

## **Additional Questions for Case Examples Used in the Chapters**

While we have several reflective exercises incorporated within the chapter, here are some additional questions to supplement the learning from the case examples that link the content of the chapter/chapter objectives.

### **CHAPTER 2: Integrative Themes That Guide Social Work Practice with Individuals, Families and Small Groups**

#### Questions:

Choose one of the cases in this chapter and answer the following questions...

1. Outline two *principles of the social work profession* that are apparent. Explain how these principles would impact and inform your practice decisions.
2. Discuss how you would apply a *just practice approach*.
3. Outline two reasons why it is important to apply a *social justice lens*.
4. Why is applying an *empowerment perspective* important?
5. How would *thinking systematically* inform your practice decisions?
6. Discuss why it is important for social workers to use an *evidence-informed practice perspective*. Apply the framework found in Figure 2.5.

### **CHAPTER 3: From Evidence-Based Practice to Evidence-Informed Practice**

#### Questions:

Choose one of the cases in this chapter and answer the following questions...

1. Discuss two reasons why it is important to apply an *evidence-based practice approach*.
2. Identify one potential *iatrogenic effect*.
3. Identify *bias* you may have and discuss how it could affect your work with the client(s).
4. Outline two reasons it is important to assess the *client's values, preferences and perspectives*.
5. Research and share two *resources* that you would use that would support your decision-making.

### **CHAPTER 4: Professional Values, Ethics and Professional Use of Self**

#### Questions:

Choose one of the cases in this chapter and answer the following questions...

1. Discuss two *core social work values* that are evident.
2. Identify two *core social work concepts* that would guide your decision-making.
3. Share two compelling *"right" choices of action* you would choose.
4. Share two reasons why the concept of *self-determination* is important.
5. Identify an area where your *personal and professional values* may collide.

### **CHAPTER 5: Engagement and Relationship-Building Skills**

#### Questions:

Choose one of the cases in this chapter and answer the following questions...

1. Discuss two strategies you would use to *engage the client(s)* and share which *core relationship-building values* you would focus on.
2. Identify two strategies you would use to *collaborate with your client(s)*.

3. Discuss two reasons why an approach based on *solution building* rather than *problem solving* is important.
4. When working with these client(s), identify two steps you would take that would positively impact follow through with identified *change efforts*.
5. Review the *Stages of Change Framework*. Which stage of change do you think applies and why? Where do you think this/these client(s) are on the *Readiness Ruler*?
6. Outline two reasons why *alliance building* is important.

## **CHAPTER 6: Assessment in Social Work with Individuals and Families**

### **Questions:**

Choose one of the cases in this chapter and answer the following questions...

1. When completing an initial assessment, identify two reasons why using a *social justice lens* is important.
2. Identify two *challenges*. How would you use the *client's strengths* to approach these?
3. Develop five open-ended questions that you would use when completing your initial *bio-psychosocial-spiritual assessment*.
4. Research and describe two *screening tools* that you would use in your assessment and explain why you would use them.
5. Identify two *risk factors* and discuss how you address these.
6. Discuss the influence and *role that culture plays* and describe how this impacts the initial *diagnostic formulation*.

## **CHAPTER 7: Change Planning**

### **Questions:**

Choose one of the cases in this chapter and answer the following questions...

1. After assessing the client's level of functioning, discuss two *core principles of change planning* that should be considered when establishing the *change plan*.
2. Tentatively outline two *SMART change goals* you might consider and explain why you would strive to engage the client(s) with these strategies.
3. Outline one *intervention plan* you might consider using and include two *objectives*.

## **CHAPTER 8: Core Intervention Skills: Using Cognitive and Behavioral Approaches in Social Work**

### **Practice with Individuals, Families, and Groups**

### **Questions:**

Using the case at the beginning of this chapter answer the following questions...

1. Explain how you could apply a *cognitive restructuring process* with this client. Discuss two reasons that a *Thought Record* would be a useful tool.
2. Identify a behavior you would target where *reinforcement* might be effective and describe how you would implement it.
3. Outline a *CBT Treatment Agenda* you would consider using with this client.

## **CHAPTER 9: Intervention Skills: Using Problem-Solving, Psychoeducational, and Multisystemic Intervention Approaches and Case/Care Management Skills in Working with Individuals and Families**

Questions:

Choose one of the cases in this chapter and answer the following questions...

1. Outline three major *barriers* that are apparent and explain why these may be *obstacles*.
2. Discuss why it would be important to use a *constructive approach* to problem solving with the client(s).
3. Research and identify a *psychoeducational approach* you could use and explain why you think it would be effective.
4. Create a “*fit map*” and several *action steps* you would consider.
5. Discuss how you would use a *person-in-environment approach* to establish a *case/care management plan*.

**CHAPTER 10: Additional Skills for Working with Families and Groups**

Questions:

Choose one of the cases in this chapter and answer the following questions...

1. Explore and discuss how “*family*” is *defined* and outline the relevant issues related to the *structure and roles* that you have determined are apparent in your assessment.
2. Identify three *complex needs* in the “*family*” situation as presented.
3. Create a *MECAmap*. How would using this tool assist you in your work with the “*family*”?
4. Select a member of the “*family*” and identify three advantages they might experience if they participated in a *group intervention*.

**CHAPTER 11: Outcome Monitoring**

Questions:

Choose one of the cases in this chapter and answer the following questions...

1. Discuss three strategies you would use to engage the client(s) in *outcome monitoring*.
2. Research and identify two *process measures/tools* you would use to evaluate whether or not *change goals* had been met.
3. Outline how you would *summarize the data* you have measured, discuss why it is important to share this with the client(s), and explain how you would do this.