

*Wayne State University
School of Social Work*

MSW Day 2021

Interpersonal Practice Concentration



So, where do you go from here?

- Today's program aims to help you decide:
 - Written material to be distributed.
 - Clips from the movie ***Moonlight***: Theoretical and practice implications.
 - Breakout sessions for additional information, and Q & A opportunities.
- Consider whether the ICPL or IP concentration resonates with you
- Also, visit the informational tables for material on:
 - Special Interests Areas.



“Moonlight”: An Integrative Approach

Tarell Alvin McRaney & Barry Jenkins (2016). *Moonlight* [Motion picture]. United States. A24 Plan B Entertainment.



“Moonlight” Warning

The excerpts that you are about to see from the film *Moonlight* contain strong language and content alluding to bullying, homophobia, racism, community violence, drug abuse, and child abuse. These are issues that a social worker may address in the course of social work practice. However, if you feel uncomfortable watching the video and need to excuse yourself please feel free to do so at any time.



VIDEO PRESENTATION



Interpersonal Practice (I-P) Concentration

- One of two concentrations available to advanced year MSW students in the School of Social Work.
- Prepares students to work in multiple settings with individuals, families, groups.
- Social workers constitute the largest group of mental health and substance use disorder treatment service providers.
- Work with clients with multi-problem areas



Concentration Courses:

Interpersonal Practice

DSM

Assessment

*Integrative Theories
for Intervention*

*A
Deeper
Dive*

*Intervention Electives:
CBT
Psychodynamic
Client Centered
Family Systems
Substance Use
Trauma*



- Required courses: DSM, Assessment, Integrated Practice Theories
- Integrated approach to address multiple psychosocial concerns
- Same competencies and level of rigorous academic work.
- Build on foundation year knowledge of *human behavior, practice, research, and policy*.
- Include content on children, adolescents, & adults.
- Lectures, readings, videos, clinical case reviews, and other pedagogical strategies
 - Integration of classroom learning and field.



Overview of the Interpersonal Practice content:



*“Chiron”:
A Multi-Theoretical Perspective*



Multiple Approaches to Address Concerns Across the System

- Substance Misuse
- Identity
- Child Abuse and Neglect
- Resilience
- Isolation
- Intra- and inter- personal concerns



Client Centered

Common Factors

- Respect
- Empathy
- Collaborative Goals
- Therapeutic Alliance
- Present Oriented



Motivational Interviewing-One Client Centered Approach

Express empathy

- Allow the client to be heard and feel understood and accepted. Build rapport.

Support self-efficacy

- Identify & underscore ways in which the client has already changed or has moved in the direction of change.
- There is no “right way” to change; encourage client’s creativity.
- Explore other healthy changes in the client’s life – increase belief that change is possible.



Motivational Interviewing-One Client Centered Approach

Roll with the resistance

- Do not challenge/fight the client's resistance instead explore client's views; invite examinations of new perspectives.

Develop discrepancy

- Between where the client is and where he/she wants to be.

Avoid argumentation




The Case of Chiron

- Never experienced positive regard or empathy
- Identifying and giving voice to thoughts and emotions
- Identity and social marginalization
- Developing Discrepancy and Avoiding Resistance
- Multiple strengths and resilience



Cognitive-Behavioral Therapy, CBT.

- Cognitions are the prime determinant (albeit not the only one) of emotional and behavioral responses to life events.
- An *information processing* model:
 - Person  Environment
- A collaborative, structured, empirically-driven, present-oriented, problem-focused therapy.



The Mind

Automatic Thoughts

Intermediate Beliefs (rules)

Core Beliefs:

Self

People

Life/The World

Environmental Influences

Family

School

Peers

Society

Neighborhoods

Culture



Chiron's' Core Beliefs: A Hypothetical View

How might Chiron view himself? Based on what we saw...

- He may see himself as “defective”, “worthless”, and “unlovable”.
- He may have difficulties recognizing his strengths including value to others.

How might Chiron view others?

- He may view others as “unloving”, “untrustworthy”, and “dangerous”.
- He may believe most people will hurt him if given the chance.

How might Chiron view the world/life?

- He may view the world as “unfair”, “hostile” and “dangerous”.
- He may expect the worse out of others and his life.



The Treatment of Chiron

Empowerment, Strength, & Self-Respect

What does Chiron want to get out of treatment? CBT is collaborative and empowering.

Possible directions of treatment may include:

- Help him to heal from the trauma of systematic & prolonged abuse.
- ***Cognitive***: identify, evaluate and ***reframe dysfunctional beliefs*** about himself, others and the world. Develop healthier and more balanced and functional perspectives.
- ***Behavior***: Help him to learn & integrate ***healthy coping skills and develop trusting and supportive relationships.***

Trauma-focused cognitive-behavioral therapy.

- Emotional & cognitive processing of trauma.
- Constructing a more balanced and realistic narrative.
- Empower the client to gain mastery over the trauma memory.
- Social worker must be empathic, understanding & knowledgeable.



A Family Systems Perspective

- Concerned with relationships between individuals in the family system-interpersonal rather than intrapersonal
- Family Hierarchy-Leadership
- Rules and Roles
- Boundaries between individuals and between family and outside world
- Intergenerational Patterns



Intervention with Black and his Mom

- Improving Communication
- Establishing Boundaries
- Healing Cut-offs and Betrayal



A Psychodynamic Perspective

- Focused on early development
- Insight about patterns and dynamics
 - Internalized object world
- Adaptation to our environment-Ego Defenses and Functions



- **Chiron's Development**

- Chiron experienced multiple derailments in development
- Ego development, separation-individuation, object relations, selfobject development; sense of identity
all affected
- Limited attachment security with mother

- **Problem of Maternal Mis-attunement**

- Maternal drug abuse and neglect/absence
- Empathic ruptures/breaches not repaired
- Mother preoccupied with meeting her own psychological, sexual needs
- Abdicates parental role



- **Self-Esteem and Inner Self Structure**
 - “Little” finds limited empathic attunement
 - The message is that he is worthless, unlovable, unacceptable, bad
- **Normal Development**
 - A safe holding environment
 - Juan and Teresa create some safety
 - Juan serves as a “surrogate” father figure
 - Self-structure is created to provide an inner source for self-affirmation, self-love, capacity to calm and soothe in times of distress – Kevin, Teresa, Juan



TREATMENT

- Create a safe holding environment using empathic attunement to rebuild self-structures
- Empathic Attunement
- Examine Ego Defenses that are no longer helpful
- Examine Developmental derailments: parental neglect, bullying, internal and external homophobia, sense of self/identity, selfobject relations



Additional IP Course Options

- Interpersonal Practice in Trauma and PTSD
- Interpersonal Practice in Substance Use Treatment
- Interventions with Children and Adolescents



Integrating Perspectives

- Chiron has many challenges and concerns across development and micro-macro levels
- Social work intervention requires intervention across micro-macro levels and attention to multiple psychosocial concerns
- IP considers the use of multiple intervention models
- Critical Thinking in considering which interventions to use, when to use them, and how to use them

