

# SOWK7611 : Clinical Social Work with Individuals

This class teaches students the Transtheoretical Model (TTM) of assessment and intervention. The TTM posits that individuals move through six stages of change: precontemplation, contemplation, preparation, action, maintenance, and termination. Students will explore the four waves of mental health theory: psychodynamic, behaviorism, humanism, and post-modern. Students will learn to work from an integrative frame of reference tying together theory and practice.

**Credits** 3