

Contents

Tables	xiii
About the Author	xiv
Preface	xv
Objectives of This Book	xv
Audience for This Book	xvi
Organization and Content	xvi
How to Use This Book	xviii
Acknowledgments	xix

PART ONE **Vulnerable Populations, Cognitive-Behavioral Methods, and Empowerment**

Chapter 1 Vulnerable Populations	3
Definition of Vulnerable Populations	3
Disabilities	4
Racial/Ethnic Minorities	5
Sexual Minorities	5
Females	6
Older Individuals	7
Individuals with Low Income	7
Risk Factors	8
Additional Readings and Resources	10
Chapter 2 Cognitive-Behavioral Theory and Methods	11
Definition of Terms and Cognitive-Behavioral Therapies	11
Definition of Terms	11
Defining Characteristics	12
Cognitive-Behavioral Theories	13
Behavioral Theories	13
Social Learning and Cognitive Theory	15
Cognitive-Behavioral Assessment	17

viii Contents

Common Interventions 19
 Behavioral Interventions 19
 Cognitive-Behavioral Interventions 25
Additional Readings and Resources 27

Chapter 3 Empowerment and Cognitive-Behavioral Methods 28

Empowerment and Selection of Intervention Goals 28
Criticisms of Cognitive-Behavioral Methods and Their
 Consistency with Empowerment and Social Work
 Practice 30
 Do Cognitive-Behavioral Methods Constrain Individual
 Freedom through Expert Control? 30
 Are Cognitive-Behavioral Methods Inconsistent with a Social
 Justice Perspective? 34
 Do Cognitive-Behavioral Methods Lack Social
 Relevance? 37
Summary 000
Overview of Parts II through V 41
Additional Readings and Resources 41

PART TWO

Assessing and Increasing Social Resources

Chapter 4 Enhancing Social Interactions 45

Acquiring Basic Communication and Other Social Skills 45
Interventions for Vulnerable Children and Youths 46
 Children and Youths with Physical Disabilities and Sensory
 Impairments 47
 Children and Youths with Learning, Cognitive, and
 Developmental Disabilities 51
 Children and Youths with Behavioral/Emotional
 Disorders 59
 Children and Youths with Multiple Disabilities 61
 LGB Youths 66
Interventions for Vulnerable Adults 67
 Adults with Physical Disabilities 68
 Adults with Mental Retardation 69
 Adults with Severe Mental Illness 72
 Adults with Multiple Disabilities 77
 The Elderly 78
 Gay Men 80
Analysis and Critique for Practice and Research 82
 Effectiveness and Additional Applications 83

Freedom, Control, and Social Justice	85
Social Validity	86
Additional Readings and Resources	93
Chapter 5 Increasing Leisure, Recreational, and Related Activity	95
Interventions for Vulnerable Children and Youths	95
Children and Youths with Physical Disabilities	96
Children and Youths with Learning/Developmental Problems	97
Children and Youths with Multiple Disabilities	99
Interventions for Vulnerable Adults	102
Adults with Physical Disabilities	103
Adults with Mental Retardation	103
Adults with Severe Mental Illness	106
Adults with Multiple Disabilities	107
The Elderly	108
Analysis and Critique for Practice and Research	109
Effectiveness and Additional Applications	110
Freedom, Control, and Social Justice	111
Social Validity	113
Additional Readings and Resources	118
Chapter 6 Recruiting Assistance to Enhance Personal Well-Being	119
Enhancing Social and Emotional Support	119
Poor, Minority Pregnant Adolescents or Parenting Adolescent Mothers	120
Women with Low Income	121
Lesbians	124
Meeting Medical and Emergency Needs	125
Adults with Chronic Disease	125
Adults with Mental Retardation	126
Adults with Severe Mental Illness	127
The Elderly	128
Performing Routine or Daily Activities	129
Adults with Physical Disabilities and Visual Impairments	129
Individuals with Learning, Cognitive, and Developmental Disabilities	131
Individuals with Multiple Disabilities	132
The Elderly	133
Attaining Individually Defined Goals	133
Adults with Physical Disabilities and Sensory Impairments	134

x Contents

African American Youths 136
Youths with Behavioral/Emotional Disorders and Learning
Disabilities 137
Analysis and Critique for Practice and Research 138
Effectiveness and Additional Applications 138
Freedom, Control, and Social Justice 140
Social Validity 141
Additional Readings and Resources 145

PART THREE

Acquiring and Increasing Economic Resources

Chapter 7 Obtaining Employment 149
Economic Resources of Vulnerable Populations 149
Securing Employment by Learning Job-Seeking Skills 152
Interviewing Skills 153
Recruiting Skills 156
The Job Club Method 157
Analysis and Critique for Practice and Research 163
Effectiveness and Additional Applications 163
Freedom, Control, and Social Justice 165
Social Validity 166
Additional Readings and Resources 170

Chapter 8 Maintaining and Advancing in Employment 171
Supported Employment 171
Increasing Work Productivity and Quality 173
Workers with Physical Disabilities 174
Workers with Mental Retardation 175
Workers with Severe Mental Illness 183
Enhancing Employment-Related Social Skills 184
Workers with Developmental and Physical Disabilities 185
Workers with Severe Mental Illness 188
Analysis and Critique for Practice and Research 190
Effectiveness and Additional Applications 190
Freedom, Control, and Social Justice 191
Social Validity 192
Additional Readings and Resources 196

**Chapter 9 Accessing Public and Private Sources of
Economic Resources** 197
Public and Private Sources of Economic Assistance 197

Assisting Vulnerable Populations in Accessing Public and Private Assistance 199
 Adults with Severe Mental Illness 199
 Minority Youths and Youths with Disabilities 200
 Females with Low Income 200
 Analysis and Critique for Practice and Research 202
 Summary 204
 Additional Readings and Resources 205

PART FOUR
Increasing Self-Determination

Chapter 10 Enhancing Personal Control and Input into Decision Making 209
 Self-Determination of Vulnerable Populations 210
 Enhancing Control over Personal Decision Making 212
 Decision Making in Multiple Areas and Participating in Educational Conferences 212
 Establishing and Attaining Personal Goals 216
 Analysis and Critique for Practice and Research 221
 Effectiveness and Additional Applications 222
 Freedom, Control, and Social Justice 223
 Social Validity 224
 Additional Readings and Resources 228

Chapter 11 Increasing Choice Making in Daily and Long-Term Decisions 229
 Recreational and Leisure Activity 229
 Individuals with Mental Retardation 230
 Individuals with Multiple Disabilities 232
 Routine and Daily Activities 234
 Individuals with Mental Retardation 234
 Individuals with Multiple Disabilities 236
 Community Residence 240
 Analysis and Critique for Practice and Research 242
 Effectiveness and Additional Application 242
 Freedom, Control, and Social Justice 243
 Social Validity 244
 Additional Readings and Resources 248

Chapter 12 Securing Legal and Personal Rights 250
 Securing Legal Rights 251
 General Legal Rights 252
 Workplace Accommodations 253
 Educational Accommodations 255

xii Contents

Right to Refuse Unwanted and Unprotected Sexual Behavior 259
 Females 261
 African American Youths 266
 Sexual Minorities 267
 Individual with Severe Mental Illness 270
Analysis and Critique for Practice and Research 272
 Effectiveness and Additional Applications 272
 Freedom, Control, and Social Justice 275
 Social Validity 276
Additional Readings and Resources 283

PART FIVE
Increasing Involvement in Macro Decision Making and Summary

Chapter 13 Changing Social Policies and Community and Organizational Practices 287
 Macro Decision Making among Vulnerable Populations 288
 Constrained Involvement 288
 Beneficial Outcomes from Macro Involvement 290
 Increasing Involvement in Macro Decision Making 291
 Skills Training and Increasing Group Attendance 292
 Government- and Foundation-Sponsored Programs 300
 Analysis and Critique for Practice and Research 310
 Effectiveness and Additional Applications 311
 Freedom, Control, and Social Justice 312
 Social Validity 313
 Additional Readings and Resources 317

Chapter 14 Summary, Practice Implications, and Future Research 319
 Effectiveness and Additional Applications 319
 Empowerment and Cognitive-Behavioral Interventions 322
 Individual Freedom and Control 322
 The Social Justice Perspective 326
 Social Validity 328
 Concluding Comments 348
 Additional Readings and Resources 349

References 351
Index 379