

Social Work Practice Evaluation Plan

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SWK 628: Social Work Program and Practice Evaluation

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## Social Work Practice Evaluation Plan

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### **EVALUATING EFFECTIVENESS OF REBT AND CBT FOR A WOMAN WITH ANXIETY AND RELATIONSHIP PROBLEMS**

#### **Describing the Client Problems**

##### **Client Background**

Island Chaptal is a 24 year old Single-Mother who was referred to Student Support Services for Counselling due to allegations of physical-abuse against her oldest son. Island parents two small children with limited support. Her oldest son, Adrian, is 5 years old in Kindergarten 2 while her younger son, Amir is 10 months old. Although Island receives some support from Amir's biological father, Island has little-to-no contact with Adrian's father and does not receive child support from him.

Island indicated that due to her moving to the country illegally, she has no legal work papers which makes caring for her two children extremely difficult. Island now works infrequent odd jobs that barely cover her expenses. Although Amir's father gives Island money occasionally, she expresses that it is still hardly enough, and often has to visit her family's or friends' homes to feed her children. However, Island notes that she doesn't like to visit their homes too often as it hurts her pride so some days she will not go.

When asked about her relationship with her parents, Island expressed that her relationship with her parents became strained when she became pregnant with Adrian at 19 out of wed-lock. Her parents did not approve of her pregnancy and kicked her out of their home, which led her to live on her own since. Island explains that these cumulative factors often leave her feeling overwhelmed and alone. Moreover, due to her frustrations with limited opportunities for work, Island states that ability to parent well is limited. Island describes Adrian as hyper-active and

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playful; however, on days when she is experiencing immense stress she may resort to extreme forms of corporal punishment that often leaves bruises and marks.

### **Client Problems - Epidemiology and Etiology**

In July 2021, Student Support Services Division (SSSD) was tasked to do a school-visit to assess Adrian during school hours. This assessment was due to the fact of consistent signs of physical abuse towards Adrian. Unfortunately, due to the referral being made towards the end of the school year, SSSD was not able to conduct the assessment until the School year commenced again. In September 2021, SSSD visited the school and spoke to school officials who had stated that there were signs again that Adrian was experiencing physical abuse at home and increasing in frequency.

School officials expressed that in the previous school year, Amir's father used to pick Aiden up from School, but since this school year has started, Adrian has been taking the School Bus to leave school and there are hardly any sightings of Amir's father, as it is suspected that he and Island are no longer together. When asked about this, Island admits that she and Amir's father no longer live together. When asked if she utilizes substances to cope with stress, Island expressed that she occasionally smokes marijuana as it calms her nerves and relaxes her. Nevertheless, Client indicates that she hopes through the assistance of SSSD that she will learn effective parenting techniques that do not require corporal punishment, learn alternative ways to relax besides marijuana use and learn how to manage her anger.

### **Client Interventions**

The intervention that will be used to address the client's first goal of reducing the use of corporal punishment is Cognitive Behavioral Therapy focused Anger Management. Because

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CBT is a method that can treat various mental disorders, including anger management (Zarshenas. L et.al , 2017), Island will attend CBT group sessions to address her anger, and learn alternative ways to discipline Adrian without the use of corporal punishment. CBT will be an effective method for Island as CBT assists patients in recognizing illogical or negative beliefs that affect individuals beliefs, behaviors and interactions with others (Zarshenas. L et.al , 2017). It is assumed that when Island identifies her negative thinking and thoughts, she will have more healthy interactions with Adrian.

Gestalt Group Therapy will be the intervention used to address Island's unhealthy coping methods with stress and depression. Currently Island uses marijuana to destress instead of taking ownership of her problems and finding effective long- term solutions to her problems. For this reason, Gestalt Group therapy is the ideal intervention as studies show it is effective in reducing psychological disorders such as depression, anxiety and stress among women (Ali, N., & Cerkez, Y. 2020). Through this therapy, Island will identify and address the triggers to her stress and depression and create effective solutions to solving her problems.

### **Intervention Hypothesis**

- Hypothesis is that receiving 16 weeks of Group and Gestalt Therapy will reduce depression, stress, and negative emotions Island is feeling by 70%, and lower her urge to use marijuana.
- Hypothesis is that receiving 16 weeks of CBT therapy will reduce Island's inclinations to use corporal punishment by 80%.

### **Client Goals & Objectives**

### **Client Problem Areas & Target Problems**

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As previously mentioned, there are two major issues that are affecting the Chaptal family. The first major issue and risk factor towards Adrian is that Island uses extreme forms of Corporal punishment that leaves bruises and marks on his body. If this continues, Adrian and potentially his younger brother will be removed from Island's home and be placed into the foster care system. The second problem area is that Island is experiencing some depression and stress due to her inability to find stable work as well as the difficulty of raising two children with limited support. Due to the consistent struggle of trying to manage expenses, and ensure her children have food always, Island uses marijuana to cope with her stress. However, Island's growing marijuana use makes her less alert at home, and Island notices that when she is not using the substance she is more irritable and less engaging with her son. Fig. 1.1 summarises these problems , the clients goals moving forward, and the intended interventions.

### Interventions Goals & Objectives

CLIENT PROBLEMS, GOALS, OBJECTIVES, & INTERVENTIONS

PROBLEM AREAS AND TARGET PROBLEMS	CLIENT GOALS	CLIENT OBJECTIVES	INTERVENTIONS
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Client is using marijuana to manage stress which is affecting her ability to parent well.	Client will reduce Marijuana use by 80%	The client will attend Parenting Group Therapy Weekly to address triggers and effective techniques to cope with stress	Combination of Group Therapy & Humanistic/ Gestalt Therapy.
Client is using extreme forms of corporal punishment on older son	Reduce use of Corporal Punishment by 90%	The client will enter a 12 week Anger Management for Parenting Course	Cognitive-Behavioral Therapy

Fig 1.1

The first goal Island expressed is that she would like to learn alternative ways to manage her stress and depression with parenting and work. The main objective needed to achieve this goal is by Island attending a 16 week Gestalt Therapy parenting workshop that will provide Island with information on alternative ways to manage her stress. During this workshop, Island will discuss what are her triggers and participate in activities such as mindfulness therapy, breathing and other activities that will promote self care and stress reduction without the use of marijuana or other substances. Integrating mindfulness therapy is essential as studies have shown that incorporating mindfulness with other therapies prevents relapse. (Thimm, J. C., & Johnsen, T. J. 2020)

Another objective Island identified is to decrease the use of corporal punishment towards Adrian when disciplining him. As mentioned previously, Island described Adrian as hyperactive and playful, but due to her Island's depression and stress she is not always patient with Adrien. As a result of this, Island often physically abuses Adrian during disciplinary measures. Island also admits that she does not know alternative measures in place of corporal punishment. For this

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reason, the second objective includes Island participating in a 16 week Anger Management CBT group workshop that will teach Island alternative effective methods to parenting. Studies show that parents often experience distress due to dysfunctional discipline strategies and/or child noncompliance (Gavita, O. A., David, D., & DiGiuseppe, R. 2014). Therefore, if Island can improve her parenting techniques, she may alleviate some of her stress. As a result, each week, Island will learn new methods to manage her anger/ stress as well as disciplinary tactics which she will present on her progress during the following groups and learn areas of improvement.

## References

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