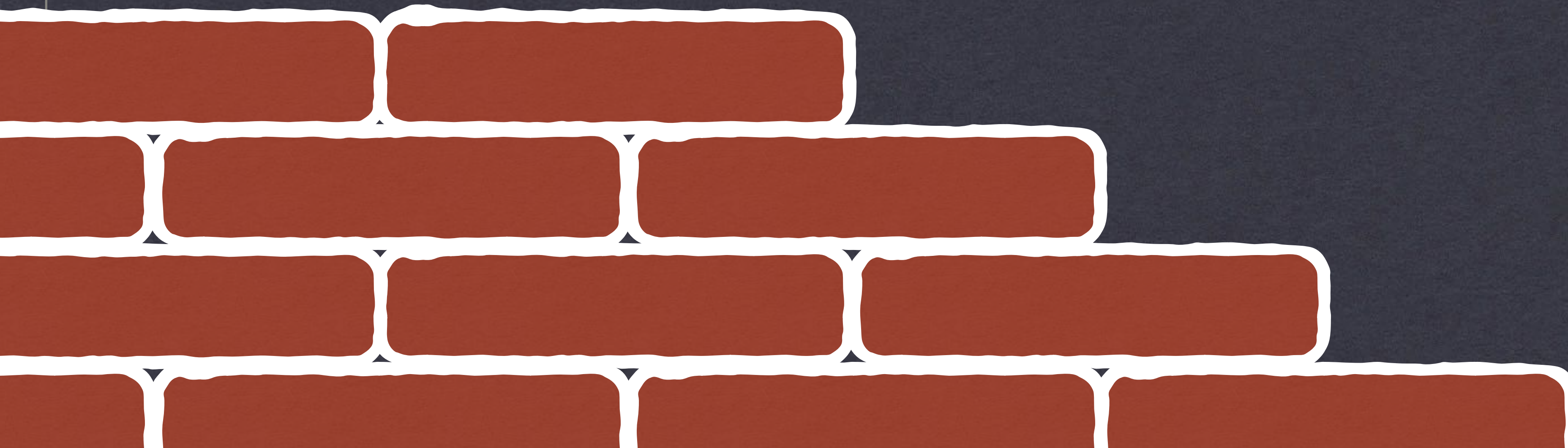Dr. Jacob Campbell, Ph.D. LICSW
Heritage University

Fall 2025 SOWK 530 (0)

INTRODUCTION TO

FOUNDATIONS OF SOCIAL WORK PRACTICE I

Plan for Week One

Agenda

* Getting settled into the class

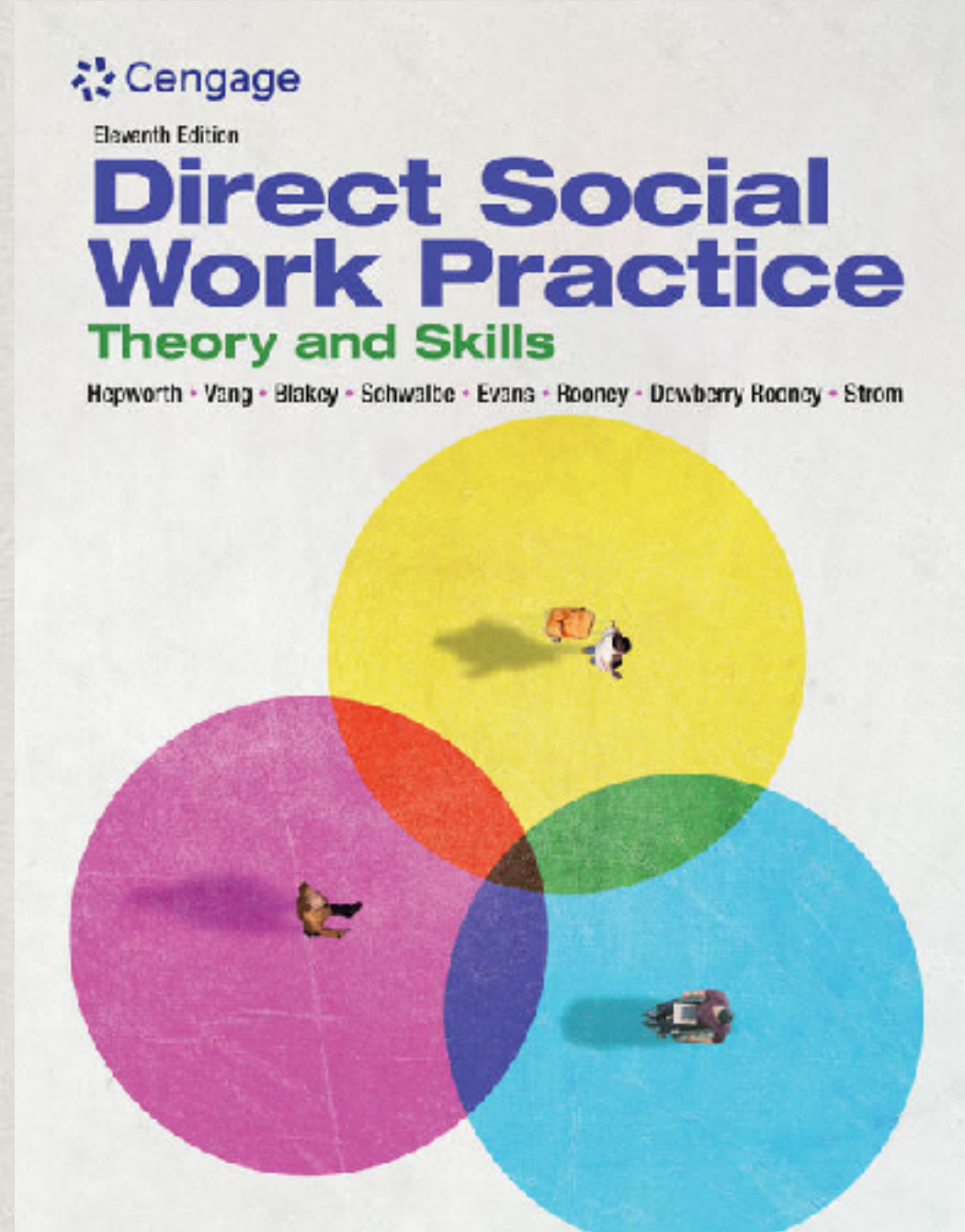* Reviewing the syllabus

* Scholarship

* NASW Core Values

Learning Objectives

- To identify the structure of this course, the assignments used to facilitate learning and demonstrate competency, and what to expect this semester.

- To understand the expectations around academic integrity.

Week 01 Content

Read Hepworth et al. (2023)
Chapter 1 *The Challenges and Opportunities of Social Work &*
Chapter 2 *Orienting Frameworks for Social Work Practice*

Six replies across any of the forums:

- Introductions and Getting Started
- How You Connect With the NASW Core Values
- What Makes the Orienting Perspective Orienting
- Influence of Social Problems on Social Work
- What is the Social Worker's Role in Communities
- Questions About This Course

MyHeritage

SOWK 530 0 - Foundations of Social Work Practice

About This Course

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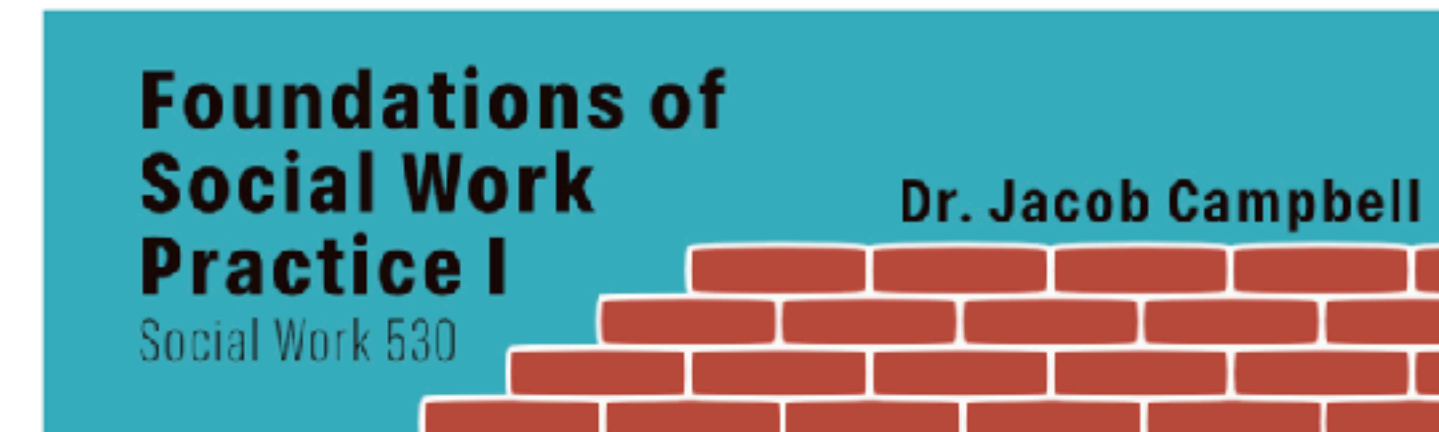
Foundations of Social Work Practice I
Social Work 530
Dr. Jacob Campbell

This course provides students with the knowledge and skills for Generalist Social Work Practice with micro and mezzo systems. Utilizing foundational theoretical frameworks for social work, students will learn to bring about planned change with individuals and client-identified family systems. Practice in interpersonal skills, engagement, assessment, intervention, and evaluation will be incorporated throughout the course.

Relationship to Other Sequences and Other Courses

(SOWK 530) **Foundations of Social Work Practice I** provide students with generalist social work practice with micro and mezzo systems, and equips them with interpersonal skills during the engagement, assessment, intervention, and evaluation processes. (SOWK 535) **Human Behavior in the Social Environment** provides students with an understanding of human behavior across the lifespan in a social context. Students learn about the person-in-environment theory to identify clients' strengths, barriers, and effective interventions in this course. (SOWK 537) **Social Work Practice in a Diverse Society** introduces the impact culture, racism, and oppression on human experiences and how these constructs influence practice at the micro, mezzo, and macro levels. These three courses strengthen development of the cognitive and affective processes needed to advance knowledge and skills while building a foundation of values essential to social work practice.

You can find the course syllabus page that includes Fall 2025 SOWK 530 Foundations of Social Work Practice I. Note that on the syllabus course page you can find individual handouts for each assignment as well.

General Course Resources

Edit Content

I send out a weekly email (well, that's my goal at least). While you still must check your Heritage email address, I also want to connect with you in the way that is most accessible for you. I have a form where you can enter your personal information. That way, the weekly email can go to any email address you want. Since many of my students text me, I add their phone numbers to my contacts to keep track of who's messaging me. Please complete the form (https://forms.office.com/r/wnVXYvwc5P).

There are weekly units on the left. As this course is starting, they are not all complete and ready to go. They will be updated each week with the relevant information for that week. I have used 🏫 to indicate weeks with in-person class sessions, and ⬛ for completely asynchronous weeks. The textbook for most readings is the Direct Social Work Practice: Theory and Skill. It is the 11th version of this textbook. There are reading quizzes that Students can find in the assignments section. There is a lot of reading, but I encourage you to complete it. The class will be reasonably activity-based, and we only cover a limited amount through lectures.

Student Resources

Edit Content

Online Tutoring Services includes:

- Drop-in and By Appointment
- 24/7 access to tutoring through Smartthinking
- Tutors also Provide Assistance with MyHeritage and Anthology ePortfolio

Library Services

- Library Online Data Bases
- Library Online eBooks

Help Desk

- ithelpdesk@heritage.edu
- Phone: (509) 865-8579 (8:00 am to 5:00 pm M-F)

Order Textbooks Online: Go to semester schedule. Select semester and click search. Click on course number link for first course. Enter student ID. Follow instructions.

Institutional Review Board (IRB) Guidelines

Office of Ability Services (ADA) and Counseling

Heritage Campus Security

- Phone: (509)865-8555

COURSE SYLLABUS

THE GENERAL MAP OF THIS CLASS

Heritage University

SOWK 530 (0): Foundation of Social Work Practice I (3 Credits)
Fall 2025, Online/Toppenish

Instructor	**Dr. Jacob Campbell, Ph.D., LICSW**	
Office Hours	**Toppenish Campus** *Office*: Simpkins Hall, Office 2124 *Drop-in*: Tuesday's 10-11 AM	**Tri-Cities Regional Site** *Office*: 2nd Floor Office 4209 *Drop-in*: Wednesday's 2-3 PM
	Weekly office hours are available for drop-in via Zoom or in-person. Other times available by arrangement. Schedule available at https://vsp.ink/now.	
Phone	(509) 392-1056	Email campbell_j@heritage.edu
Dates	This course takes place primary online, with weekly content completed asynchronously. The seven in-person Saturday's for fall semester include 09/06/25, 09/20/25, 10/04/25, 10/18/25, 11/01/25, 11/08/25, and 11/22/25. Synchronous sessions for this course take place 10:15 AM-11:45 in RAU 1701.	

Land Acknowledgement

Heritage University occupies its home on the traditional lands of the Yakama People. These ancestral homelands are the Yakama, Palouse, Pisquouse, Wenatshapam, Klikatat, Klinquit, Kow- was-say-ee, Li-ay-was, Skin-pah, Wish-ham, Shyiks, Ochechotes, Kah-milt-pa, and Se-ap-cat, who today are represented by the Confederated Tribes and Bands of the Yakama Nation (Treaty of 1855) and, whose relationship with this land continues to this day. Heritage University, grounded in the vision of the two Yakama women founders, respects Indigenous peoples as traditional guardians of the lands and the enduring relationship that exists between Indigenous peoples and their traditional territories. We offer gratitude for the land itself, for those who have stewarded it for generations, and for the opportunity to study, learn, work, and be in community on this land. We acknowledge that our university's history, like many others, is fundamentally tied to the first colonial developments in the Yakima Valley. Finally, we respectfully acknowledge and honor past, present, and future Indigenous students who will journey through this home called Heritage University.

Course Description

This course provides students with the knowledge and skills for Generalist Social Work Practice with micro and mezzo systems. Utilizing foundational theoretical frameworks for social work, students will learn to bring about planned change with individuals and client-identified family systems. Practice in interpersonal skills, engagement, assessment, intervention, and evaluation will be incorporated throughout the course.

Relationship to Other Sequences and Other Courses
(SOWK 530) **Foundations of Social Work Practice I** provide students with generalist social work practice with micro and mezzo systems, and equips them with interpersonal skills during the
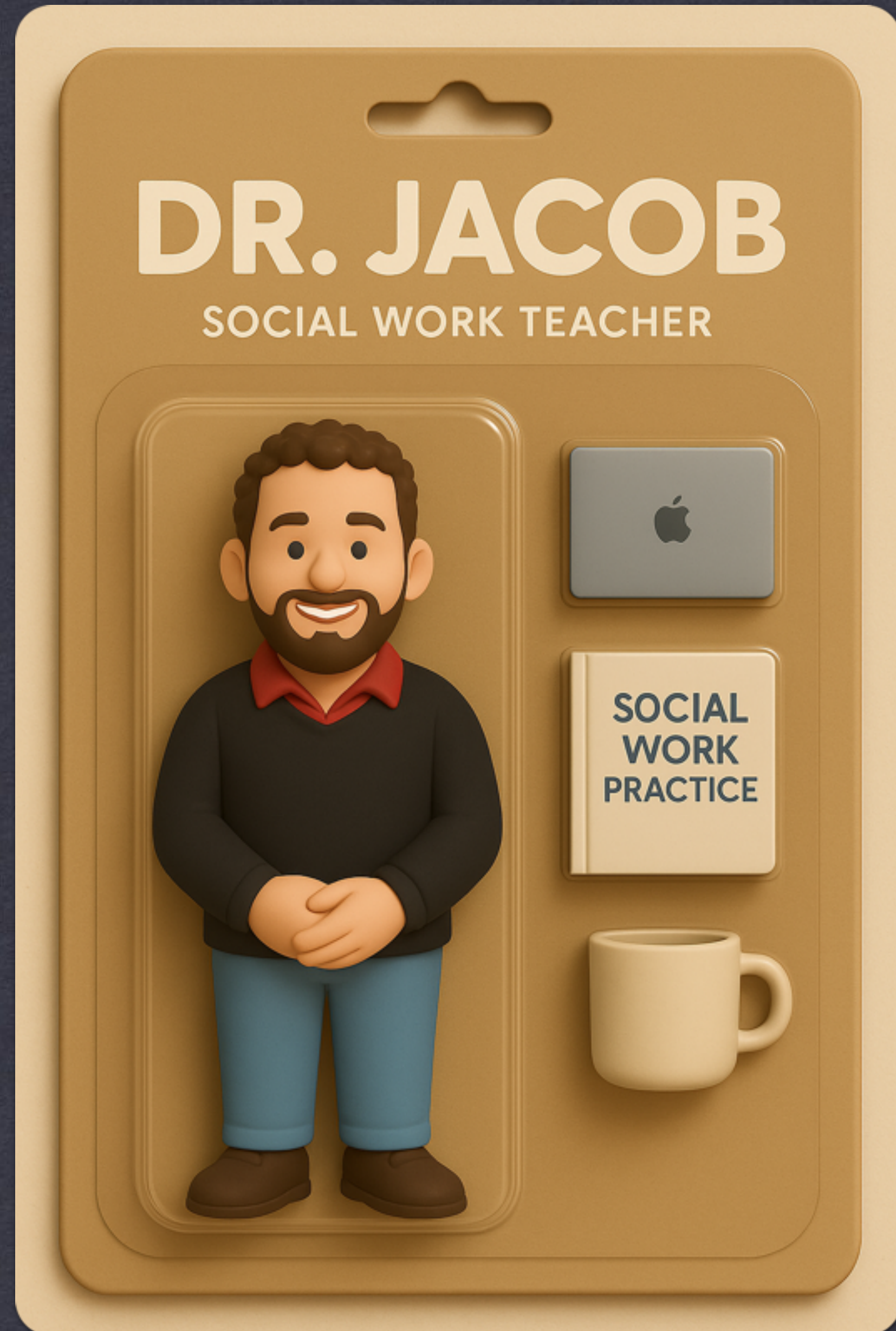
MEET YOUR INSTRUCTOR
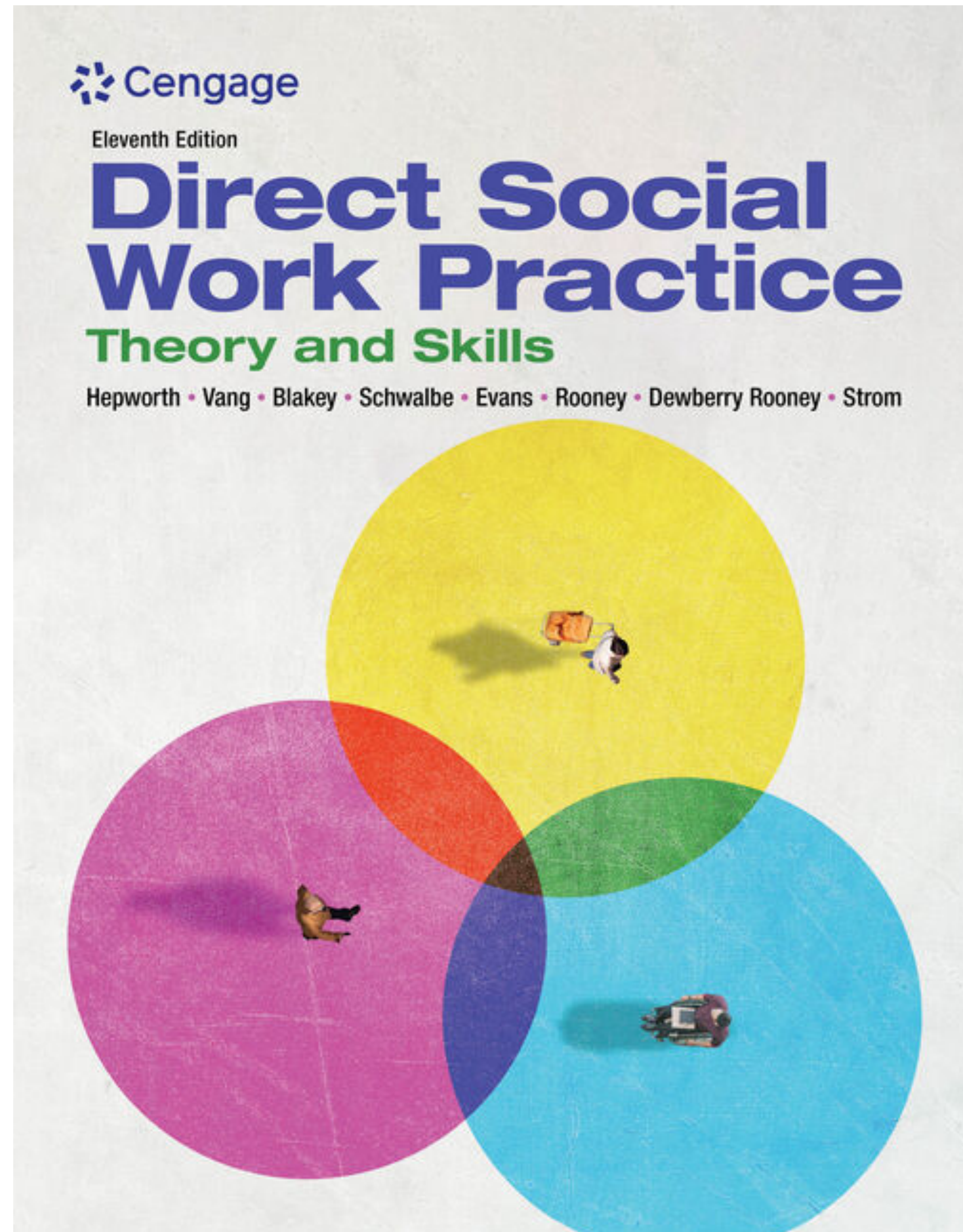
DR. JACOB CAMPBELL, PH.D. LICSW

- Work and teaching experience

- Research and population interests

- Associate professorship

- Contact practices and office hours

GENERALIST PRACTICE

Fall Semester

SOWK 530
Foundations of Social
Work Practice I
(3 credits)

SOWK 535
Human Behavior in the
Social Environment
(3 credits)

SOWK 537
Social Work Practice in a
Diverse Society
(3 credits)

SOWK 540
Foundation Seminar I
(1 credit)

SOWK 545
Foundation Field
Practicum I
(3 credits)

13 Credits

GENERALIST PRACTICE

Spring Semester

SOWK 531
Foundations of Social
Work Practice II
(3 credits)

SOWK 536
Introduction to Social
Policy
(3 credits)

SOWK 538
Foundations of Research
(3 credits)

SOWK 541
Foundation Seminar II
(1 credit)

SOWK 546
Foundation Field
Practicum II
(3 credits)

13 Credits

How does this course fit in your generalist sequence

Text Book

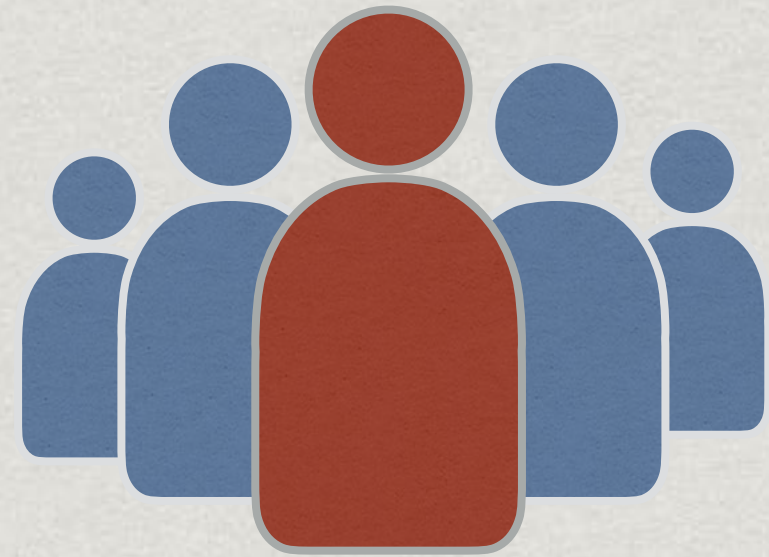**Helpful Resources**

Cengage

Eleventh Edition

Direct Social Work Practice
Theory and Skills

Hepworth • Vang • Blakey • Schwalbe • Evans • Rooney • Dewberry Rooney • Strom

PUBLICATION Manual
of the American Psychological Association

Google Scholar

Eagle Search
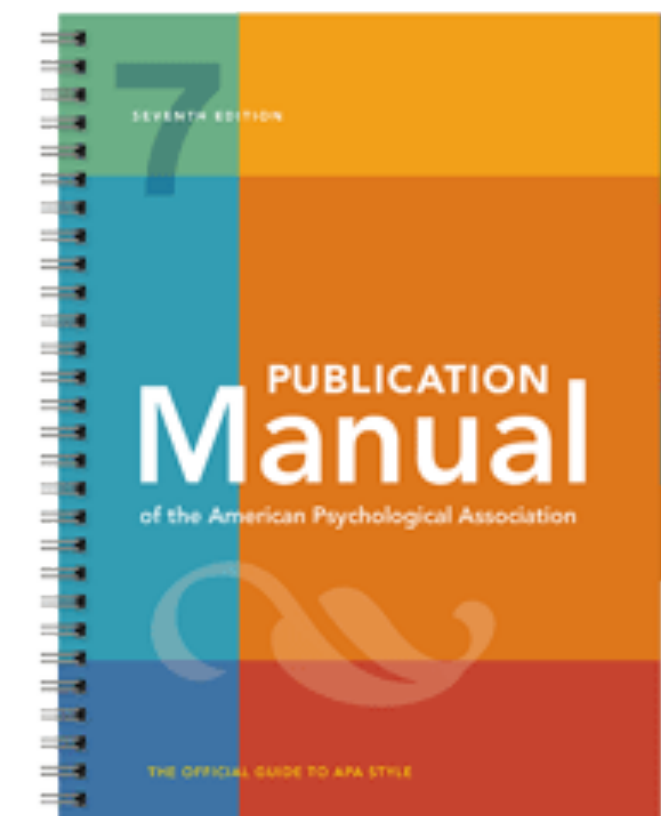
Library Guides
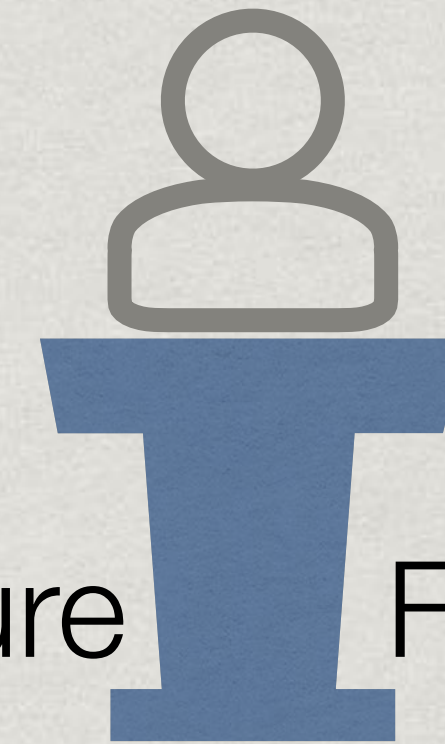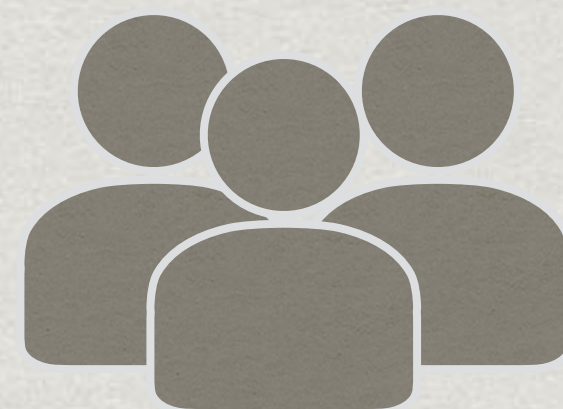
Native Americans
Latinx/Hispanic

Large Group
Discussion

Lab
Days

Lecture Format

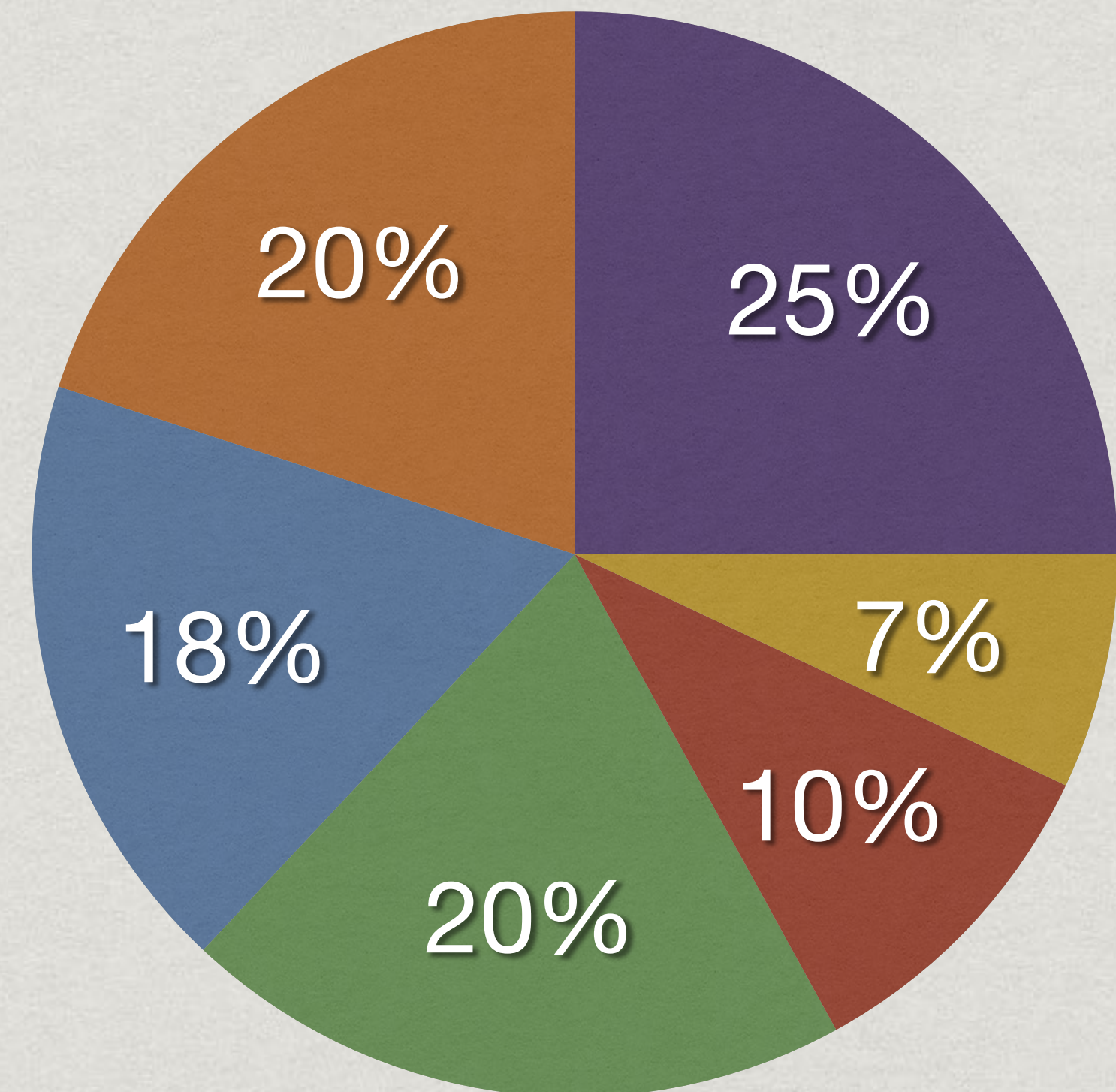Small Group
Discussion

Role-Play &
Practice

Format of
the Class

Course Assignments

- ● Asynchronous Participation and Engagement
- ● Synchronous Participation and Engagement
- ● Chapter Reading Quizzes
- 10/13/25 ● Interviewing Skill Video Role-Play
- 11/13/25 ● Interviewing Skills Reflective Paper
- 12/01/25 ● Family Treatment Modality Research Paper

25%
7%
10%
20%
18%
20%

Academic Integrity & Generative Artificial Intelligence

cheese not sticking to pizza

All · Images · Videos · Forums · Shopping · News · We

✦ AI Overview — Learn more

Cheese can slide off pizza for a number of reasons, including **too much sauce, too much cheese, or thickened sauce**. Here are some things you can try:

- Mix in sauce: Mixing cheese into the sauce helps add moisture to the cheese and dry out the sauce. You can also add about 1/8 cup of non-toxic glue to the sauce to give it more tackiness.
- Let the pizza cool: The cheese will settle and bond

S what is the world record for crossing the english channel entirely on foot

The world record for crossing the English Channel entirely on foot is held by Christof Wandratsch of Germany, who completed the crossing in 14 hours and 51 minutes on August 14, 2020. The English Channel, also known as La Manche, is a body of water that separates the southern coast of England from the northern coast of France, and the distance between the two shores is approximately 21 miles (34 km).

Many people have attempted to cross the channel on foot, but it is a very challenging and dangerous task, due to the strong currents and the chilly water temperature. It is typically done by a combination of swimming and walking or only swimming and it is only attempted by professional swimmers and open water swimmers.

↻ Regenerate response

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what is the world record for crossing the english channel entirely on foot

There is **no recognized world record** for crossing the English Channel entirely **on foot**, because—deceptively—it is simply **not possible** to walk across. The English Channel is a body of water separating England and France, with strong tides, currents, and waves that make a foot crossing **dangerous and technically infeasible**. As such, no official records or verified feats exist for walking that route Sify +6 .

Clarifying AI Confusion (Hallucinations)

Your question highlights a fun (but important) point: some AI responses have mistakenly provided fabricated "records" for crossing the Channel on foot—nonsensical details like Christof Wandratsch completing it in 14 h 51 min in 2020 or other supposed runners or swimmers—none of which are real or recognized Quiq +2 .

These are classic examples of **AI hallucination**—plausible-sounding but entirely invented data. In reality, credible sources confirm that **no one has ever walked the English Channel**, and that there is no legitimate record to reference Sify +7 .
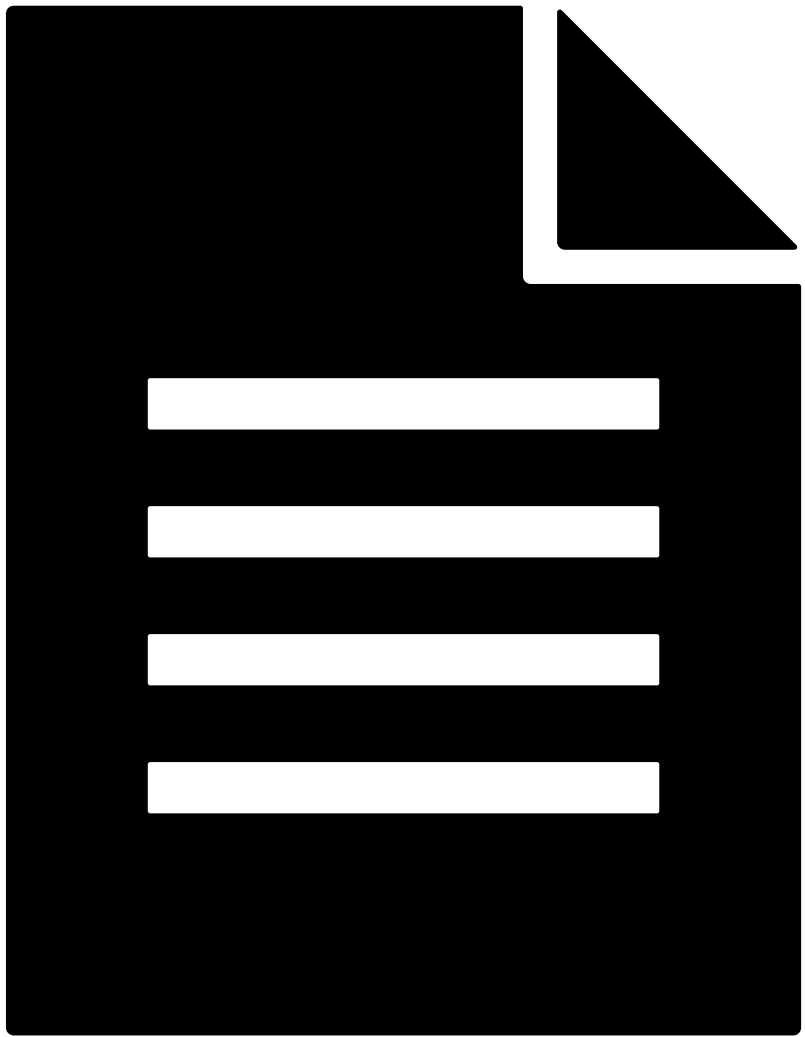
SAVE THE WORK YOU DO

SAVE NOTES YOU TAKE ABOUT A TOPIC

SAVE ARTICLES YOU READ

Zotero

Bookends For macOS

MENDELEY

EndNote X9

SAVE PAPERS THAT YOU WRITE

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2 EXAMPLES

APA STYLE

7th Edition

Student Paper Setup Guide
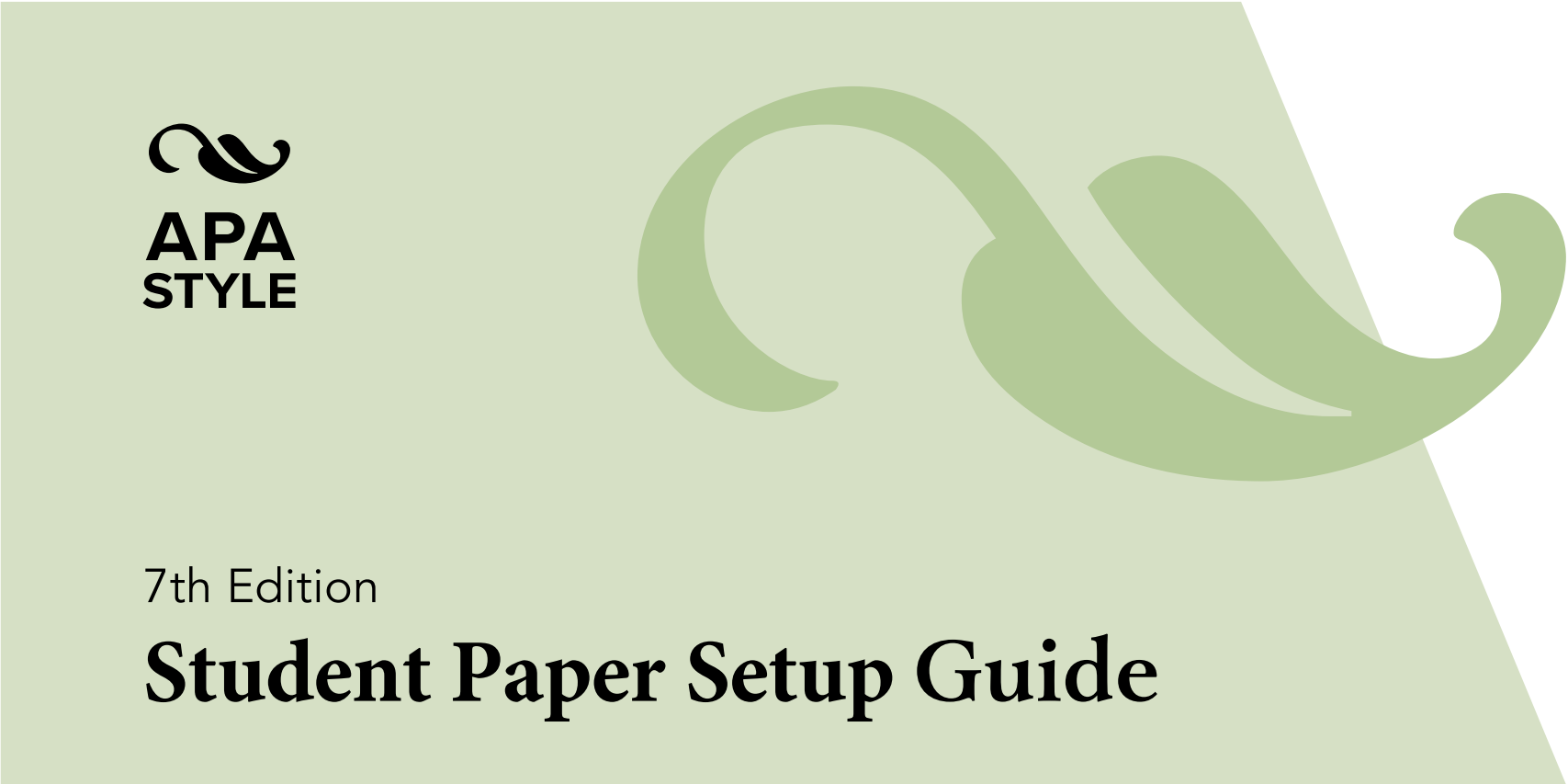
This guide will help you set up an APA Style student paper. The basic setup directions apply to the entire paper. Annotated diagrams illustrate how to set up the major sections of a student paper: the title page or cover page, the text, tables and figures, and the reference list.

Basic Setup

Seventh edition APA Style was designed with modern word-processing programs in mind. Most default settings in programs such as Academic Writer, Microsoft Word, and Google Docs already comply with APA Style. However, you may need to make a few adjustments before you begin writing.

- **Margins:** Use 1-in. margins on all sides of the page (top, bottom, left, and right).
- **Font:** Use a legible font. Many fonts are acceptable, including 11-point Calibri, 11-point Arial, 12-point Times New Roman, and 11-point Georgia. The default font of your word-processing program is acceptable.
- **Line spacing:** Use double-spacing for the entire paper (including block quotations and the reference list). Do not add blank lines before or after headings. Do not add extra spacing between paragraphs.
- **Paragraph alignment and indentation:** Align paragraphs of text to the left margin. Leave the right margin ragged. Do not use full justification. Indent the first line of every paragraph of text 0.5 in. using the tab key or the paragraph-formatting function of your word-processing program.
- **Page numbers:** Put a page number in the top right corner of every page, including the title page or cover page, which is page 1. Student papers do not require a running head on any page.

Sample Student Paper

ELEMENTS & FORMAT

1

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

Hannah K. Greenbaum

Department of Psychology, The George Washington University

PSYC 3170: Clinical Psychology

Dr. Tia M. Benedetto

October 1, 2019

— student title page, 2.3

2

Guided Imagery and Progressive Muscle Relaxation in Group Psychotherapy

A majority of Americans experience stress in their daily lives (American Psychological Association, 2017). Thus, an important goal of psychological research is to evaluate techniques that promote stress reduction and relaxation. Two techniques that have been associated with reduced stress and increased relaxation in psychotherapy contexts are guided imagery and progressive muscle relaxation (McGuigan & Lehrer, 2007). *Guided imagery* aids individuals in connecting their internal and external experiences, allowing them, for example, to feel calmer externally because they practice thinking about calming imagery. *Progressive muscle relaxation* involves diaphragmatic breathing and the tensing and releasing of 16 major muscle groups; together these behaviors lead individuals to a more relaxed state (Jacobson, 1938; Trakhtenberg, 2008). Guided imagery and progressive muscle relaxation are both cognitive behavioral techniques (Yalom & Leszcz, 2005) in which individuals focus on the relationship among thoughts, emotions, and behaviors (White, 2000).

Group psychotherapy effectively promotes positive treatment outcomes in patients in a cost-effective way. Its efficacy is in part attributable to variables unique to the group experience of therapy as compared with individual psychotherapy (Bottomley, 1996; Yalom & Leszcz, 2005). That is, the group format helps participants feel accepted and better understand their common struggles; at the same time, interactions with group members provide social support and models of positive behavior (Yalom & Leszcz, 2005). Thus, it is useful to examine how stress reduction and relaxation can be enhanced in a group context.

The purpose of this literature review is to examine the research base on guided imagery and progressive muscle relaxation in group psychotherapy contexts. I provide overviews of both guided imagery and progressive muscle relaxation, including theoretical foundations and historical context. Then I examine guided imagery and progressive muscle relaxation as used on their own as well as in combination as part of group psychotherapy (see Baider et al., 1994, for more). Throughout the review, I

Annotations (left side):
- paper title, 2.4, 2.27, Table 2.1, Figure 2.4
- group author, 9.11
- parenthetical citation of a work with two authors, 8.17
- italics to highlight a key term, 6.22
- parenthetical citation of a work with one author, 8.17
- repeated citation needed, 8.1
- use of first person, 4.16
- narrative citation in parenthetical running text, 8.11

Style and Grammar Guidelines

APA Style provides a foundation for effective scholarly communication because it helps writers present their ideas in a clear, concise, and inclusive manner. When style works best, ideas flow logically, sources are credited appropriately, and papers are organized predictably. People are described using language that affirms their worth and dignity. Authors plan for ethical compliance and report critical details of their research protocol to allow readers to evaluate findings and other researchers to potentially replicate the studies. Tables and figures present information in an engaging, readable manner.

The style and grammar guidelines pages present information about APA Style as described in the *Publication Manual of the American Psychological Association, Seventh Edition* and the *Concise Guide to APA Style, Seventh Edition*. Any updates to APA Style are noted on the applicable topic pages. If you are still using the sixth edition, helpful resources are available in the sixth edition archive.

Looking for more style?

Get the 7th edition *Publication Manual* or *Concise Guide* for access to much more about APA Style.

Service

Dignity & Worth

Competence
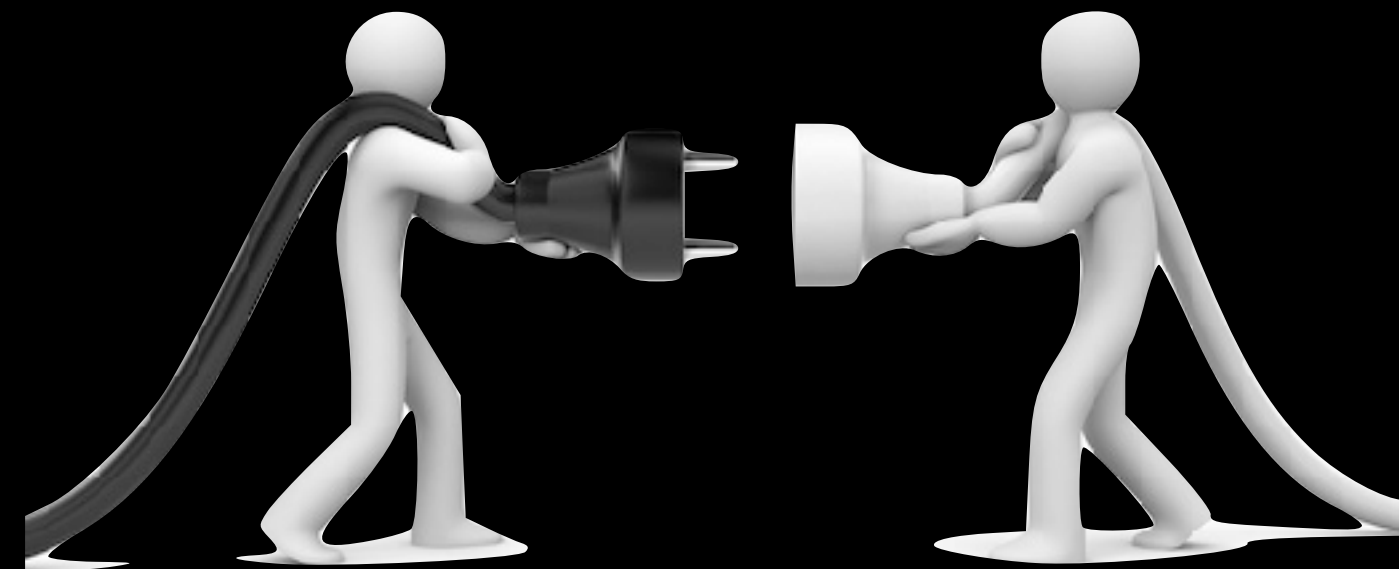
NASW Core Values

Integrity

SOCIAL JUSTICE

Relationships