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SECTION 1: COURSE INFORMATION

Format: Eight weeks.

Course ID: PSYC 3103

Course Title: Marital and Family Therapy

College: College of Unrestricted Education - Department of Behavioral and Social

Sciences

Prerequisites: PSYC 1133 or PSYC 1233, PSYC 2133, PSYC 2233

Credit Hours: 3

Instructor: See the online course in MyFIRE for instructor contact information and

availability.

Course Description

The study of counseling approaches to family problems, including the family systems approach. Issue areas explored include communication, role expectations, and sexual dysfunction. Various counseling techniques related to marital maladjustment are explored. Principal approaches to marital therapy and family therapy are emphasized.

Course Overview

This course is designed to expose students to a variety to therapeutic counseling strategies specifically aimed at working with couples and families. In doing this family and couple dynamics will be explored. Students will also consider both healthy and unhealthy family development through the lens of each therapeutic perspective.

Course Workload

Time spent on course assignments will vary by student depending on familiarity with course content, reading rate of speed, writing rate of speed, and other individual factors. Based on averages for most students, it is estimated that the course workload estimate for this course is **48.88 (6.11 hours per week).**

Course Materials

1. Nichols, M.P. (2014). *The Essentials of Family Therapy* (6th ed.). Upper Saddle River, NJ: Prentice Hall.

Required and optional textbooks are accessed and ordered through <u>SEU's</u> bookstore.

Disclaimer: The resources utilized in this course provide information, thoughts and insights that should encourage critical thinking on the part of the student. Please note as well that as an Assembly of God institution, Southeastern University does not necessarily endorse specific personal, religious, philosophical, or political positions found in these resources.

Course Topics

The purpose of this course is to introduce, reinforce, and measure learning on the following topics:

- 1. Evolution of family therapy
- 2. Family therapy concepts and techniques
- 3. Bowen Family Systems Therapy
- 4. Strategic Family Therapy
- 5. Structural Family Therapy
- 6. Experimental Family Therapy
- 7. Psychoanalytic Family Therapy
- 8. Cognitive-Behavioral Family Therapy
- 9. Solutions-Focused Therapy
- 10. Narrative Therapy

Intended Learning Outcomes

As a result of reading, study, and assessments in this course, the student should be able to:

- 1. Understand issues related to family life today, including the developmental stages of family life, diverse family forms, gender, cultural, ethnic, and minority characteristics of families.
- 2. Examine basic theories providing the framework for family science, such as family development, symbolic interaction, and communication.
- 3. Identify and assess models of family therapy, such as psychodynamic, structural, strategic, and behavioral/cognitive.
- 4. Recognize the connection between theoretical models and how they are linked to the practice of marital and family therapy.
- 5. Describe the necessary training to become a marital and family therapist.

Late Work

Work ahead: For planned events (mission trips, vacations, surgeries) you are invited to work ahead in order to submit work by the due date. No permission is needed.

Request an extension: If you know you will not be able to turn work in on time, contact your professor at least 24 hours before the assignment is due. Let the professor know about your circumstances and when you can turn the work in. If the professor decides to grant you an extension and you get the work in when you say you will, there will not be a penalty. You should only request an extension when something unforeseen comes up that you have no control over; a professor has no obligation to grant an extension and will be less inclined to do so if you are asking for one every week.

Late work: without prior arrangements, late work* submitted within one week of the original due date will be considered for partial credit. Work will ONLY be accepted for the first seven days after it is due. NO WORK will be accepted past the last day of the course.

*Discussion Posts: late participation in discussion forums is not accepted for late credit. The purpose of the discussion forum is to engage with your classmates on substantive ideas related to the course material, and your classmates will not revisit forums past the due dates. Similarly, professors will not revisit forums to grade past discussion due dates.

Professors of Foundational Core courses have been instructed to follow this policy to ensure fairness across all FC classes. Your professor will work with you if true emergencies occur, but your busy schedule will not be considered an emergency. If you have travel, a vacation, a wedding, or any other plannable event, it is up to you to communicate with your instructor to avoid grade penalties.

Extra Credit

None Accepted.

SECTION 2: SOUTHEASTERN POLICIES

Academic Policies

View this link to see Southeastern's Policies regarding SEU's Mission and Vision Statements, Title IX Statement, Student Services, Class Participation, Official Email, MyFIRE Use, Technical Difficulties, Technical Support, Disability Statement, Academic Honesty, Course Evaluation, Official Withdrawal, Grading Scale, and Netiquette.

SECTION 3: COURSE SCHEDULE

The **Course Schedule** provides a listing of your work in this course. The assessments are listed by Module and include the due dates and point values.

Note: Assignments are due by 11:59 p.m. EST on the due date, unless otherwise noted.

AIM, LEARN, AND APPLY DESCRIPTIONS

Aim

When you see the Aim icon, you will be introduced to topics and ideas that will be covered throughout this module. The AIM will also provide you with a glimpse into your learning objectives and an introduction to this module.

Learn

When you see the Learn icon, all of your reading assignments will be listed and may include additional resources that your instructor is providing to help you complete the activities and assessments for the module.

Apply

When you see the Apply Icon, it will be time to demonstrate your learning for the module. The items here are those in which you'll be graded and may include discussions, activities, assignments, quizzes, exams, and projects.

MODULE 1: XX/XX/XX - XX/XX/XX



Be sure you read the learning outcomes that your instructor has set for this week and then do your best to accomplish them.

- Define family therapy.
- > Identify and discuss the key differences between family and individual therapy.
- > Outline the evolution of family therapy.
- Discuss a comfortable form of therapy.
- Write a paper regarding four individuals who helped to launch the family therapy movement.

ϔ Learn

This section lists all your reading assignments and may include additional resources that your instructor is providing to help you complete the activities and assessments for the week.

- Purchase textbook
- > Read Chs. 1-2
- View additional articles
- View suggested videos
- Complete weekly activities

Apply

Now you're ready to demonstrate your learning for the week. The items below are those on which you'll be graded this week and may include discussions, activities,

assignments, quizzes, exams, and projects.	

> DF initial post and 2 response posts

o Due: Saturday, Tuesday

o Points: 50

Week 1 Assignment

o Due: Tuesday

o Points: 50

MODULE 2: XX/XX/XX - XX/XX/XX

⊗Aim

- Describe and apply the stages of family therapy.
- > Discuss the ethical issues unique to family therapy.
- > Explain the fundamental concepts of family therapy such as systems theory, social constructivism, and attachment theory.
- Define the working concepts of family therapy
- Write a paper regarding a case scenario of a family's first appointment with a new counselor.

∜Learn

- > Read Chs. 3-4
- View additional articles
- > View suggested videos
- > Complete weekly activities

- > DF initial post and 2 response posts
 - Due: Saturday, Tuesday
 - o Points: 50
- Week 2 Assignment
 - Due: Tuesday
 - o Points: 50

MODULE 3: XX/XX/XX - XX/XX/XX

- > Explain and apply the Bowen Family Systems model and related therapeutic techniques.
- Describe and apply the Strategic Family model and related therapeutic techniques.
- Discuss perspectives from two types of therapy regarding a family therapy scenario.
- Write a paper discussing the scenario of a family trying to overcome judgement.

ϔ Learn

- > Read Chs. 5-6
- > View additional articles
- > View suggested videos
- > Complete weekly activities

- > DF initial post and 2 response posts
 - o Due: Saturday, Tuesday
 - o Points: 50
- Week 3 Assignment
 - o Due: Tuesday
 - o Points: 50

MODULE 4:

XX/XX/XX - XX/XX/XX

Ø Aim

- > Explain and apply the Structural Family model and related therapeutic techniques.
- Describe and apply the Experiential Family model and related therapeutic techniques.
- Discuss scenarios in which experimental therapy might be the most appropriate for clients.
- Conduct a family observation and interview.

T Learn

- > Read Chs. 7-8
- View additional articles
- View suggested videos
- Complete weekly activities
- > Complete exam challenge game

- > DF initial post and 2 response posts
 - Due: Saturday, Tuesday
 - o Points: 50
- Week 4 Assignment
 - Due: Tuesday
 - o Points: 75

> Midterm Exam	
o Due: Tuesday	
o Points: 100	
	13

MODULE 5:

XX/XX/XX - XX/XX/XX

Ø Aim

- > Explain and apply the Psychoanalytic Family model and related therapeutic techniques.
- > Describe and apply the Cognitive-Behavioral Family model and related therapeutic techniques.
- > Discuss cognitive-behavior family therapy.
- Conduct an interview with a family therapist or pastoral counselor with experience working with couples and/or families.

∜ Learn

- > Read Chs. 9-10
- > View additional articles
- > View suggested videos
- > Complete weekly activities

- > DF initial post and 2 response posts
 - o Due: Saturday, Tuesday
 - o Points: 50
- Week 5 Assignment
 - Due: Tuesday
 - o Points: 75

MODULE 6: XX/XX/XX - XX/XX/XX

◎ Aim

- > Identity and discuss issues related to family therapy in the 21st century.
- Explain and apply the Solutions-Focused model and related therapeutic techniques.
- > Discuss the collaborative approach to family therapy.
- Write a paper regarding solutions-focused therapy.

₩ Learn

- > Read Chs. 11-12
- View additional articles
- > View suggested videos
- > Complete weekly activities

- > DF initial post and 2 response posts
 - o Due: Saturday, Tuesday
 - o Points: 50
- Week 6 Assignment
 - o Due: Tuesday
 - o Points: 50

MODULE 7: XX/XX/XX - XX/XX/XX

◎ Aim

- > Describe and apply the Narrative model and related therapeutic techniques.
- Identify the similarities and differences of the different therapeutic approaches to family therapy.
- Identify the different integrative approaches to family therapy.
- Discuss the integrative approach in therapy.
- Write a paper regarding a preferred therapeutic perspective.
- Complete and record a mock marital or family counseling session applying the preferred therapeutic perspective.

∜ Learn

- > Read Chs. 13-14
- View additional articles
- View suggested videos
- Complete weekly activities

- DF initial post and 2 response posts
 - Due: Saturday, Tuesday
 - o Points: 50
- Week 7 Final Assignment: Part 1
 - Due: Tuesday

o Points: 100

> Week 7 Final Assignment: Part 2

o Due: Tuesday

o Points: 100

MODULE 8:

XX/XX/XX - XX/XX/XX

◎ Aim

- Evaluate the effectiveness of family therapy.
- Identify techniques most effective for conducting research on family therapy.
- Reflect on principles and insights learned in this course.

T Learn

- > Read Ch. 15
- > View additional articles
- > View suggested videos
- > Complete exam challenge game

- > DF initial post and 2 response posts
 - o Due: Saturday, Tuesday
 - o Points: 50
- Final Exam
 - o Due: Tuesday
 - o Points: 100

SECTION 4: ASSESSMENTS

Weekly Discussion

Description

Each week, students will participate in a class discussion. The discussion topics will relate to the weekly readings and will encourage the student apply what they have learned during the week as they engage with both the instructor and their fellow students. Each week students will be required to respond to the given discussion questions with a substantial post (more than 200 words) that demonstrates depth of understanding and is supported by a minimum of one cited and referenced source. This initial post should be posted each week by Saturday at 11:55 pm EST.

In addition to the initial post students must respond substantially to a minimum of two of their peer's initial posts. These posts must add breadth and depth to the discussion, continue to build on the initial post, and add additional insights and questions. These posts should be made each week by Tuesday at 11:55 pm EST.

Total Possible Points

400

Grade Weight

35%

Weekly Assignment

Description

In weeks 1-6 students will complete written assignments that will be outlined in the classroom. These assignments will allow the students to apply concepts that they have read about during the corresponding week.

Total Possible Points

350

Grade Weight

30%

Final Project

Description

Mock Marital or Family Counseling Session

For your final project you will first conduct research into the therapeutic perspective you are most drawn to. And then you will write and video a mock marital or family counseling session applying this therapeutic perspective.

Part 1:

Submit a 2-3 page paper discussing the following:

- The family counseling situation where your chosen perspective is most applicable.
- The key therapeutic strategies of this perspective. In doing this you should provide a description of at least 3-5 strategies.

Part 2:

Choose a marital or family counseling problem for which you would like to base your mock counseling session on. Using that issue write a script for yourself (counselor) and volunteers (clients) who would be willing to be in a video of your mock counseling session. In this script make sure you are able to apply multiple therapeutic techniques from your chosen therapeutic perspective.

Your script should be long enough to make a 5-8 minute video. Once you have your script and volunteers set aside some time to practice and then videotape your counseling session.

The paper portion of this assignment should be a total of 2-3 pages double spaced and written in proper APA format. In addition to the minimum page count (i.e. 2 pages and 1 line minimum) you should also include a cover page and a reference page in APA format. Additionally use a minimum of 1 additional source outside of your textbook to support your points.

Total Possible Points

200

Grade Weight

17.5%

Exams

Description

<u>Midterm Exam</u>: In week 4 you will take a midterm exam. This exam will be objective in nature (multiple choices) and will cover materials studies in weeks 1-4.

<u>Final Exam</u>: In week 8 you will take a final exam. This exam will be objective in nature (multiple choices) and will cover materials studies in weeks 5-8.

Total Possible Points

200

Grade Weight

17.5%



