responses, and the choice of interventions. Students will submit a written report (max 2000 words).

Attendance Requirements

Students are strongly encouraged to attend all classes and review lecture recordings.

Course Schedule

[View class timetable](#)

Timetable

Date	Type	Content
Week 1: 13 February - 17 February	Lecture	Introduction to course: Mental health in Australia, interventions and paradigms.
	Tutorial	Vicarious trauma and self-care
Week 2: 20 February - 24 February	Lecture	Trauma and resilience
	Tutorial	Paradigms for understanding trauma
Week 3: 27 February - 3 March	Lecture	The diagnostic system for mental illness: Medical model, mental disorders, social work role.
	Tutorial	Social work practice in mental health: biopsychosocial assessment, risk assessment, formulation
Week 4: 6 March - 10 March	Lecture	Understanding physiological and neurological responses to trauma: Formation of traumatic memories, memory storage and reconsolidation.
	Tutorial	Being trauma informed and responding to symptoms of PTSD; race, culture and trauma.
Week 5: 13 March - 17 March	Lecture	Overview of interventions for trauma
	Tutorial	Thinking about our own responses to disclosures of trauma and the role of trauma processing in helping people heal.
	Assessment	Essay
Week 6: 20 March - 24 March	Lecture	Flexibility week
	Reading	
Week 7: 27 March - 31 March	Lecture	Interventions for mental health: Recovery principles and practices, social work role in recovery, case management.

	Tutorial	Case management, recovery and family session.
Week 8: 3 April - 7 April	Lecture	Trauma, Communities and Community Interventions
	Online Activity	Natural disasters – Black Saturday No tutorial this week, instead students will complete an online activity. Online activity. Moodle discussion posts
Week 9: 10 April - 14 April	Lecture	Complex trauma: healing, engaging in disclosure conversations, Response-Based Practice.
	Tutorial	Response based practice and responding to client disclosures
Week 10: 17 April - 21 April	Lecture	Open Dialogue intervention in mental health settings
	Tutorial	Open dialogue and course review

Resources

Prescribed Resources

Harms, L. (2015) *Understanding Trauma and Resilience*. New York, NY: Palgrave.

Meadows, G., Farhall, J., Fossey, E., Happell, B., McDermott, F., & Rosenberg, S. (2020). *Mental health and Collaborative Community Practice* (4th ed.). Docklands, Victoria: Oxford University Press. Meadows, G., Farhall, J., Fossey, E., Grigg, M., or

McDermott, F., & Singh, B. (2012). *Mental health in Australia : Collaborative community practice* (3rd ed.). South Melbourne, Victoria: Oxford University Press. (student discount for e.book)

Recommended Resources

Allen JG. (2005) *Coping With Trauma : Hope Through Understanding*. Vol 2nd ed. American Psychiatric Association Publishing

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

Ow, R., & Poon, A. W. C. (Eds.). (2020). *Mental Health and Social Work*. Singapore: Springer.
<https://doi.org/10.1007/978-981-13-6975-9>

Course Evaluation and Development

Student feedback will be gathered in class and using UNSW evaluation surveys at the end of the term. This feedback will be used to shape the course to improve student learning experience in future.

Submission of Assessment Tasks

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

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, alternative submission details will be stated on your course's Moodle site. For information on how to submit assignments online via Moodle:

<https://student.unsw.edu.au/how-submit-assignment-moodle>

Late Submission Penalty

UNSW has a standard late submission penalty of:

- 5% per calendar day,
- for all assessments where a penalty applies,
- capped at five calendar days (120 hours) from the assessment deadline, after which a student cannot submit an assessment, and
- no permitted variation.

Students are expected to manage their time to meet deadlines and to request [Special Consideration](#) as early as possible before the deadline. Support with [Time Management is available here](#).

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 includes copying materials, ideas or concepts from a book, article, report or other written document, presentation, composition, artwork, design, drawing, circuitry, computer program or software, website, internet, other electronic resource, or another person's assignment without appropriate acknowledgement.
- Inappropriate paraphrasing: Changing a few words and phrases while mostly retaining the original information, structure and/or progression of ideas of the original 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 for the purpose of them plagiarising, 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.

The UNSW Academic Skills support offers resources and individual consultations. Students are also reminded that careful time management is an important part of study. 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 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

Academic Information

Due to evolving advice by NSW Health, students must check for updated information regarding online learning for all Arts, Design and Architecture courses this term (via Moodle or course information provided).

Please see: <https://www.unsw.edu.au/arts-design-architecture/student-life/resources-support/protocols-guidelines> for essential student information relating to:

- UNSW and Faculty policies and procedures;
- Student Support Services;
- Dean's List;
- review of results;
- credit transfer;
- cross-institutional study and exchange;
- examination information;
- enrolment information;
- Special Consideration in the event of illness or misadventure;
- student equity and disability;

And other essential academic information.

This course outline sets out the description of classes at the date the Course Outline is published. The nature of classes may change during the Term after the Course Outline is published. Moodle should be consulted for the up to date class descriptions. If there is any inconsistency in the description of activities between the University timetable and the Course Outline (as updated in Moodle), the description in the Course Outline/Moodle applies.

Image Credit

<http://mhknight.com/the-wall-documenting-a-mental-health-mural-project/>

CRICOS

CRICOS Provider Code: 00098G