

OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

Course Code and Number: SOWK 283		Number of Credits: 3 Course credit policy (105)													
Course Full Title: Introduction to Social Work Practice with Families Course Short Title: Social Work with Families															
Faculty: Faculty of Education, Community, & Human Dev.		Department/School: School of Social Work & Human Service													
Calendar Description: Introduces social work practice with families. Explores diverse family structures, functioning, and development from a variety of theoretical perspectives. Students will learn to engage with and assess family interactional patterns.															
Prerequisites (or NONE):		Admission to the Social Service Worker certificate or diploma, HSER 120 with a C or better, and SOWK 110 with a C or better.													
Corequisites (if applicable, or NONE):		None.													
Pre/corequisites (if applicable, or NONE):		None.													
Antirequisite Courses (<i>Cannot be taken for additional credit.</i>) Former course code/number: Cross-listed with: Equivalent course(s): <i>(If offered in the previous five years, antirequisite course(s) will be included in the calendar description as a note that students with credit for the antirequisite course(s) cannot take this course for further credit.)</i>		Course Details Special Topics course: No <i>(If yes, the course will be offered under different letter designations representing different topics.)</i> Directed Study course: No <i>(See policy 207 for more information.)</i> Grading System: Letter grades Delivery Mode: May be offered in multiple delivery modes Expected frequency: Annually Maximum enrolment (for information only): 32													
Typical Structure of Instructional Hours <table border="1"> <tr> <td>Lecture/seminar</td> <td>45</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td>Total hours</td> <td>45</td> </tr> </table>		Lecture/seminar	45									Total hours	45	Prior Learning Assessment and Recognition (PLAR) PLAR is available for this course.	
Lecture/seminar	45														
Total hours	45														
Scheduled Laboratory Hours Labs to be scheduled independent of lecture hours: No		Transfer Credit (See bctransferguide.ca) Transfer credit already exists: Yes Submit outline for (re)articulation: No <i>(If yes, fill in transfer credit form.)</i>													
Department approval		Date of meeting: January 9, 2026													
Faculty Council approval		Date of meeting: April 12, 2026													
Undergraduate Education Committee (UEC) approval		Date of meeting: June 19, 2026													

Learning Outcomes *(These should contribute to students' ability to meet program outcomes and thus Institutional Learning Outcomes.)*

Upon successful completion of this course, students will be able to:

1. Describe the family as a developmental and relational system.
2. Critically examine assumptions about the meaning of family.
3. Explain the role of family stories as they influence identity formation.
4. Articulate the impact of cultural stories on family functioning, including historical trauma influences.
5. Examine the diversity of families from intergenerational and cultural perspectives.
6. Examine the impact of colonization on Indigenous families.
7. Identify family relationship issues in the areas of substance use, family violence, and mental health.
8. Apply family engagement and assessment skills, including referrals to appropriate community resources.

Recommended Evaluation Methods and Weighting *(Evaluation should align to learning outcomes.)*

Final exam:	30%	Assignments:	35%	Project:	35%
	%		%		%

Details:

NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.

Typical Instructional Methods *(Guest lecturers, presentations, online instruction, field trips, etc.)*

Instructional methods include family storytelling, interactional dialogue, small and large group discussions of case studies, clinical demonstrations through role play and streaming video, guest speakers, and published family studies research. Student-led presentations will also be used.

Texts and Resource Materials *(Include online resources and Indigenous knowledge sources. [Open Educational Resources](#) (OER) should be included whenever possible. If more space is required, use the [Supplemental Texts and Resource Materials form](#).)*

Type	Author or description	Title and publication/access details	Year
1. Textbook	Collings, D., Jordan, C., Coleman, H., Collins, T., & Cory, D.	<i>An introduction to family social work</i>	current
2.			
3.			
4.			
5.			

Required Additional Supplies and Materials *(Software, hardware, tools, specialized clothing, etc.)***Course Content and Topics**

- Introduction to social work practice with families
- Defining family
- Family systems and subsystems
- Birth order and gender
- Practical aspects of family social work
- Couple relationships
- Couple relationships and the role of parenting
- Indigenous parenting and the impact of residential schools
- Family interactional patterns and the trauma of family violence
- Family interactional patterns and substance use
- Family interactional patterns and mental health