



CLINICAL PRACTICE WITH INDIVIDUALS

College of Health and Public Affairs at the University of Central Florida

SOW 6348: Clinical Practice with Individuals

Considerations for Brief (time limited) therapy

1. Client participates in the development of treatment goals and must commit to staying focused on these goals.
2. Worker helps client to incorporate interventions outside of the treatment session
3. Use of homework assignments as ways to practice skills
4. Social worker must convince client that he/she is capable of change
5. Set specific, limited goals
6. Goals and objectives should be measurable, clear and specific
7. Set up a way to measure effectiveness of interventions and client change
8. During the initial phase social worker must create a hopeful environment, build rapport, identify concrete problems, set initial contract and time frame
9. During the main phase (which is the active-working stage) the work on identified goals and objectives is done using whatever theory/model the worker and client have agreed on.
10. During the final phase the social worker develops a follow-up contract with the client to either have phone contact or face to face meeting to see how things are going for the client.