

# Introduction to Family Therapy

## CSD 5960

### Spring 2008

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#### **Course Description:**

This course is designed to serve as an introduction to theories of family dynamics and interaction and to survey methods of marriage and family counseling. Students will be exposed to a rationale for selecting family and other systems theories as appropriate modalities for family assessment and counseling.

#### **Texts:**

Satir, V. (1988). *The new peoplemaking*. Mountain View, CA: Science & Behavior Books, Inc.

Goldenberg, I. & Goldenberg, H. (2004). *Family therapy (6<sup>th</sup> edition)*. Pacific Grove, CA: Brooks/Cole.

#### **Course Objectives:**

1. Understand family dynamics, including one's own family of origin.
2. Understand systems theories and other major models of family interventions.
3. Apply knowledge of interviewing and intervention procedures in the context of family counseling.
4. Apply knowledge of legal and ethical issues related to family counseling.
5. Analyze procedures for determining goals, solving problems, and communicating information in family counseling situations.
6. Understand the characteristics and needs of diverse families; such as social class, race, lifestyles, and ethnicity.

**Class Requirements: (ALL OF THE FOLLOWING ARE REQUIREMENTS)**

1. Family of Origin Paper. This will be a twelve to twenty page, typed, double-spaced paper which discusses the dynamics of your family or origin. You will be asked to identify demographic data, communication patterns, role assignments, power issues, as well as sibling relationships and celebrations within your family. You will then decide what you have learned from living with your family. A more detailed description of this paper will be given to you. **Due: February 6<sup>th</sup> by class time for full credit. (50 points)**  
**NOTE: Trust that this assignment will ultimately make you a better family counselor. Occasionally someone finds it too emotionally draining to write this paper. If this is the case, see me and we will find an alternate assignment.**
2. Case Studies. Read 5 case studies and answer questions about them. These case studies will be posted on the Web CT. Send as an email attachment 5 page maximum-double spaced. See Class schedule for due dates. 5 pts each (total of 25 points)
3. Family Therapy Technique. Research therapeutic techniques used in family or couples therapy and choose one to present to the class. You will be required to provide a description of the technique in a hand out for each class member. Approval from the instructor is required. Students will present their technique in pairs. See Class schedule for due dates. The presentation should take between 15-18 minutes; go over the hand out, provide background information and demonstrate the technique. (10 points)
4. Midterm Exam. Generally the exams consist of both objective and essay questions. **February 27<sup>th</sup>. Material from both Satir and Goldenberg will be included. (50 Points)**
5. Final Exam. A final exam will be given on **April 23<sup>rd</sup>. Material from both Satir and Goldenberg will be included. (50 points)**
6. Class Participation: Class attendance and participation is expected. There are 20 points available by means of family sculpting and discussions. These will be earned throughout the semester, unannounced and not able to be made up. **You are excused ONE absence; points will be deducted for additional absences.**
7. Satir: Students will write on 2 different topics that “spoke to you” and describe how it relates to or how you can apply it clinically with your clients. (chapter 1-7, 8-14, 15-20, & 21-26). Please submit a word document electronically before the next class time (1-2 pages). See Class Schedule 5 pts each (total 20 pts)-“Satir Questions.”

**Course Requirements:**

|                            |     |
|----------------------------|-----|
| Family of Origin Paper     | 50  |
| Case Studies (5pts each)   | 25  |
| Family Therapy Technique   | 10  |
| Midterm Exam               | 50  |
| Final Exam                 | 50  |
| Satir Chapters (5pts each) | 20  |
| Participation              | 20  |
| Total Points.....          | 225 |

**Grading Scale:**

202.5 – 225 = A

180 – 202 = B

157.5 - 179 = C

**Disability:** If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services as soon as possible (581-6583).

### Tentative Class Schedule (Subject to Change)

| <b>Week</b> | <b>Date</b> | <b>Topic</b>  | <b>Readings</b>   |
|-------------|-------------|---|---|
| 1           | Jan. 9      | Introduction to the course<br>Genogram<br>Sociodrama  |   |
| 2           | Jan. 16     | Family as a System<br>Couples & Families<br>Gender, Culture & Ethnicity Factors                                     | GG Ch 3 & 4<br>Satir Ch 1-5                                   |
| 3           | Jan. 23     | Conflicts, Stress & Resiliency in<br>History of Family Therapy<br>Basics of Marriage<br><b>Sculpt:</b> <b>Tech:</b> | GG Ch 1<br><b>Satir Critical 1-5</b>                          |
| 4           | Jan. 30     | “They Say That Breaking Up is Hard To Do,”<br>(Separation, Divorce)<br><b>Sculpt:</b> <b>Tech:</b>                  | <b>Case #1 Due</b><br><b>Family Pics Due</b><br>Satir Ch 6-10 |
| 5           | Feb. 6      | Infidelity<br><b>Sculpt:</b> <b>Tech:</b>   | <b>Family Paper Due</b>                                       |
| 6           | Feb. 13     | Death of a Family Member<br><b>Sculpt:</b> <b>Tech:</b>   | <b>Satir Critical 6-10</b><br>Satir 11-16                     |
| 7           | Feb. 20     | Experiential Models<br><b>Sculpt:</b> <b>Tech:</b>  | <b>Satir Critical 11-16</b><br><b>Exam Review</b>             |
| 8           | Feb. 27     | Solution Focus<br><b>Sculpt:</b> <b>Tech:</b><br><b>Midterm Exam</b> [Covers Satir Ch 1-13; GG 1,3,4,6,7]           | <b>Midterm Exam</b><br>Satir 17-21                            |
| 9           | March 5     | Psychodynamic Models of Family Counseling<br><b>Sculpt:</b> <b>Tech:</b>  | <b>Case #2 Due</b>  |
| 10          | March 12    | <b>Spring Recess-ENJOY</b>  |   |

|    |          |   |  |
|----|----------|---|--|
| 11 | March 19 | Birth Order, Single Parenting, Blended Family<br><b>Sculpt:</b> <b>Tech:</b>                          | <b>Satir Critical 17-21</b>                        |
| 12 | March 26 | Strategic & Milan Models<br><b>Sculpt:</b> <b>Tech:</b>   | GG Ch 10 & 11<br><b>Case #3 Due</b><br>Satir 22-26 |
| 13 | April 2  | Structural Therapy<br><b>Sculpt:</b> <b>Tech:</b>   | GG Ch 12<br><b>Satir Critical 12-26</b>            |
| 14 | April 9  | Emerging Theories<br>Bowenian Family Therapy<br><b>Sculpt:</b> <b>Tech:</b>                           | GG Ch 13 & 14<br><b>Case #4 Due</b>                |
| 15 | April 16 | Overview, Professional & Ethical Standards<br>Transgenerational Models<br><b>Sculpt:</b> <b>Tech:</b> | <b>Review Final Exam</b>                           |
| 16 | April 23 | <b>Final Exam</b> [Covers Satir Ch 14-26 & GG Ch 8-14]  |  |