



# DOANE UNIVERSITY

## SYLLABUS

COU 653 Foundations of Marriage and Family Therapy

### Course Content

<i>Course Number:</i>	COU 653
<i>Course Title:</i>	Foundations of Marriage and Family Therapy
<i>Course Dates:</i>	October 12 – December 12, 2020
<i>Credit Hours:</i>	3 Credits
<i>Instructor:</i>	Coral Frazell, PhD., MA, LIMHP, LADC
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<i>Office Hours:</i>	By Appointment
<i>Meeting Times:</i>	Wednesdays 6:00 pm-10:30 pm; online on Zoom (Will share Zoom codes)

### Course Description

The purpose of this course is to help students develop conceptual knowledge and effective professional skill conducting marital and family therapy. The course involves an examination of foundation theories, models, and methods of intervention with couples and families with an emphasis on systems theory. Students will develop family and couple treatment plans and after practice, be able to successfully demonstrate the application of theoretical and practical therapy in simulated family systems cases. Upon successful completion of the course, students will be able to: recognize the differences between individual, couple, and family emotional and behavior difficulty; conceptualize individual, couple and family problems using a systemic framework; and demonstrate appreciation of the history of the family therapy movement and contributions of leading

theorists. **Prerequisite: COU 601, COU 602.**

**Student Learning Objectives:**

1. Students will develop an understanding of and application of varying theories of change specifically developed/adapted for use with families and couples across the individual and family lifespan.
2. Students will understand the application of systemic theory and varying systems effects on individuals, couples, and families.
3. Students will learn to utilize culturally relevant couples and/or family interventions from a system perspective that promote resilience and optimum development for families/couples across the lifespan.
4. Students will learn to apply systems theory as a perspective to conceptualizing work with couples and families.
5. Students will learn about ethical and cultural issues in the application of technology assisted counseling in work with couples and families.
6. Students will apply theories developed and adapted for use with couples and families in conceptualizing couples and family issues including interpersonal skills needed to work effectively with couples and families.
7. Students will learn to apply evidenced-based interventions specific to couples and families.
8. Students will learn how a systemic perspective can be applied in developing a personal model of counseling including an evidenced-based theoretical perspective.

**REQUIRED TEXT:**

Nichols, M.P. (2017). *Family therapy: Concepts and methods*. (11<sup>th</sup> ed.). Pearson Educational. Upper Saddle River, NJ. ISBN: 978-0-13-382660-9

Nichols, M.P. (2009). *Inside Family Therapy: A Case Study in Family Healing*. (2nd ed.). Boston, MA; Pearson; Allyn and Bacon ISBN-10: 0205611079

**SUPPLEMENTAL TEXT:**

All supplemental readings will be assigned in class and will be posted and available on the class's blackboard page.

CACREP Standards Addressed in this Course
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Student Learning Object	Standard Identifier	Standard	Method of Instruction	Assessment
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<p>1. Students will develop an understanding of and application of varying theories of change specifically developed/adapted for use with families and couples across the individual and family lifespan.</p>	<p>2.F.3.a</p>	<p>theories of individual and family development across the lifespan</p>	<p>Direct Lecture, Assigned Reading, Experiential Activities, Testing, Written Assignments</p>	<p>Reading Questions Role-Play Case Conceptualization Take Home Final Exam</p>
<p>2. Students will understand the application of systemic theory and varying systems effects on individuals, couples, and families.</p>	<p>2.F.3.f</p>	<p>systemic and environmental factors that affect human development, functioning, and behavior</p>	<p>Experiential Exercises, Group Discussions, Writing Assignments</p>	<p>Reading Questions Role-Play Case Conceptualizations Reflection Paper</p>
<p>3. Students will learn to utilize culturally relevant couples and/or family interventions from a system perspective that promote resilience and optimum development for families/couples across the lifespan</p>	<p>2.F.3.i</p>	<p>ethical and culturally relevant strategies for promoting resilience and optimum development and wellness across the lifespan</p>	<p>Experiential Exercises, Testing, Writing Exercises, Direct Lecture</p>	<p>Role-Play Case Conceptualization Take Home Final Exam</p>

1. Students will understand the application of systemic theory and varying systems effects on individuals, couples, and families.	2.F.5.a	theories and models of counseling	Reading Assignments, Direct Lecture, Experiential Exercises, Testing	Reading Questions Role-Play Take Home Final Exam Reflection Paper
4. Students will learn to apply systems theory as a perspective to conceptualizing work with couples and families.	2.F.5.b	a systems approach to conceptualizing clients	Experiential Exercises, Writing Exercises	Role-Play Case Conceptualization
5. Students will learn about ethical and cultural issues in the application of technology assisted counseling in work with couples and families.	2.F.5.d	ethical and culturally relevant strategies for establishing and maintaining in-person and technology-assisted relationships	Reading Assignment, Group Discussion, Testing	Reading Questions Take Home Final Exam
6. Students will apply theories developed and adapted for use with couples and families in conceptualizing couples and family issues including interpersonal skills needed to work effectively with couples and families.	2.F.5.f	counselor characteristics and behaviors that influence the counseling process	Experiential Exercises	Role-Play
6 Students will apply theories developed and adapted for use	2.F.5.g	essential interviewing, counseling, and	Experiential Exercises,	Role-Play Case Conceptualization

with couples and families in conceptualizing couples and family issues including interpersonal skills needed to work effectively with couples and families..		case conceptualization skills	Writing Assignments	
7. Students will learn to apply evidenced-based interventions specific to couples and families	2.F.5.j	evidence-based counseling strategies and techniques for prevention and intervention	Experiential Exercises	Role-Play
8. Students will learn how a systemic perspective can be applied in developing a personal model of counseling including an evidenced-based theoretical perspective	2.F.5.n	processes for aiding students in developing a personal model of counseling	Reading Assignments, Group Discussion, Writing Assignments	Reading Questions Case Conceptualization
4. Students will learn to apply systems theory as a perspective to conceptualizing work with couples and families.	5.C.1.c	principles, models, and documentation formats of biopsychosocial case conceptualization and treatment planning	Writing Assignments	Case Conceptualization

## Measurement of Outcomes

Assignments (Direct): Intervention Paper; Case Conceptualization Presentation; Reading questions; Final exam

Instructor Evaluations (Indirect): Participation points; Role play exercise

## Instructional Methods

This class will include direct lecture; class discussion; videos for case conceptualization; in class activities; reading assignments; experiential activities; online over Zoom.us.com. Find a quiet place without disruption to have class.

## Suggestions for getting the most out of this Course

1. Read the content of this syllabus and ask any questions you may have about anything included. The sooner you clarify a question the more successful you can be with completing the requirements of this course.
2. Complete all reading assignments prior to class meeting times. The reading assignments for this class will include information that will be discussed and applied during in class meetings. Therefore, the better acquainted you are with the content the more you will get out of the activities/discussions planned for each class. Additionally, there will be reading questions for each assigned reading that will be reflected in your final grade.
3. Ask questions! The content in this class is, more than likely, going to be completely new to you and everyone else. Ask questions about anything that you aren't sure about or are confused by (you won't be the only one wondering).
4. Participate, participate, participate! This class is designed to include discussion. The more that you are involved the more you will get out of the class. I believe that we learn best from reflecting on the learning of others, therefore listen to what your classmates are saying/asking, apply that to your own understanding, and then offer that thought to the class to ponder on too.
5. Be willing to take a risk. Volunteer to role-play in class, this is a time in a safe place to apply and work with the different theories and techniques that we discuss in class. You want to practice now, not when you have your first family sitting across from you!
6. Practice professional standards to course by maintaining focus in class, keeping side talk to a minimum and put full effort into your assignments and discussion.

## Course Requirements

- 1. Reading Assignments (20 points each; 140 points total)-Livetext**

You will be given a reading assignment to complete prior to each class meeting including discussion-based questions. This means that you are asked to thoroughly answer each question based on your understanding of the reading assignment for the week. Your answers to these questions should be uploaded as a word document to the corresponding assignment in Livetext. These questions are in-depth questions designed to ensure you have some grasp of the content. Any issues/questions about the assignments should be addressed via email to the instructor at least one day prior to class meeting times. Due Date indicated on the chart below. Your answers will be evaluated with a rubric on livetext.

**2. Role-Play Activity (50 points; 25 evaluation and 25 intervention paper)- Livetext**

You will complete a role-play over telehealth with you as the counselor and 2-3 other peers. All class members will be divided into groups of 3+. The group will be asked to develop a family issue of their choosing. At least two members will be a “family/couple” and one member will play the “counselor” working with the “family”. The role of the counselor is to conduct a 10-minute session with the “family” You will upload the outline of the role play and the paper explaining the intervention up to livetext. You will connect with the others the week before to talk about the outline for the role play and be ready to present online and get feedback from the instructor as well as from your fellow students. You may be asked to play in multiple role plays that day. Be prepared as a participant and be prepared as a counselor.

The counselor will need to demonstrate the application of an evidenced-based intervention. This can include an intervention from any systemic theoretical framework but MUST have an evidence-based background (i.e., you have some research to back-up this intervention.) You will additionally need to write a 3-5 page (APA style) “how to” on the intervention. This will include information about the intervention, what theoretical background the intervention comes from, and any research based on the theory/intervention you are using.

You as the counselor will be evaluated based on your application of the technique with the family using the rubric attached and in the evidenced based theoretical nature of the intervention. Due date will be assigned in class. Your role play will be evaluated with a rubric on livetext.

**3. Family/Couple Case Conceptualization (200 points)-Livetext**

You will be given a case that includes a family and/or couple. This case will include all information needed to develop a case conceptualization from a systemic perspective and including a theory of change developed or adapted to work with couples and families.

Your case conceptualization should include the following information:

- Client Background/Identified Client
- Presenting Concern
- Analysis of client strengths
- Analysis of client perspective
- Barriers to treatment
- Diversity issues
- Application of systemic based theory
- Overall case conceptualization

You will be asked to develop and give a presentation of your conceptualization of the case in class online. Your presentation will be given in conjunction with other students with the same case, however, this is an individual assignment not a group project. All students with the same case will be giving their presentation together. This way we will be able to discuss varying perspectives and theory application of the same case. The purpose of giving presentations in this manner is NOT to compare students' work, but to encourage in class discussion of varying viewpoints/perspectives and in the application of systemic theories and how systems theory can affect the development/application of a theoretical perspective. Upload case conceptualization to Livetext. The case conceptualization will be evaluated with a Rubric on Livetext.

#### **4. Reflection Paper – Live Text – 50 pts.**

You will be asked to read the Nichols *Inside Family Therapy: A Case Study In Family Healing* and upload a 5 page reflective paper on what you learned. Note the theory that is used, the stages of the family life cycle, the family struggles and how Nichols approached this family and what interventions he used. We will then discuss online in class.

#### **5. Take Home Final Exam (100 points)-**

One week before your last class you will receive a take home exam through Livetext. It will be all essay questions that ask you to demonstrate your understanding of the concepts of the class but also how well you can apply your knowledge. You may use your text or any of the reading assigned in this class. There will be family case studies that you will develop a treatment plan for based upon your knowledge of theory and intervention. You will upload the exam on the last day of the class. We will have class that night to discuss our experience with the class and discuss our ideas developed from our take home exam. Exams have to be uploaded to Livetext before class.

#### **6. Participation (90 points)**



Students are expected to come to class prepared (i.e., having read, completed their reading questions, have assignments ready, etc.). A participation grade will be given based on students being prepared to engage in class through in class activities (i.e. discussion, role-plays, asking questions, etc.). Students will be given 10 points per class meeting. Points for participation will be given based on the following:

Full participation: (10-8)  
Most participation (7-5)  
Partial participation (5-3)  
No participation (2-0)

*Full Participation:* Proactive participation -- leading, originating, informing, challenging contributions that reflect in-depth study, thought, and analysis of the topic under consideration as well as a demonstrated ability to listen to and build upon the ideas of others.

*Most Participation:* Reactive participation -- supportive, follow-up contributions that are relevant and of value, but rely on the leadership and study of others, or reflect opinion rather than study, thought, and contemplation. Your participation will be evaluated with a rubric on livetext.

*Partial Participation:* Passive participation -- present, awake, alert, attentive, but not actively involved.

*No Participation:* Uninvolved or disruptive participation -- electronic engagement unrelated to class; psychologically absent, present but not attentive, sleeping, and/or irrelevant contributions that inhibit the progress of the discussion.

7. *Critical Self Analysis* – (Required) It is extremely important to submit a critical self analysis by the end of the quarter. This assignment must be submitted in order to receive a final grade for the course.
  
8. *Professional Performance Evaluation* –I will complete a PPE on your professional development. Please read comments and I will meet with you if you have questions and one is for you to complete. The second is a rubric that you complete to receive a final grade for the course.

Evaluation Criteria
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**Final Grade**

The final grade will be based on the following criteria:

Case Conceptualization	200 pts.	200 pts.	200 pts.
Reading Assignments	20 pts. each for 7 weeks	140 pts.	140 pts.
Take Home Final Exam	100 pts.	100 pts.	100 pts.
Participation	10 pts. per week for 9 weeks	90 pts.	90 pts
Role-Play	50 pts.	50 pts.	50 pts.
Reflection Paper	50 pts.	50 pts	50 pts.
Critical Learning Analysis	0 pts.	0 pts.	Complete/incomplete
Toral Possible Points			630 pts.

**Grading Scale:**

<b>A+</b>	100-97	<b>B+</b>	89.9-87	<b>C+</b>	79.9-77	<b>D+</b>	69.9-67	<b>F</b>	Below 60
<b>A</b>	96.9-93	<b>B</b>	86.9-83	<b>C</b>	76.9-73	<b>D</b>	66.9-63		
<b>A-</b>	92.9-90	<b>B-</b>	82.9-80	<b>C-</b>	72.9-70	<b>D-</b>	62.9-60		

Expectations
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- Attendance and Participation:** It is expected that you will attend every online class meeting prepared to participate. Being prepared means that you have completed all assigned readings and reading quizzes. Additionally, prepared means that you have any assignments due that day completed prior to attending class. Should you miss **MORE THAN TWO CLASSES** you will not receive a passing grade for this class. Participation is 15% of your grade in this class. I will

be conducting demonstrations online in class and to get the full experience of the class you need to attend.

2. **Online Classroom Behavior:** We will be working on this class online. Participate, give your insight and ask questions. Students are expected to act as graduate students. This means that you are to be open to assessing and evaluating all student comments as well as being open to having your own comments assessed and evaluated. Graduate learning is an on-going collaborative process. Therefore, students should be respectful and open to all others in the classroom. Additionally, graduate students are expected to be prepared and on-time for class. Students should additionally be professional at all times. Being professional includes being on time, being respectful, being prepared, being attentive, being open to learning, etc.
  
3. **Late Assignments:** Students will receive a **5 point deduction** for all late assignments. This includes all reading questions, which should be completed prior to class meeting time. The instructor will not be available to help with technological issues the day of class, you are encouraged to complete reading assignments and questions any day prior to class day, however you are open to complete them before class if you choose.

Any in class assignment (e.g., role-plays) must be completed on the day that you have chosen. Due to the time frame given for each class, moving role-plays would become overly difficult and affect the learning of other students. Therefore, in class role-plays must be completed on the day chosen by the student. Should an unforeseen issue arise (i.e., illness, family death, etc.) changes will be determined on a case-by-case basis. Students should contact the instructor in a timely manner.

4. **Use of Technology:** Students are asked to behave as graduate students (see 2 above), therefore students should use their own discretion on the use of technology. Should you need to make a call/text please leave the online learning environment as talking or texting could distract others from learning. Minimize distractions as much as possible. Find a quiet place to have class without disruption. Be respectful to the instructor and other students,
  
5. **Plagiarism:** Any work that you turn in during this class must be your own work. Any use of others work (i.e., research papers, journal articles, etc.) must be cited using APA format. Students who do not cite work and do not give ownership of others work will at minimum be given a zero for that assignment.
  
6. **Email:** Students should expect to communicate with the instructor through the official Doane University email system. This includes me communicating with you at your given Doane University email and you emailing with me at my official Doane University email (given on the first page).

Tentative Schedule

Date	Topic	Reading Assignment	Assignment Due
<p>Week 1</p> <p>May 27, 2020</p>	<p>1.Syllabus/Class</p> <p>2.Overview; History of Family Counseling;</p> <p>3. Overview of Family Counseling; Ethical</p> <p>4. Considerations in Family Therapy Multicultural Aspects of Family Therapy;</p> <p>Sign up for Case Presentation Week</p>	<p>Syllabus Chapters 1-2</p> <p>Pedersen, P. (1987). Ten frequent assumptions of cultural bias in counseling. <i>Journal of Multicultural Counseling and Development</i>, 15(1), 16-24.</p>	<p>Reading Questions</p> <p><b>Due May 27, 2020</b></p>
<p>Week 2</p> <p><b>June 3, 2020</b></p>	<p>1. Systems Theory (2.F.5.b)</p>	<p>Chapter 3-<b>This will be heavy reading; Give yourself time to really absorb it!</b></p>	<p>Reading Questions on Livetext</p> <p><b>Due: June 3, 2020</b></p>
<p>Week 3</p> <p><b>June 10. 2020</b></p>	<p>1. Genograms; Family Life Cycle; Bowenian Family Therapy; Strategic Family Therapy (2.F.3.a, 2.F.3.f, 2.F.3.i, 2.F.5.a, 2.F.5.b, 2.F.5.d, 2.F.5.j)</p>	<p>Chapters 4-5</p> <p>McGoldrick, M., &amp; Carter, B. (2003). <i>The family life cycle</i>. Guilford Press.</p>	<p>Reading Questions on Livetext</p> <p><b>Due: June 10, 2020</b></p>
<p>Week 4</p> <p><b>June 17, 2020</b></p>	<p>Structural Family Therapy;</p> <p>Experiential Family Therapy</p>	<p>Chapters 6-7</p> <p>Hand out first case study for those working on Case Presentation 1</p>	<p>Reading Questions on Livetext</p> <p>Reflection Paper</p> <p><b>Due: June 17,2020</b></p>

<p>Week 5</p> <p><b>June 24, 2020</b></p>	<p>1. Psychoanalytic Family Therapy;</p> <p>2. CBT Family Therapy;</p>	<p>Chapters 8-9</p> <p>Hand out the case study for those working on Case Presentation 2</p>	<p>Reading Questions on Livetext</p> <p><b>Case Presentation-1</b></p>
<p>Week 6</p> <p><b>July 1, 2020</b></p>	<p>1. Solution Focused Family Therapy;</p> <p>2. Narrative Family Therapy</p>	<p>Chapters 11-12</p>	<p>Reading Questions on Livetext</p> <p><b>Case Presentation-2</b></p> <p><b>July 1, 2020</b></p>
<p>Week 7</p> <p><b>July 8, 2020</b></p>	<p>1. Emotionally Focused Therapy;</p> <p>2. Gottman Marriage Research</p>	<p>Johnson, S. (2008). Emotionally Focused Couple Therapy. In A. S. Gurman (Ed.), <i>Clinical handbook of couple therapy</i> (pp. 107-137). New York: Guilford Press.</p> <p>Gottman, J. M., &amp; Gottman, J. S. (2008). Gottman Method Couple Therapy. In A. S. Gurman (Ed.), <i>Clinical handbook of couple therapy</i> (pp. 138-164). New York: Guilford Press.</p> <p><b>- These readings are theory based and will be a heavy read. Give yourself time!</b></p> <p>Hand out case study for those completing Case Presentation 3</p>	<p>Reading Questions on Livetext</p> <p><b>July 8, 2020</b></p>
<p>Week 8</p> <p><b>July 15, 2020</b></p>	<p>1. Comparative Analysis Study Time;</p> <p>2. Question and Answer Session</p>	<p>Chapters 13</p>	<p><b>Role-Play Case Presentation-3</b></p> <p><b>Due: July 15, 2020</b></p>

Week 9  <b>July 22, 2020</b>	Take Home Final Exam due	Discussion	<i>Take Home Final Exam</i>  <b>July 22, 2020</b>
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### Special Accommodations

**LiveText/Blackboard Usage:** LiveText and Blackboard will be utilized to collect various artifacts that can represent the student’s body of work. For example, signature artifacts are major assessments of knowledge, skill, and practice that are grounded in CACREP and best practice standards and are associated with various assessment rubrics and are integrated in LiveText. The online portfolio is maintained in the student’s personal file on the LiveText website. There may be a number of artifacts that are appropriate for inclusion—see the instructor for details.

**Questions, Concerns, Grievances:** Feel free to schedule an appointment to talk with the instructor, if you have follow-up issues to discuss; if you feel there is a problem or misunderstanding; or if you have a question or complaint. In addition, you may contact the Dean regarding any concerns. Formal grievance procedures are outlined in the Doane MAC Student Handbook.

**Non-Discrimination Policy**

Applicants for admission and employment or professional agreements with the University are hereby notified that this institution does not discriminate on the basis of race, color, religion, sex, genetic information, national origin, disability, age, marital status, sexual orientation or any other protected class recognized by state or federal law in admission or access to, or treatment, or employment in its programs and activities. Sexual Harassment and sexual violence are prohibited forms of sex discrimination.

**Title IX Policy Statement**

It is the policy of Doane University not to discriminate on the basis of gender in its educational programs, activities or employment policies as required by Title IX of the 1972 Education Amendments.

Inquiries regarding compliance with Title IX may be directed to the Director of Human Resources, Doane University, 1014 Boswell Avenue, Crete, NE 68333 or to the *Director of the Office for Civil Rights*, Department of Health, Education, and Welfare, Washington, D.C., 20202.

**Title IX Mandatory Reporting**

At Doane, all university employees, including faculty, are considered “Mandatory Reporters.” A “Mandatory Reporter” is required to report incidents of sexual misconduct and relationship violence to the Title IX Coordinator and, thus, cannot guarantee confidentiality. This means that if you tell a mandatory reporter about an incident of sexual harassment, sexual assault, domestic

violence, dating violence, stalking and/or other forms of prohibited discrimination, he/she will have to share the information with the University's Title IX Coordinator. Sharing of this information does not mean that you are officially reporting the incident. This process is in place to ensure you have access to and are able to receive the support and resources you need. Please learn additional information (including confidential resources) at [doane.edu/cape-project](http://doane.edu/cape-project).

### **Academic Integrity**

Fundamental to our mission, our core values, and our reputation, Doane University adheres to high academic standards. Students of Doane University are expected to conduct themselves in a manner reflecting personal and professional integrity. Disciplinary actions may be taken against students whose academic behavior is not congruent with the expectations of the University. Students are responsible for adhering to the standards detailed in this policy. Not being familiar with these standards does not mean that the students will not be accountable for adherence to them. Additional details on the Academic Integrity policy for violating academic integrity are published in the undergraduate and graduate catalogs.

### **Academic Support Center**

The Academic Support Center (ASC) located in room 204 of the Fred Brown Building offers academic support in the areas of time management, study strategies, note taking, test taking, math, reading, and writing. Free tutoring and free one-on-one meetings are available to provide assistance in these areas. Additionally, free proofreading of final drafts of papers is available 24/7. To sign up for the proofreading service or to make a tutor or one-on-one appointment, email the director at: [terese.francis@doane.edu](mailto:terese.francis@doane.edu). Students are encouraged to seek support from the ASC sooner rather than later.

Any student who thinks they may need an accommodation based upon the impact of a disability should contact the Office of Disability Services (<https://www.doane.edu/disability-services>) to coordinate reasonable accommodations as soon as possible.

### **Military Friendliness Academic Policy**

Veterans and active duty military personnel with military obligations are encouraged to communicate to the faculty about these obligations. These communications need to occur within the first two weeks of a course, or as soon as military obligations are identified, and the student needs to provide relevant documentation to the faculty. If necessary, once the student has self-disclosed and provided proper documentation to the faculty, reasonable arrangements will be implemented to help the student complete their academic coursework. More details on the policy are available in the university catalog.

### **Catalogs and Calendars**

Doane, catalogs, calendars, and student handbooks are available at this website: <https://www.doane.edu/schedules-catalogs-handbooks-and-calendars>

### **Doane Library**

Doane's Library provides both on- and off-campus access to databases, e-books, and full text articles published in peer-reviewed academic and professional journals. Access the library at the

following link: <https://www.doane.edu/library>. Contact a librarian for assistance by phone (402-826-8287 ) or by email([library@doane.edu](mailto:library@doane.edu)).

**Changes in Syllabus:** Circumstances may occur which require adjustments to the syllabus. Changes will be made public at the earliest possible time.